



## JESUS, THE ULTIMATE HERO

We Know Him!

March 21, 2020

### 1 PREPARING

#### A. THE SOURCE

**Matthew 5:14-16 (NIV)** • “You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.”

**John 3:30 (NIV)** • “He must become greater; I must become less.”

**Philippians 2:5-7 (NIV)** • “Have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness.”

**Hebrews 12:1, 2 (NIV)** • “Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.”

(See additional passages in student material.)

#### B. WHAT'S TO BE SAID ABOUT “JESUS, THE ULTIMATE HERO”

When He was only 12 years old, Jesus knew two things for sure: (1) that His Father was God; and (2) what His lifetime occupation would be.

People search a lifetime to find their identities. But Jesus found His by the time He was the age of your e-teens. Jesus Christ should be our great example. He is our hero. Through Him we can find our true identities.

Jesus knew His identity and purpose in life because He allowed His heavenly Father to direct His steps. He was tempted in all things, yet without sin. He fulfilled the Word of God so that you and I can enjoy life as children of God, carrying out our Father's business.

#### C. WHERE WE'RE GOING WITH “JESUS, THE ULTIMATE HERO”

As a result of this lesson we would like the students to be able to:

1. Understand that Jesus is truly the ultimate person to emulate.
2. Realize that the power to live a life with Jesus as a hero comes from Jesus alone.
3. Accept the cost of being a follower of Jesus.

#### D. MATERIALS NEEDED

**Beginning** • (Activity A) sticks, pieces of bread, jar of oil, piece of wool, various containers, queen's crown, stuffed lions, smooth

stones, pillow, leather belt, honey, small toy tent, bright light, carpenter's tools, cross, crown of thorns.

**Connecting** • Student lessons, Bibles.

**Applying** • Paper, pens or pencils.

## 2 BRIDGING

### A. WHERE WE'VE BEEN

**Allow 10 minutes at the beginning of class for students to:**

1. Share anything that was meaningful to them in this lesson.
2. Engage in a discussion about the topic of the lesson in connection to the belief highlighted this week.
3. Say the Bible memory text either individually or in a group.

### B. OTHER SABBATH SCHOOL COMPONENTS

- >> Song service
- >> Mission emphasis (find a link for Adventist *Mission* for youth and adults at [www.realtimefaith.net](http://www.realtimefaith.net))
- >> Service project reports

## 3 BEGINNING

**NOTE TO TEACHER:** Put together your own program with options from the categories below—Beginning, Connecting, Applying, and Closing. Please keep in mind, however, that the students need to have an opportunity to be interactive (participate actively *and* with one another) and to study from the Word.

### A. BEGINNING ACTIVITY

**Get ready** • Have a bag with several items in it. These items will represent a Bible hero—someone who had courage, faith in God, and/

or helped others. Some suggested items are: sticks, piece of bread, or a jar of oil (Elijah and the woman of Zarephath—1 King 17:8-15); fleece or piece of wool (Gideon—Judges 6:36-40); jar of oil, various containers (Elijah and widow's oil—2 Kings 4:1-7); queen's crown (Esther—Esther 2:17; 5:1-3; 7:3); stuffed lions (Daniel—Daniel 6); five smooth stones (David—1 Samuel 17:40, 50); pillow (Joseph—Matthew 1:20-24; 2:13, 14, 19-21); leather belt, honey (John the Baptist—Matthew 3:4); small toy tent, bright light (Paul—Acts 13:9; 18:2-3); cross, crown of thorns, carpenter tools (Jesus—Mark 6:3; Matthew 27:28-30; John 19:17).

Pull one of the items out of your bag and have the students guess who might have used the item. With each item, talk about how God used the hero to help others. **Say: God uses the man or woman, boy or girl, who is willing to serve Him. God grants to those who are willing to live for Him the special power of His Holy Spirit.**

**Say:** Even today we have men and women who honor God, help others, and risk their lives to save someone they don't know. We call them heroes. Every human hero has problems, shortcomings, triumphs, and failures. But Jesus is a hero to all of humanity. He died so that all could be saved. He has given everything He has to offer, and has held nothing back that would help us have eternal life.

**Debriefing** • [Note: the objective of this debriefing is to help the students figure out that Jesus is the best hero to have.] **Ask: What strengths and qualities do these heroes have?** (followed God; listened to God; did what God told them; had courage; trusted God; were willing to die for others)

On a chalkboard or paper chart, combine all the qualities the students come up with. **Say: Jesus had the qualities that made Him the best hero of all. He lived His life as an example for us.**

## B. BEGINNING ACTIVITY

In Friday's section of the student lesson the students were asked to assume the role of Jesus' talent agent. They are to think of different strategies to promote Jesus in society today. For this exercise, have them create a strategy for promoting Jesus in Jerusalem in His own time.

**Say:** Imagine that you are living in Jerusalem during Jesus' ministry on earth. You are a talent agent. You hear about Jesus from here and there. You believe that He is the answer to all of the world's problems. So you decide you are going to be Jesus' publicist—His agent. You are going to sell Jesus. What would you do? Remember, the Romans are trying to get rid of Him, the Pharisees think He's a heretic, the women think He's the best, and some fishermen are now unemployed because of Him! How are you going to sell Jesus as the superhero for the world?

Brainstorm together for a while.

## 4 CONNECTING

### A. CONNECTING TO THE KINGDOM

**Present the following ideas in your own words:**

Let's talk about a man who marketed Jesus. He did this after he chose Jesus as the ultimate hero. That one decision changed him so much that even his name was changed to forever remember his new life with the ultimate hero. From being Saul he became Paul. In the first phase of his life he had everything—power, prestige, lineage, education, influence, opportunity, personality, skills, money. His life as Paul took on special meaning because he focused on imitating Jesus. He wanted to be just like his hero. Ellen White refers to Paul as a hero of faith.

**Ask:** What type of soldier would a general pick to be part of their army? (Strong, loyal, brave)

**Say:** In the battle between the two kingdoms, Jesus is the general of God's army. What a winning team Jesus would have if every recruit were like Paul!

**Ask:** Do you think that Jesus is looking for people like Paul today? (Some will say yes; others will say no.) How do you know that you are in God's army? (Sometimes it is as simple as being confident in who you are and what you are doing with your life. Sometimes it is knowing that everything will be all right when things really aren't. It's believing that God is in control of your life.)

**Say:** Jesus loves us so much that He doesn't expect us to be on the waiting list to join His army until we are "worthy." In love and grace Jesus accepts us as we are. We don't have to meet any requirements or standards. All we have to do is to accept Him as Savior—and we're in. Then He does His work of transforming us into His elite forces.

### B. CONNECTING TO THE LESSON ILLUSTRATION

Ask someone beforehand to tell or read the story from the student lesson. Have them present it now. Ask students to discuss how they feel each of the following verses relates to the story just read: Philippians 2:5-7; Ephesians 2:10; Ephesians 5:1, 2; 2 Corinthians 3:3; Micah 7:8; Mark 10:45; Luke 2:40; 1 Peter 2:21 (you may want volunteers to read each verse aloud).

### C. CONNECTING TO LIFE

**Tell the following anecdote in your own words:**

There was a tightrope walker who would cross Niagara Falls to entertain thousands of people. He never fell once. His secret? Throughout his walks he kept his eyes fixed on a large silver star he had hanging on the other side. By keeping his eyes on the star, he was not distracted by the crowds of people or afraid of what might happen. The star helped him get to the other side.

**Ask:** What helps someone achieve a goal? (Focus, determination, concentration, passion)

Have a volunteer find and read **Hebrews 12:1, 2**. **Say:** The one thing this tightrope walker and Paul had in common was that they were always focused on something. While the tightrope walker used a star, Paul used Christ. For Paul, Jesus was the ultimate hero. He spent his entire life striving to become more like Him.

## 5 APPLYING

### A. APPLICATION ACTIVITY

**Say:** When Jesus is your hero, you are definitely going to be vulnerable. If you are going to associate yourself with Jesus, you will be the object of attacks. You may be ridiculed, chased, disowned, or thrown in jail.

Divide the class into groups. Supply paper and pens or pencils. Have each group make a list of situations and scenarios in which it would be very difficult to be a follower of Jesus. Next to each situation, have them use Monday's or Wednesday's section of their lessons to find solutions to these situations. Finally, have each group share their problems and solutions with the rest of the class.

Have someone read **Matthew 5:14-16**. Ask for suggestions for other more contemporary analogies that could be used in this passage besides a "light" and "a town built on a hill" (NIV).

### B. APPLICATION QUESTIONS

1. In what ways can you show Jesus that He is your hero?
2. How can you make sure that Jesus is a real presence in your life? Explain.
3. Why do followers of Jesus get attacked when doing what's right?
4. Why does Jesus ask total commitment of His followers?
5. If Jesus is such a perfect hero, why don't more people follow Him?
6. What is the boldest thing you've done as a follower of Jesus?
7. What part of following Jesus most frightens you?

## 6 CLOSING

### SUMMARY

Close by reading this quote from Ellen G. White.

"Christ came to this world to show that by receiving power from on high, man can live an unsullied life. With unwearied patience and sympathetic helpfulness He met men in their necessities. By the gentle touch of grace He banished from the soul unrest and doubt, changing enmity to love, and unbelief to confidence" (*The Ministry of Healing*, p. 25).

Christ was all about helping and saving humanity from sin. He saved me; He is my hero. He saved you. Is He your hero?



## STUDENT LESSON

# JESUS, THE ULTIMATE HERO

We Know Him!

March 21, 2020

### Sabbath FOR STUDY

- » **Memory Text:** “For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them” (Ephesians 2:10, NKJV).
- » **Our Beliefs, no. 4, The Son:** “He [Jesus] lived and experienced temptation as a human being, but perfectly exemplified the righteousness and love of God. By His miracles He manifested God’s power and was attested as God’s promised Messiah.”
- » Ellen G. White, *Thoughts From the Mount of Blessing*, pp. 134, 135

### WE KNOW HIM!

When Efe was a child, he was drawn to adventure stories. This fascination continued through his secondary school years. In high school his father would give him money to buy textbooks, and with the leftover change, Efe would purchase novels. He enjoyed unraveling plots and mysteries. When Efe enrolled in university-level studies, he became acquainted with the Seventh-day Adventist Church. He experienced the joy of salvation as he learned about Jesus through His Word and was baptized!

Through the years Efe had built up a small library that mostly contained novels. After his conversion, he discovered that such books were not helping him grow spiritually. Thus, he de-

cidated to review all the titles in his little library and burn any book that he knew had a negative effect on his appetite for spending time with Jesus in prayer and studying His Word. So, into the fire went the novels!

Efe believes that God rewarded his stand for Jesus because shortly afterward he received a shipment of books by Ellen G. White. He had requested some used or donated books, and in reply he received more than he requested. Efe donated in turn many of those books to others. Then he wrote, asking for more, and again he received boxes full of precious books. The second shipment contained a great variety of Ellen G. White’s books. They were all hardcover books, designed to last! Efe now had volumes of books about Jesus and the love of God in his library that he could share with others who were thirsty for the water of life.

Efe has a deep concern for today’s young people who are missing the blessing of Christ-centered books. He writes: “I urge you, dear friend, to read that which nourishes the soul.” Take time today to read the Bible and a book by Ellen G. White and you will grow closer to Jesus. In turn He will enable you to be a light for Him in this world!—Adapted from *Encountering God’s Grace*, p. 156.

### Sunday RESPONDING

- » Read Ephesians 5:1, 2.
- » Even adults would find it difficult to stand up

and speak of Jesus in certain settings—such as a board meeting. Why do you think this is so? It’s not as if He’s a bad guy or has a bad rep. When you are asked in school to stand up and talk about your hero, do you say Jesus? If so, why, and if not, why not?

- » As Christians, adults and young people alike, sometimes we hesitate to be identified as part of the Jesus Fan Club. From your perspective, why is that? Any suggestions to fix this problem? Share your thoughts.

**Monday**  
**BIBLE ANSWERS ON THE SON**

- » Read Isaiah 53:4-6; John 1:14; 2 Corinthians 5:17-19.
- » First, Christ left His Father and His heavenly home to come and live among humanity. Second, He loved, cared, and served the people around Him who were suffering. And He wanted to give us an example of how we should live and be of service to others. Third, He suffered and died for sinners. He wanted to give us the opportunity to be restored to God’s image. Can there be a better description of a hero?
- » How have Jesus’ life, example, and death changed your life?

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- » What can you do today to follow Jesus’ example of service to your family, neighborhood, school, church, and community?

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- » Puzzle

“Finally, \_\_\_\_\_, whatever things are \_\_\_\_\_, whatever things are \_\_\_\_\_, whatever things are \_\_\_\_\_, whatever

things are \_\_\_\_\_, whatever things are \_\_\_\_\_, whatever things are of \_\_\_\_\_, if there is any \_\_\_\_\_ and if there is anything \_\_\_\_\_—meditate on these things” (Philippians 4:8, NKJV).

**Tuesday**  
**REFLECTING**

- » Read 1 Peter 2:21.
- » Some old Roman coins have a picture of an ox on them. The ox faces two things—an altar and a plow. On the coin is also an inscription that reads: “Ready for either.” The ox symbolized the fervor of Rome. It was ready either for the supreme moment of sacrifice on the altar or the long labor of the plow on the farm.
- » We can learn something about Christian living from this. Like the ox, ready for both slaughter and service, when you earnestly follow Jesus as your hero, you must be ready for anything. There may be times when you suffer, when you are ridiculed, when you are left alone, when nothing seems to be going your way. After all, Satan will do his best to keep you from Jesus. But in spite of it all, you will be totally content with life. Does this sound strange—hard to believe? But think about it. Ask yourself how much Jesus is worth to you. This week, take time to talk to the adults in your life about the hardships they have faced for the sake of their Christian life.

**Wednesday**  
**BIBLE INSIGHTS**

- » In this week’s lesson we are learning about what makes following Jesus worth our while. Fill in the blanks using the New International Version.

1. “In your \_\_\_\_\_ with one another,

have the same \_\_\_\_\_ as Christ Jesus: who, being in very \_\_\_\_\_ God, did not consider \_\_\_\_\_ with God something to be used to his own advantage; rather, he made himself \_\_\_\_\_ by taking the very nature of a \_\_\_\_\_, being made in human likeness" (Philippians 2:5-7, NIV).

2. "For we are God's \_\_\_\_\_, created in Christ Jesus to do \_\_\_\_\_, which God prepared in \_\_\_\_\_ for us to \_\_\_\_\_" (Ephesians 2:10, NIV).
3. "Follow God's \_\_\_\_\_, therefore, as dearly loved \_\_\_\_\_ and walk in the way of \_\_\_\_\_, just as Christ \_\_\_\_\_ us and gave himself up for us as a \_\_\_\_\_ and \_\_\_\_\_ to God" (Ephesians 5:1, 2, NIV).
4. "You show that you are a \_\_\_\_\_ from Christ, the result of our \_\_\_\_\_, written not with ink but with the \_\_\_\_\_ of the \_\_\_\_\_, not on tablets of stone but on tablets of \_\_\_\_\_ hearts" (2 Corinthians 3:3, NIV).
5. "Though I sit in \_\_\_\_\_, the LORD will be my \_\_\_\_\_" (Micah 7:8, NIV).
6. "For even the \_\_\_\_\_ of Man did not \_\_\_\_\_ to be served, but to \_\_\_\_\_" (Mark 10:45, NIV).
7. "And the child grew and became \_\_\_\_\_; he was \_\_\_\_\_ with \_\_\_\_\_, and the \_\_\_\_\_ of God

was on him" (Luke 2:40, NIV).

8. "To this you were called, because Christ \_\_\_\_\_ for you, \_\_\_\_\_ you an example, that you should \_\_\_\_\_ in his \_\_\_\_\_" (1 Peter 2:21, NIV).

## Thursday CONNECTING

- » Read Luke 2:40.
- » Review the memory text.
- » The most important thing about being a part of God's kingdom is knowing that you belong in that kingdom. It is not enough just to feel as if you're part of it some of the time—such as when you are in church or reading your Bible. God's kingdom needs soldiers—ready for battle at any time. Being part of His kingdom means that you believe 100 percent that you belong with Him. No doubts, no maybes. Just confidence in who you are in Him.
- » Study the life of Jesus—if not straight from the Bible, remember the stories you've heard growing up. Jesus knew, without doubt, who He was, what He was to do, when He was just 12 years old. Not because He was God, but because He was a kid just like you—but a kid who was always connected to the Person He belonged to. The secret is "connection" with the kingdom through Jesus.

## Friday APPLYING

- » Read 2 Corinthians 3:3.
- » You believe that Jesus is the answer to all the world's problems. So you decide you will be His publicist, His agent. You are going to sell the ministry of Jesus—now, today, in this society. What would you do? How would you go about it? Would you advertise on TV

or the internet? How would your marketing ideas differ from those you would have used

if you had been His agent in Jerusalem during Jesus' time?

**LOGO:** \_\_\_\_\_

\_\_\_\_\_

**SLOGAN:** \_\_\_\_\_

\_\_\_\_\_

**STRATEGY:** \_\_\_\_\_

\_\_\_\_\_

**MARKETING TECHNIQUES:** \_\_\_\_\_

\_\_\_\_\_

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