

## SWITCHFOOT



Artist:

SWITCHFOOT  
SWITCHFOOT.COM

Album Title &amp; Record Company:

THE BEAUTIFUL LETDOWN  
SPARROW RECORDS

Video:

DARE YOU TO MOVE

Study by:

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## Theme

Courage

## Objective

Your students will reflect on the difficulties of facing challenges that bring attention upon themselves and require responses. They will be asked to identify one particular challenge and be given the opportunity to act courageously.

## Warm Up

As your class enters the room have some ballroom dance music playing in the background. Arrange all the seats in a circle around a center large enough for a couple to move about. If possible, darken the room and put a spot light on the center of the circle. Explain that you are going to teach the class a few cool dance steps and ask, "Who would like to be first?" Ask the guys in the group, one at a time; use the promise of food, or anything else, as a bribe to get them up. Go dramatic – drape on a scarf, put a plastic rose between your teeth, and throw back your hair. Attempt to get a few students up to dance with you before the whole thing comes unglued. Follow with these questions:

- Why do we hate being in the spotlight?
- What makes performing scary?
- What do you risk when you choose to dance as others watch?

## Transition

Hand out the Student Guides and pencils. Give your students three minutes to complete the *Life Is A Stage* section. Talk through their answers and then say, "I think we all understand what being under pressure to perform means – living up to the expectations of those around us, or simply acting courageously when everyone is watching. These choices can leave us feeling helpless and frozen in place, and unsure of which way to move."

## Bible Study

Begin by saying, "We are going to read about a young woman who was thrust onto the stage of life and challenged to dance a critical lead role during a desperate time for her people. Her choices are worth remembering and celebrating." Ask your students to get into pairs, read **Esther 3:8-11; 4:1-14** and then answer the questions in the *What Happens Next?* section of their worksheets. After five minutes pull the group together and discuss their responses. Ask the group these questions:

- If you were asked to make a courageous choice, would you be prepared?
- Would you have to escape from yourself and the potential fallout of your choice before making your decision?
- Where would you go for help?

## Video

Say, "The boys in Switchfoot have given us a musical parable in the song 'Dare You To Move' – one that mirrors Esther's moment on stage and her dramatic choice. Listen for the echoes of her life in the song and record them in the *Redemption Has A Story To Tell* section of your Student Guide." Play the video off the YLO BASIC CD-ROM. After the video has finished, ask your students what parallels they heard between the song and Esther's story.

## Wrap Up

Say, "Let's see how Esther moved and discover the fallout of her choice." Read **Esther 4:16-17; 7:1-4; 8:3-13** aloud to the group. Tell the students that despite the tension and the potentially disastrous results Esther chose to trust God and to act courageously. Read **Joshua 1:9** to the group and then direct their attention to the *Dare You To Move* section of their worksheet. Give them five minutes to complete these application questions before leading them in a prayer for courage and conviction to act on what they have learned. Now grab the rose again and ask, "Who wants to dance?"