### **TARGET GRADE/AGE LEVEL**

## High School Youth

### **DESCRIPTION**

In this lesson, students will be able to understand “spiritual” and “religious” from the secular perspective and why it is a hopeless philosophy.

### **OBJECTIVES**

At the end of this lesson students will be able to identify from where “spiritual but not religious” philosophy comes and why it is anti-Christian. Students will know how to answer someone who claims this philosophy through understanding that spirituality is about having the Holy Spirit, not about inside-yourself thoughts and emotions that you make up. In fact, we are rescued from that kind of slippery thinking by the clear and truthful Word of God through which we learn of our unchanging Savior Jesus Christ.

### **AMOUNT OF TIME NEEDED**

1 hour - Lesson 1  
1 hour - Lesson 2

### **MATERIALS NEEDED FOR LESSON 1**

✓ [**Instructor slides**](https://docs.google.com/presentation/d/1Oy-vg1NbNQaCNkHZP9Kq7f3dZizZAmJYJVICKcY2seg/edit?usp=sharing) ***(OPTIONAL)***

✓ Bibles

✓ *Higher Things Magazine* article: “Spiriligiosity”

([**TEXT**](https://myht.higherthings.org/wp-content/uploads/2020/07/Spiriligiosity-Rev.-Jonathan-Fisk.pdf) )

✓ [**Heads Up! Game**](https://myht.higherthings.org/wp-content/uploads/2020/08/Heads-up-Spiriligiosity.pdf) printed on cardstock and cut out

### 

### 

### **LESSON OUTLINE**

1. Begin with today’s [***Reflection***](https://higherthings.org/reflections)*.*
2. **Think, pair, and share activity**.  
   Explain to students that they will be shown a meme that you will give them about 30 seconds to think about. After 30 seconds, they should find a partner and discuss their ideas about the meme for about two minutes. When the two minutes are up, they should expect to share something about their discussion with the entire class. You can pick and choose who shares as time permits.
3. **Bible readings and discussion questions**.  
   Look up the selected Bible verses as a group and have students answer and discuss the questions provided. Suggested responses are also included for each of the discussion questions.
4. **Read the article** “Spiriligiosity” by Rev. Jonathan Fisk from *Higher Things Magazine* (PDF). For ideas about ways to read the article as a group, look under the “GAMES & ACTIVITIES” section of this document.
5. **Group conversation** about the article using the discussion starters in the [**Instructor Slides**](https://docs.google.com/presentation/d/1Oy-vg1NbNQaCNkHZP9Kq7f3dZizZAmJYJVICKcY2seg/edit?usp=sharing) and pre-class questions .***(OPTIONAL)***
6. **Play** “Heads Up!” Game *(instructions below).*
7. **Closing prayer** *(Suggestions below).*

### 

### 

### 

### **GAMES & ACTIVITIES**

Volunteer Popcorn Reading

Ask students who want to read aloud to pick a paragraph and read it. When they are done reading their section, another willing reader can take over. The teacher may begin the reading or take a turn reading aloud. Never force anyone to read aloud.

After reading aloud, assign students to groups of three. Give each group a different paragraph or paragraphs for them to discuss in their groups for three minutes. Groups should be prepared to share something about their discussion over their assigned paragraph with the entire class when everyone comes back together.

Group Read

Divide students into small groups of 2-3. Tell each group to read the entire article together but also assign each group a different paragraph or paragraphs for them to discuss in group. Groups should be prepared to share something about their discussion over their assigned paragraph with the entire class when everyone comes back together.

Heads Up! Game

Print and cut out one or more sets of the game on stock paper (depending on how many groups you want to create). Divide the class into groups of 2-5 and give each team a deck of cards, face down. Do not allow students to see the words on the cards. Set a timer for two minutes and have one player hold up a card to her forehead without looking at it. The other players will yell out clues for the first player. The first player will continue to guess who is on the card until correct or until she decides to pass.

Repeat until the two minutes is complete. Pass the card deck on to the next player. Shuffle when necessary.

### **CLOSING PRAYER OPTIONS**

Luther’s Morning Prayer

I thank You, my Heavenly Father, through Jesus Christ, Your dear Son, that You have kept me this night from all harm and danger; and I pray that You would keep me this day also from sin and all evil, that all my doings and life may please You. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Luther’s Evening Prayer

I thank You, my Heavenly Father, through Jesus Christ, Your dear Son, that You have graciously kept me this day, and I pray that You would forgive me all my sins, where I have done wrong, and graciously keep me this night. For into Your hands I commend myself, my body and soul, and all things. Let Your holy angel be with me, that the evil foe may have no power over me. Amen.

Lord’s Prayer

Our Father who art in heaven, hallowed be Thy name, Thy kingdom come, Thy will be done on earth as it is in heaven; give us his day our daily bread; and forgive us our trespasses, as we forgive those who trespass against us; And lead us not into temptation, but deliver us from evil. For Thine is the kingdom and the power and the glory forever and ever. Amen.

**PRE-CLASS MATERIALS**

Bulletin Insert Paragraph

It’s common today that people say they’re spiritual, but not religious. What’s the difference? *IS* there a difference?? This week, in youth group, we’re going to talk about things like spiritual and religious, and private versus public faith. Christianity is different...but how? Join us at [TIME] on [Day, DATE] for what promises to be an interesting conversation!

Parent Communication

*Following are some paragraphs you may copy and paste into your church’s newsletter or share at a parents’ meeting with your youth groups’ parents to keep them in the loop on what their teens are learning about at church.*

Dear Parents,

For the next couple of weeks in our youth group, we’ll be tackling a common idea with your teenager’s generation — the concept of being spiritual, but not religious. One of the most interesting things about GenZ is that the “nones” outnumber those who identify themselves with a religion. Many young people today really have been raised without any sort of formal spiritual grounding in their lives!

We’ll be talking about how our sinful nature, left to its own devices, fills the void of religion in the lives of their friends and what the Bible teaches about true spirituality and true religion.

This is not permission for anyone to condemn other people or consider them “less” because they may not have religious context for their ideas. Our goal is to equip young people to better understand where their friends are coming from. This avoids awkward misunderstandings, and helps your teen from inadvertently falling into the same “spiritual, but not religious” worldview, while giving them vocabulary to proclaim the Gospel news of Jesus Christ’s free salvation to their friends who have this worldview.

**GROUP TEXTS**

*If you have group chats/texts with your youth groups, here are some examples of texts you may send as conversation starters and teasers to invite and follow up after class about this topic. You can also use them for introductory and filler conversation during your group discussion.*

Pre-Lesson

* Lots of people say, “I’m spiritual, but not religious.” Why? How are you supposed to respond to such a statement? What are you NOT supposed to say?
* Is the opposite of “spiritual, but not religious” “religious, but not spiritual?” Where do you fall?
* Is not having a religion a religion in and of itself? Let’s talk about it tonight!

Post-Lesson

* Lots of people say, “I’m spiritual, but not religious.” How can you respond faithfully?