

The standard Youth Sabbath School materials for the topic "A Very Long Walk With God" contains a Student Lesson and a Teacher's Guide. In addition to these materials provided by the General Conference Sabbath School Department, the North American Division Youth Department is providing supplemental materials you may choose to add to this lesson. Think in terms of your specific setting and the young people at your Youth Sabbath School. As you seek to involve them in the study and application of the Bible for this week, prayerfully pick and choose the components that will form the Youth Sabbath School for your young people. Be sensitive to the Holy Spirit as you make your plan, and then continue to be sensitive for the Holy Spirit to guide you during the Youth Sabbath School.

Session 4 A Very Long Walk With God

(Jan. 26, 2019)

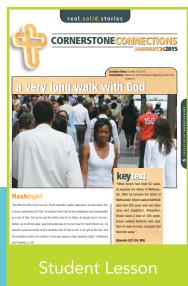
SCRIPTURE PASSAGES

Genesis 4:25–6:2

OVERVIEW

Enoch's very close walk with God on earth continues because God already took him to heaven.

Read the *Student Lesson* as well as the *Teacher's Guide*. This may provide everything you need to teach the Youth Sabbath School lesson.





Following are additional components that you can pick and choose, use "as is" or adapt to your specific Youth Sabbath School. These supplemental ideas provide more options for this topic. Here's a brief description of the seven supplemental materials:



1. Opening activity

An icebreaker or something to get people focused as you begin.



2. Video clip and follow-up questions

A short video clip and an idea for you to create your own video on this week's topic, plus a few questions to follow up with discussion.



3. Music

It's best if you create your own and choose what's best in your setting. We are not endorsing a particular style or even a specific song. Select songs related to this week's lesson. We'll suggest several different songs with lyrics that relate to the topic for this week. Sing along with a prerecorded track (YouTube is a good source) or better yet, ask youth with musical talent to play instruments and lead the singing.



4. Bible study guides for Scripture for this lesson

This is another approach to the same topic found in *Teacher's Guide*, but approached from a different angle. Expect activities to illustrate the topic, followed by some questions.



5. Application ideas for living out this lesson this week

Let this spark your ideas to move from talk to action by living out the lesson in practical ways in your life this week.



6. Youth leader tip for the week

This bonus is just for the youth leader—a quick tip and an illustration to enhance your youth leadership. You may already know this, or you may learn it through trial and error. Here's a way to get it with a quick infusion.



7. A Resource for You

We'll limit ourselves to just a few resources this month, such as a book of ideas, a YouTube clip, an app, and a foundational book on youth ministry for those who want to read more.

And here are those seven supplemental materials in more detail for this week's lesson: "A Very Long Walk With God."

Opening activity

OPTION 1: "GIVE ME TIME"

How long do people live? It depends on which part of the world where people live, their opportunities and socio-economic status, whether or not there is an accident or disease, their genetics, and their lifestyle...

With the list provided, place the various animals where they belong on the lifeline, from those who, on the average, live the shortest to those who live the longest. These numbers were taken from the internet. Your experience may differ from the average.

Give each participant a copy of the "Give Me Time" sheet (see page 13). Have them work alone, and then have them work in groups or as one group. Compare individual and group answers to the key you provide. The answers are from general searches on the internet. Individual exceptions are to be expected. These are simply averages.

OPTION 2: "LINE UP"

Have everyone in your group line up on a line. If you have no line on the floor, simply put down a strip of masking tape so each person can stand on the line/tape, standing shoulder-to-shoulder. If you have a small group of only one person plus you, recruit a few people from the hallway to join you. If you have a large group of more than 10 people, divide into smaller groups with no more than 10 people in a group and make it a time competition.

With everyone lined up, have them number from one end to the other, starting with 1 and continuing with 2, 3, etc., to the last person. Then, always keeping at least one foot on the line/tape, reverse the order of your line so number 1 is at the opposite end of the line. This will take some close connections and stepping over or under or slipping by while keeping at least one foot on the line/tape at all times. You can create your own rules if someone cheats, such as returning everyone to their original position and starting over, or just having the person who cheated move to the end or do it over.

TRANSITION: As we consider our topic for today: "A Very Long Walk With God," we'll consider both the issue of time ("very long") and what it means to be close to God ("walk with God").

Video clip and follow-up questions Create a video clip that al-

Create a video clip that shows one person or group of people going out of control. Ask someone in advance to create follow up questions based on these video clips.

You can opt to use the following YouTube video clip "Discipline" by iBelieveBible (about 2 1/2 minutes) and the follow-up questions provided (or create your own questions for "Discipline"):

FOLLOW-UP QUESTIONS

- What comes to mind when you hear the word "Discipline"?
- 2. When is discipline good? When is it bad?
- 3. What has God done to discipline you?

- 4. In what areas of your life do you practice self-discipline? Where could you use more of it?
- 5. How does discipline shape you as a disciple and take you closer to God?



Music

There are options!

- 1. It's best to do live music in your own setting, even if people are just learning.
- 2. Tap into CCLI (Christian Copyright Licensing International) to access Christian music legally. Your local church might already be doing this. If not, we recommend that you start. Here's the website to get you going: https://us.ccli.com
- 3. Sing along with existing music. You can type in song titles on YouTube and see how others are doing the songs you choose. If you need lyrics, you can Google the song title and find the lyrics.
- 4. Here are 10 songs we think fit in with this week's Youth Sabbath School topic "A Very Long Walk With God." Feel free to choose from these for your group:
 - Lord I Need You
 - You Are My All In All
 - Lord Reign in Me
 - You are My Strength
 - Standing on the Promises
 - It Is Well With My Soul
 - Strong Enough
 - Our Father
 - I'll Walk With God
 - You Raise Me Up
- 5. "Your Kingdom" is an original song, written specifically for this week's lesson. You can download the lyrics, music, and video from the Youth Sabbath School Ideas website to learn and teach this song in your Youth Sabbath School. Learning new songs usually takes several times before people catch on. You may want to have a few get familiar with it in advance so they can lead the rest of the group.

■ Bible study guides for Scripture for this lesson — "A Very Long Walk With God"

Another approach to the same topic as the Teacher's Guide, but just a different way of looking at it. Expect activities to illustrate the topic, followed by some questions. There are four options here.

SCRIPTURE PASSAGES

- Genesis 4:25-6:2
- Walking Blind (Genesis 5:21–24)
- Walking With God (Genesis 5:1–32)
- How Long Do You Have? (Genesis 5:1–32)

OVERVIEW

Enoch's very close walk with God on earth continues because God already took him to heaven.

Walking Blind

(BASED ON GENESIS 5:21-24)

Read aloud Genesis 3:9–10, which describes what happened shortly after Adam and Eve ate the forbidden fruit in the Garden of Eden: "But the LORD God called to the man, 'Where are you?' He answered, 'I heard you in the garden, and I was afraid because I was naked; so, I hid.'"

Start by having one person do three pantomimes (actions with no sounds) of different Bible characters. Another option is to have each Bible character pantomime done by a different person.

HERE'S ONE WAY OF STUDYING THE LESSON FOR THIS WEEK

MATERIALS NEEDED

- Slip of paper, or 3x5 card with a Bible character's name
- Some type of blindfold for half of your group
- A place to take pairs for a "Trust Walk"

Don't tell the others, but give a little bit of time to think about how to pantomime each Bible character. If these are unknown Bible characters, talk privately to give input, or plan in advance and have the mime(s) do a little research about them. The three Bible characters to pantomime are:

- Adam
- Enoch
- Noah

QUESTIONS

- 1. Which Bible character was easiest for you to identify? Why?
- 2. Which Bible character was the hardest to identify? Why?

- 3. What do you know about Enoch?
- 4. What would you like to know about Enoch?

Perhaps the best-known thing we have about Enoch was that he "walked with God." We just tried to identify three Bible characters, including Enoch, using just one of our senses—sight; but no audio. What would happen if tried to identify something without our sight?

ACTIVITY

You may have done a "Trust Walk" or even a "Trust Fall" sometime in the past. We're going to do a "Trust Walk" today. This involves being paired up with another person. One of you will be blind folded and the other will be your guide. Obviously, the name "Trust Walk" indicates this requires some trust, and that trust goes both ways. We will give you a chance to reverse roles so the blind folded person will later be the one who gets to see, and the seeing partner will then be blind folded.

Besides having to trust your partner, I'm going to make it more challenging by giving the seeing partner a short message to try to communicate through the "Trust Walk" experience, without saying the words. Try to come up with a way for your blind folded partner to experience the phrase so they will come up with it on their own. You'll have just five minutes to do this. Then we'll switch roles and give the newly sighted person a different phrase to communicate to the newly blind folded partner.



You can create a blindfold with virtually any piece of cloth, but you can always see a little bit of light through the bottom because of the bridge of your nose. To make things completely dark, either the participant must keep their eyes closed or you can put a cotton ball over both eyes before tying the blindfold or you can use a blindfold made to go over the nose bridge. These are available and are sometimes used on overnight flights. You can also purchase blackout blindfolds called Mindfold on Amazon.

Write out on slips of paper or cards various statements or sayings for the sighted partner to try to communicate (without using words) to the blind partner through this 5-minute Trust Walk. When they switch roles, be sure to give the partner a different phrase than the one their partner had attempted to communicate to them. Here are 10 from which you can choose, or you can certainly come up with your own:

- God loves you
- Life isn't fair
- You reap what you sow
- What message is God sending to you now?
- Take a risk with God
- Receive, and then give
- You can trust God
- What you do matters
- You are forgiven
- Kindness counts

QUESTIONS

- 1. What happened to you when you were blindfolded?
- 2. When you had sight, what did you do to communicate the special message so your blindfolded partner would understand?
- 3. How well did you do when blindfolded? When sighted?
- 4. What message was being given to you?
- 5. What message did you get?
- 6. How could the message have been delivered to you more effectively?
- 7. To what extent to you believe this message?
- 8. Do you understand better when you have all of your senses or when you are deprived somewhat?
- 9. How is being on a Trust Walk similar to "walking with God"?
- 10. How is it different?
- 11. What do you appreciate about your walk with God at this time?
- 12. What would you like to be different in your walk with God?

Adam had walked with God in the Garden of Eden. But we don't have any record of the antediluvians (those who lived before the Flood) "walking with God" except for Enoch (Genesis 5:22, 24). Take 60 seconds to meditate on what it might have been like for Enoch to "walk with God."

QUESTIONS:

- 1. What do you think Enoch did to "walk with God"?
- 2. What do you think Enoch refrained from doing in order to "walk with God"?
- 3. What have you found makes your walk with God real?
- 4. What is God's part and what is your part in "walking with God"?
- 5. Why would you want a closer walk with God?
- 6. Why would you not want a closer walk with God?
- 7. Who are you walking with now?

SUMMARY

After the Fall in the Garden of Eden, sin separated humans from God. However, God still desires to be in close relationship with us. This can be challenging since we can't necessarily see God or hear him; or when we do, we might not recognize it as God. The Bible story of Enoch lets us know that God desires for us to be with him, that he will take his children to heaven to be with him, and that we can walk with God right now while we're "walking blind" on earth.

Walking With God

(BASED ON GENESIS 5:1-32)

Download the following relational Bible study. Do the ice-breaker question and then read the passage (Genesis 5:1–32) aloud as a group (take turns with different people reading different parts). Then give participants about 8–10 minutes to jot responses to the questions before opening it for discussion. This gives the participants some time to think about this passage and interact with it individually so when it comes to sharing in a group,

HERE'S ONE WAY OF STUDYING THE LESSON FOR THIS WEEK

MATERIALS NEEDED

- Handout of the relational Bible study (1 sheet, front and back; see page 15) for each participant
- Pens or pencils to write responses before discussing them.

they already have had some time to think about it. If you have more than 6–8 people in your Sabbath School, break into smaller groups for discussion.

SUMMARY

A seemingly obscure and boring genealogy of the antediluvians (those who lived on earth before the Flood) yields several challenges to our lives today. What would it be like to live for nearly a thousand years? What does it mean to "walk with God"? While the lifespan of humans is much shorter today, the invitation to walk with God is the same.

How Long Do We Have?

(BASED ON GENESIS 5:1-32)

Start by asking the youth to name what they know about the Bible character named "Enoch." Write it on a board or flip chart or type it so it shows on a projector, or just have two people come forward and take turns, back and forth, naming one more thing about Enoch.

HERE'S ONE WAY OF STUDYING THE LESSON FOR THIS WEEK

MATERIALS NEEDED

- Handout of "Enoch Facts" (page 17)
- The "Enoch Facts Answer Key" for you

When they run out of things to say, open it to the rest of the group to add to the list.

Hint: The Bible doesn't say a lot about Enoch. That means we know very little about him. But without knowing much, we have sometimes added more to what is mentioned briefly in the Bible.

Hand out the "Enoch Facts" and invite participants to respond individually and then compare as a group. You may choose to place participants in two groups when they have completed the sheet individually and then come up with a group consensus. This may spark some discussion among the participants.

QUESTIONS:

- 1. What stands out in your mind about Enoch right now?
- 2. How would you have related to Enoch if you lived when he did?
- 3. What would Enoch do if he lived in your world today?
- 4. If you were Enoch, what questions would you have asked Adam?
- 5. If you were Enoch, what would you want to pass on to your children, and how would you do that?
- 6. In the various stages of life, when is a good time to be connected to God? How might that change depending on the stage you're in?
- 7. What stage of life are you in right now? How does that affect your relationship with God?

ACTIVITY

Give 3–5 people 60 seconds to come up with a 5-second "improv" in front of the group to show your impression of the time Enoch had with God on earth. This could be something like a facial expression, a spin or jig, or their own particular move.

Explain that you are limiting the time they have to think of something (60 seconds) and you are limiting the time they have to express it to the rest of the group (5 seconds). After all, the theme right now is "How Long Do You Have?"

(This could be a difficult or awkward or embarrassing challenge. As the teacher, you might need to offer lots of encouragement or alter things so people are put in teams of two to work out something together. You could have them do a recording on their device so they could "re-do" it if they wanted. The purpose is to challenge them to come up with something in a limited amount of time. When the 60 seconds [or your decision to call "time"] have elapsed, share the expressions with the rest of the Youth Sabbath School group.)

QUESTIONS:

- 1. What made this difficult?
- 2. How did this capture the time Enoch had with God on earth?
- 3. What more did Enoch have that you didn't have?
- 4. How many years did Enoch have on earth before God took him to heaven?
- 5. How many years will you have?
- 6. What have you done with the time you've been given so far?
- 7. What have people older than you done with the time they've been given?
- 8. Can you glean more from a new believer or someone who has had a lot of years with God? Explain.

SUMMARY

Enoch lived only about 1/3 of the amount of time as others who were on earth. But during that relatively short time, he walked with God in ways that others didn't. We don't know how many years we will have on this earth, but we do have right now, today. God's desire is to walk with us right now. How long do you have?

Application ideas for living out this lesson this week

Let this spark your ideas to move from talk to action by living out the lesson in practical ways in your life this week. These three options correspond to the three Bible Study Guides above.

- A. Take 5 minutes sometime this week and ask God to reveal himself to you. Use those 5 minutes to close your eyes and listen to experience God's revelation to you. Later in the week, pray the same prayer but this time keep your eyes open and watch to experience God's revelation to you. You might want to spend your 5 minutes walking or driving as you give attention to God's revelation to you. After you have tried both experiences (eyes closed one time and eyes open another time), compare your experiences with another person who is also applying the Sabbath School lesson.
- B. Find one person in your church much older than you (20-50 years older) and ask them for advice about growing up—how did they do it and what do they recommend for you based on their experience and how the world is today. Then compare the advice you get with another youth who's done the same thing with another adult in your church.

Then find someone in your church younger than you (at least 2-5 years younger than you. Ask them about what's important to them and what's happening in their life. Then offer your wisdom from having been their age in the past (and yet respecting their power of choice and recognizing that everyone is unique). Then share that experience with one of your peers.

Don't limit this kind of interaction to just this week!

C. Most people don't know how long they have on earth. Accidents, tragedies, disease, and death can strike at any time. That's why God tells us to make sure we deal with today—not yesterday and not tomorrow. Make a conscious attempt to live each day this week as though it is your only day on earth. Do something kind and generous each day. Forgive past injustices and grudges in the same way God has forgiven you. Release the uncertainty about the future to the God who holds the future in his hands. Live lightly, letting God be God, and letting you spread God's goodness in your own world for the day. You don't know how long you have, so live TODAY with God. If you want something more dramatic, visit someone who is terminally ill. Ask them for their advice on how you should live. Ask them what they would do differently if they had life to live over, as well as what they would do the same. Pray with them.



Youth leader tip

This bonus is just for the youth leader—a quick tip, an

illustration, and a short paragraph to enhance your youth leadership. You may already know this, or you may learn it through trial and error, or maybe you just need a reminder of something you already know. Here's a way to get it with a quick infusion.

A BIT MORE

As a youth leader, be yourself. Don't try to be cool, thinking young people will accept what you share about Jesus because you 26. Young people look to peers for style and coolness; but to older people for spirituality, guidance, and purpose in life.

look or act like them. Teens naturally look to fellow teens to be cool and want that to be different than older people. Yet, they also realize instinctively that when it comes to wisdom, spiritual depth, and purpose in life, their peers probably aren't the best source. By being yourself, caring about teens, and having some spiritual maturity, you will have something worthwhile to share (after you've listened to them).



Resources

Here are a few resources to add to your collection as a Youth Sabbath School leader. The fourth week of each month will have a few resources for a variety of purposes.

- A. Come Together by Steve Case This collection of group-building activities contains dozens of ideas, starting with getting acquainted activities and then moving toward increased interaction. Discover some key principles and then pick and choose which activities you will tap into so your participants go deeper in sharing and growth as a group. Available for download PDF and hard copy at adventsource.org
- B. On YouTube, check out Christian comedian Michael Jr. He has full length stand-up comedy for 45–60 minutes. The comedy makes you laugh, but that's also when some key truths hit you after the giggle. You can also get short snippets for Youth Sabbath School, like a 4-minute clip about what it would be like to be a younger brother of Jesus. (Search for "What if you were a younger sibling of Jesus? | Michael Jr." on YouTube.)
- C. Create your own quiz, including visuals, by using the app "Kahoot." You can access it online or download a free version of it just by searching in the app store. This program/app allows you to play individually or as a group on a variety of topics already available, or you can custom make your own to use for Youth Sabbath School. Engage some of your tech-savvy youth to create a version for Sabbath School on a

- topic of your choice. Have them come up with the questions and the answer options as well as the graphics.
- D. In All Humility is a book about "Last Generation Theology," which may (or may not) be important to you or those in your Youth Sabbath School. You can find a review on Amazon.com

Cornerstone Connections is provided by the General Conference Sabbath School Department.

The supplemental materials for Youth Sabbath School found here are provided by the North American Division

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Give Me Time

The ages are based on the average lifespan for each animal, as found on the internet. On the timeline below place the letter for each animal where is belongs.

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Give Me Time - ANSWER KEY

The ages are based on the average lifespan for each animal, as found on the internet. On the timeline below place the letter for each animal where is belongs.

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J. Macaw (large parrot)

K. Mayfly

L. Mouse

Drone (male) Ant

Dragon Fly

Dog

Walking With God

Would you rather: Walk with God OR Run with God OR Dance with God? Read Genesis 5:1–32.

- 1. What does it mean to be created "in God's likeness" (vs. 1)?
 - A. Made in God's image.
 - B. This was true of only Adam.
 - C. To physically look like God; a similar body.
 - D. There's a little bit of God in us.
 - E. Having a conscience and the power of choice.
 - F. Male and female (see Genesis 1:27).
 - G. Be called "Adam/man/human."
 - H. It means we're partly supernatural.
 - I. Other.
- 2. Why did the early humans on earth live for so long?
 - A. God's original intention was for humans to live forever.
 - B. There wasn't pollution and overcrowding back then.
 - C. This was the residual from eating at the Tree of Life.
 - D. Their diet didn't cause disease and death like our diet does.
 - E. So Adam could personally pass along the story of creation and Eden.
 - F. The numbers were translated wrong in the Bible.
 - G. God delayed the sting of death from Adam and Eve's disobedience.
 - H. The rest of creation hadn't deteriorated as much as today.
 - I. Other.
- 3. What's the meaning of Seth being born in Adam's likeness (vs. 3)?
 - A. He was the spitting image of his daddy.
 - B. He wasn't made in God's likeness.
 - C. Abel was dead and Cain was gone, but there was still linage.
 - D. Seth was quite masculine.
 - E. He lived almost as long as his dad.
 - F. The promised Redeemer (Gen. 3:15) would still come.
 - G. Seth was born a sinner, just like his dad had become a sinner.
 - H. He wasn't anything like Cain or Abel.
 - I. Other.

- 4. Why did Adam eventually die?
 - A. Because 930 years was long enough.
 - B. He ate from the forbidden tree in the Garden of Eden.
 - C. It was an accident.
 - D. Adam no longer had access to the Tree of Life.
 - E. God's grace prolonged his life a long time after Adam's sin in Eden.
 - F. Everyone dies eventually.
 - G. He wasn't Enoch or Elijah.
 - H. Other.
- 5. Which person stands out the most to you in this genealogy?
 - A. Adam—he was the first.
 - B. Methuselah—he lived the longest.
 - C. Enoch—he lived the shortest amount on earth; but he's still alive.
 - D. Lamech—he was 182 years old before he had his first child.
 - E. Noah—must have been single a long time; 3 sons by age 500.
 - F. Mahalalel—the first to not reach 900 years.
 - **G**. The fact there was a genealogy before the Flood.
 - H. Other.
- 6. Why was Enoch "walking with God" singled out?
 - A. He was the only one who walked with God.
 - B. He walked more closely with God than the others.
 - C. Adam literally walked with God, until the Fall.
 - D. It happened after he gave birth to his first son.
 - E. This is the reason God took him to heaven already.
 - F. This is the type of people God will take to heaven (Matt. 7:21–23).
 - G. You become like the ones you hang out with.
 - H. Other.
- 7. How long do you think you will live on this earth?
- 8. How can your relationship with God be like Enoch's?

Enoch Facts

iviark	whether the following "facts" about Enoch are True (1) or False (F).
	Enoch lived a long time.
	Enoch lived at the same time as Adam.
	Enoch taught Abraham about God.
	Enoch is in heaven right now.
	Enoch visited with Jesus on the Mount of Transfiguration.
	Enoch lived longer than his son.
	Enoch was the seventh generation of humans on earth.
	Enoch walked with God.
	Enoch wrote one of the books in the Bible.
	Enoch disappeared from earth.

Enoch Facts—Answer Key

Mark	whether the following "facts" about Enoch are True (T) or False (F).
	Enoch lived a long time. True. Although 365 years on earth is a long time to us, it was a short amount of time compared to others living on earth in Enoch's day. And yet Enoch is still alive today, although he's in heaven, not on earth.
	Enoch lived at the same time as Adam. True. Counting the years in the genealogy in Genesis 5, Adam was 622 years old when Enoch was born. Adam lived to be 930, so that means Adam was alive for the first 308 years of Enoch's life.
	Enoch taught Abraham about God. False. Enoch was taken to heaven before the Flood (Genesis 5:24). Abraham wasn't born until well after the Flood (Genesis 12).
	Enoch is in heaven right now. True. See Genesis 5:24.
	Enoch visited with Jesus on the Mount of Transfiguration. False. That was Moses and Elijah (see Matthew 17:1-4).
	Enoch lived longer than his son. Trick Question: It could be True or False. True because Enoch is still alive (in heaven) even though his son, Methuselah lived 969 years (the longest of any human on earth). False because Enoch's life on earth was only 365 years and then God took him to heaven. Methuselah lived another 669 years after that and then he died.
	Enoch was the seventh generation of humans on earth. True. 1) Adam; 2) Seth; 3) Enosh; 4) Kenan; 5) Mahalalel; 6) Jared; 7) Enoch.
	Enoch walked with God. True. See Genesis 5:22, 24.
	Enoch wrote one of the books in the Bible. False. One of the book of the Apocrypha is the "Book of Enoch." Protestants don't consider this to be part of the inspired books of the Bible. Jude 1:14-15 mentions that Enoch, the seventh from Adam, prophesied that there would be a day of judgment. But nobody knows who wrote the apocryphal book of Enoch or when it was written.
	Enoch wasn't born until after his dad was more than 150 years old. True. Enoch's dad, Jared, became Enoch's father when Jared was 162 years old (see Genesis 5:18).