

Use “The Scene” to introduce “Saving Your Best” the High School Sunday school lesson for March 19, 2017. The lesson is found on page 17 of *High School Teach*.



The University of Cincinnati Bearcats were way ahead, and everyone knew what that meant. “Tobler! Tobler!” the chant started small and grew into a roar until all the Bearcats fan were shouting for crowd favorite, Zack Tobler.

Zack wasn’t a starter. He wasn’t even a sleeper. His main role on the team was to help the others guys work out at practices. But when the time came for the final regular season home game, Zack was honored right along with senior star starters Kevin Johnson and Troy Caupain. And this time, much to his surprise, Zack would be starting too.

The coach let him know just a few minutes before the game, and the star players made sure to get Zack the ball so he could make a basket. All he had to do was follow the directions of Caupain.

But Zack didn’t even take the glory for that moment in the spotlight. At the end of the game (which they won) he said, “Troy threw me a great pass. . . . It was cool, but I was just happy we got the win.” Zack never minded not being in the spotlight for every game, and he didn’t try to take on roles that he wasn’t ready for. Instead, he just followed the directions of his coach and was grateful to have some part in making the whole team successful.

As students arrive, give each of them a copy of the above article to read. Then discuss it in this way:

Obviously, Zack was not in a position to be ready to be a regular starter for his team. Maybe he just wasn’t as gifted physically or just didn’t have the same level of skills and experience. What do you think would have happened if the coach had put him in as a starter regularly?

Zack listened to his coach and as a result, he helped his teammates and earned a lot of respect, not just from his team, but from the fans. Imagine God is your coach—how can listening to Him help you earn respect from others?

Sometimes what we have to do or what’s best for us isn’t what we want to do in the moment. How can listening to Coach God help us make decisions that are not only best for us, but best for those around us?

Following instructions can be frustrating, but when those instructions come from wise sources, they are made for our protection and with our best interests in mind. God created sex for certain kinds of relationships (marriage) and has given us instructions about how to live lives that are sexually pure. Let’s look at three benefits that come from following God’s plan for sex.