COMMUNICATOR GUIDE

Rebellious / Week 1

Prelude   Social   Worship   Story   Groups   Home

Bottom Line

Be rebellious enough to do what you don't have to do.

Goal of Small Group

To help students identify what keeps them from serving and ways that they can serve those around them.

Scripture

- John 13:1 NIV
- John 13:3-5 NIV
- John 13:12-17 NIV

Teaching Outline

Introduction

- Sometimes I think people in high school get stereotyped in a way that's really unfair.
- Note: The Interactive happens here. See your Teaching Script for details.
- The label that bugs me about teenagers the most is this one: Rebellious.
- Being rebellious just means that you don’t always follow the rules. And my question is: Is that always a bad thing?

Tension

- Whether you consider yourself rebellious or not, whether you love rules or hate them, our world has a LOT of them.
- Maybe you have heard people say that being a Christian is just about following a bunch of rules.
- Just for today, I want you to consider this:
  - What if we've gotten it wrong?
  - What if following Jesus is just as much about the rules you break as the rules you follow?
  - What if I told you that being rebellious isn’t always a bad thing?
- In fact, it can be the very thing that God invites us to do?

Truth

- Lots of people would have called Jesus “rebellious.”
- He often challenged the way things had always been done. Sometimes He broke rules that were cultural or traditional, and it made everybody a little nervous.
- Some powerful leaders were so bothered by Jesus, they made a plan to kill him.
• Jesus is with His closest followers—the disciples—sitting down for the Feast of the Passover, a time to remember the good things God had done for the Israelite people when He freed them from slavery in Egypt.

• “It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end” (John 13:1 NIV).

• Jesus knew that He was only days away from being arrested and put on trial for what would eventually lead to His death.

• “Jesus knew that the Father had put all things under His power, and that he had come from God and was returning to God; so he got up from the meal, took off His outer clothing, and wrapped a towel around His waist. After that, He poured water into a basin and began to wash His disciples’ feet, drying them with the towel that was wrapped around Him” (John 13:3-5).

• Keep in mind that this foot washing took place in the culture at the time that Jesus walked the Earth.

• Foot washing was considered something a servant would do.

• But Jesus, without saying a word, breaks a rule that had existed for centuries.

• In fact, it’s a rule that still exists today, one that I think many of us follow without thinking: Only do what you have to do.

• That’s what makes Jesus’ foot washing so remarkable. Washing feet was going beyond what a normal human would do.

• In one of His last days on Earth, Jesus did the opposite of what anyone would have considered “normal,” and it was one of the greatest acts of rebellion in history.

• “Do you understand what I have done for you?” He asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them” (John 13:12-17 NIV).

• Jesus rebelled in a way that honored God. He challenged what was normal or expected in a way that served others.

• Jesus went out of His way to serve people—people like Him and people who were nothing like Him.

APPLICATION

• So what does it look like for us to be rebellious enough to do something we don’t have to do?

• One idea is to start each day by praying this simple prayer: “God, here I am. Help me see ways I can help.”

• Then, as you see people who need help, help them…even when you don’t have to. It really is that simple.

• Maybe that doesn’t sound life-changing. I get it. But chances are it has changed your life already.

• Here’s what I mean: do you remember a time when someone did something for you that they didn’t have to do?

• When Jesus did what He didn’t have to, it turned the world upside down. When you and I serve in a way we don’t have to, I think it can have a similar effect.

• Be rebellious enough to do what you don’t have to do.

LANDING

• The truth is some rules are good; but other times ideas like selfishness are so much a part of our world, so normalized that they feel like rules we have to obey.

• When it comes to those, sometimes a little rebellion is a good thing.

• That’s one of the reasons we have groups, so that we can remind each other that we don’t have to do things or live a certain way simply because it’s normal or it’s expected.
This week I hope you talk with your group about ways you can serve together, ways you can show up for people in your school, or even ways you can help each other.

Whatever you decide, just be rebellious enough to do what you don't have to do.

INTERACTIVE

Before the service, post an Instagram question asking "what are some negative stereotypes people have about teenagers?"
Let’s start with a good rant. Can I tell you one thing that makes me furious? It’s when adults around me talk badly about teenagers. Here’s what I mean, sometimes I’ll be on a plane and the person in the seat next to me says “what do you do?” so I tell them “I work or I volunteer with teenagers.” Now the minute I say that, I get one of two reactions:

1. That’s awesome! (and they’re right)
2. “Oh, I’m sorry. I could never do that.” Then, they go on to give me a list of all the reasons they don’t like teenagers.

I know. It’s rude. It bothers me too. The truth is sometimes I think people in high school get stereotyped in a way that’s really unfair.

Share the results of the Instagram poll. Say something like this:

In fact, earlier on Instagram, we posted a question, “what are some negative stereotypes people have about teenagers?” Here’s what you said.

Sometimes teenagers get labeled as lazy or entitled, but the label that bugs me the most is this one:

Rebellious.
Being rebellious just means that you don't always follow the rules, and when I hear statement like “teenagers are just rebellious,” I want to ask the question, “have you met every teenager?” The truth is you can't just put everyone in the same category like that.

And, is being rebellious always a bad thing?

【TENSION】
2 MINUTES

The truth is whether you consider yourself rebellious or not, whether you love rules or hate them, our world has a LOT of them. You know this.

School is full of rules like…
- Don’t run in the hallways.
- Don’t facetime people in other classrooms.
- (Communicator note: for this third example, add a rule specific to a school in your community and well known by your students).

There are probably some rules at your house having to do with
- Your curfew
- The time you spend on the phone or
- Cleaning up after yourself

These rules are pretty obvious, but then there are the unspoken, unmentioned, but everybody-still-knows-it rules like..
- You don’t respond to a text message by calling someone (like…ever).
- You don’t laugh when your friend says something dumb in class.
- You don’t ever…and I mean ever…screenshot a snapchat without an explanation.

The point is our world has a lot of rules and so it makes sense that when we’re in spaces like this, in a church or around church people, we assume that it is just one more place with more rules for us to follow. In fact, maybe you have heard people say that being a Christian is just about following a bunch of rules. If that’s how you’ve thought about it, I totally get that. It’s a really common idea. But just for today, I want you to consider this: What if we've gotten it wrong?  
What if following Jesus is just as much about the rules you break as the rules you follow?  
What if I told you that being rebellious isn’t always a bad thing? In fact, it can be the very thing that God invites us to do?

【TRUTH】
6.5 MINUTES

You may or may not know this, but lots of people would have called Jesus “rebellious.” That seems strange to say because so many of us have assumed following Jesus is just about following rules, but the truth is Jesus often challenged the way things had always been done. He
disagreed. He debated. Sometimes He broke rules that were cultural or traditional, and it made everybody a little nervous.

In fact, some powerful leaders were so bothered by Jesus, that they made a plan to kill him. How do we know this happened? Well, a few people who knew Jesus well wrote down what happened in his life and those documents have been passed down for generations. One of those writers was his good friend, John. This is what John wrote down in his record of Jesus’ life:

“It was just before the Passover Festival. Jesus knew that the hour had come for him to leave this world and go to the Father. Having loved his own who were in the world, he loved them to the end” (John 13:1 NIV).

Jesus is with His closest followers—the disciples—sitting down for the Feast of the Passover, a time to remember the good things God had done for the Israelite people when He freed them from slavery in Egypt. Passover happened every year, but this one was a bit different for Jesus, because He knew that He was only days away from being arrested and put on trial for what would eventually lead to His death.

John continues,

“Jesus knew that the Father had put all things under His power, and that he had come from God and was returning to God; so he got up from the meal, took off His outer clothing, and wrapped a towel around His waist. After that, He poured water into a basin and began to wash His disciples’ feet, drying them with the towel that was wrapped around Him” (John 13:3-5 NIV).

Keep in mind that this took place in the culture at the time that Jesus walked the Earth...

- Thousands of years ago.
- They didn't have cars.
- They didn't have bikes.
- The roads weren't paved, and there were no sidewalks.
- And they didn't have the latest LeBron's, Off White’s, or Crocs.

Most likely they had a thin pair of sandals to protect their feet from the rough terrain because they literally walked everywhere they went—through grass, mud, dirt, dust, and anything else you can imagine that you’d find on the ground. I don't know about you, but I personally am not a huge fan of feet now. So I can't imagine the nastiness of feet back then!

That's why foot washing was considered something a servant would do. No one would willingly touch everyone’s gross feet! Except Jesus. It must have shocked everyone. Jesus, without saying a word, breaks a rule that had existed for centuries. In fact, it’s a rule that still exists today, one that I think many of us follow without thinking:

**Rule: Only do what you have to do.**

Isn’t it true that’s an unspoken rule in our world? Maybe you’ve heard people say “look out for number one” or “worry about yourself” or “do the minimum requirement.” In other words, only do what you have to do. It makes sense. After all...

- You only do homework that counts for a grade.
- You only run as many laps as your coach requires.
• You only volunteer as many hours as your club requires.
• You only clean up when your mom threatens to ground you.

Does following this rule make you a bad person? NO. It makes you a normal human. This is one we all follow. In fact, one of the most common ways to live is to only do what you HAVE to do. It’s such a normal way of thinking it almost feels like a rule.

That’s what makes Jesus’ foot washing so remarkable. This was more than just doing something nice for his friends. Washing feet was going beyond what a normal human would do. It wasn’t required. It wasn’t expected. It wasn’t “the way we do things.”

In one of His last days on Earth, Jesus did the opposite of what anyone would have considered “normal,” and it was one of the greatest acts of rebellion in history.

When He had finished washing each of the disciples’ feet, He said this…

“Do you understand what I have done for you?” He asked them. “You call me ‘Teacher’ and ‘Lord,’ and rightly so, for that is what I am. Now that I, your Lord and Teacher, have washed your feet, you also should wash one another’s feet. I have set you an example that you should do as I have done for you. Very truly I tell you, no servant is greater than his master, nor is a messenger greater than the one who sent him. Now that you know these things, you will be blessed if you do them (John 13:12-17 NIV).

This was how Jesus rebelled. He saw a world where people looked out for themselves, only doing what they had to do for those they wanted to do things for, and He refused to live by those rules. In other words, He rebelled in a way that honored God. He challenged what was normal or expected in a way that served others. He served—people like Him and people who were nothing like Him. Jesus went out of His way to serve people that his society said didn’t matter at all. He did what He didn’t have to do, even when it cost Him—His reputation, and ultimately His life. He loved them to the end. And as a result, He didn’t just overthrow the system in Rome, He changed the world.

---

**APPLICATION**

**3 MINUTES**

See that’s the thing about doing something you don’t have to do. It gets people’s attention. It disrupts the normal way of doing things. It changes people in a powerful way.

So what does it look like for us to be rebellious enough to do something we don’t have to do? One idea is to start each day by praying this simple prayer: “God, here I am. Help me see ways I can help.” When it comes to helping other people, it may not always be obvious. Sometimes I’m so busy I don’t even notice other people around me, but when I started praying that simple prayer, I began to see more opportunities than I realized. I think you will too.

Then, as you see people that need help, help them…even when you don’t have to. It really is that simple. Maybe for you that means…

• Helping the school janitor clean up a spill if you see it.

©2021 The reThink Group. All rights reserved.
If you change the content of this document, please add to the copyright: Adapted by (your name/organization name/date).
• Doing chores at home without your parents having to ask.
• Including somebody who seems to be excluded.
• Spending time with your siblings.
• Inviting somebody to sit with you who is different from you.
• Defending somebody who's being gossiped about.
• Saying something nice to the lunch lady.
• Carrying grocery bags for the single mom you see at the store.
• Showing respect to that teacher that nobody seems to show respect for.

Maybe that doesn’t sound life-changing. I get it. But chances are it has changed your life already. Here’s what I mean: do you remember a time when someone did something for you that they didn’t have to do? Maybe they helped you when they didn’t have to. Maybe they gave you something that was so generous you didn’t expect it. Maybe they forgave you when you didn’t deserve it. The point is, when somebody does something they don’t have to do for us, it’s a powerful moment and we remember it.

The same thing is true when we do something out of the ordinary for others. Here’s what I want you to think about: what would happen if people from THIS church or people from your group started doing things that we don’t have to…

• For our schools?
• Our families?
• Our sports teams and our jobs?
• Our community?

When Jesus did what He didn’t have to, it turned the world upside down. When you and I serve in a way we don’t have to, I think it can have a similar effect. That’s why I want everyone here to...

Be rebellious enough to do what you don't have to do.

LANDING

1.5 MINUTE

The truth is some rules are good. Rules like wearing a seat belt or driving the speed limit keep us safe. Following them is a good idea and we all know it. But other times ideas like selfishness are so much a part of our world, so normalized that they feel like rules we have to obey. And when it comes to those, sometimes a little rebellion is a good thing.

In fact, that’s one of the reasons we have groups, so that we can remind each other that we don’t have to do things or live a certain way simply because it’s normal or it’s expected. We can go beyond what we have to do and serve others in a way that is not required. This week I hope you talk with your group about ways you can serve together, ways you can show up for people in your school, or even ways you can help each other. Whatever you decide, just be rebellious enough to do what you don't have to do.

©2021 The reThink Group. All rights reserved.
If you change the content of this document, please add to the copyright: Adapted by (your name/organization name/date).