

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say?

“Follow my example, just as I follow the example of Christ.”

1 Corinthians 11:1

Teaching Objectives

If a student can demonstrate awareness and growth in even one quality - consider that a success!

Student is a good example of leadership by demonstrating the quality of:

- **a courageous leader:** does what is right, especially when it is hard. They recognize bad examples and do not follow them.
- **an encouraging leader:** speaks encouraging words to bring hope and help to others.
- **a caring, compassionate leader:** takes specific actions to help others.
- **a wise leader:** thinks ahead about how choices now will affect the future for themselves and others.
 - Older students develop an awareness that younger, less advanced students are always watching them and that what they do influences them in a good or bad way.

Coaches: As always, our character training is not only for the students, but all of us as well.

- Coaches have been credited with having the most influence in a child's life when it comes to shaping a child's character, work ethic, and sportsmanship.
- What you say and how you act is being closely watched by your students.
- Is your example worthy of a following? Strive to confidently say what Paul said: *“Follow my example, just as I follow the example of Christ.”*

Winter 2025 Senior CT: Leadership: My Powerful Example

2025 Winter

LEADERSHIP

December 2 - March 8

Closed:

Dec 23-Jan 1 (Christmas & New Years)

December 2024						
Su	M	Tu	W	Th	F	Sa
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	\$	26	27	28
29	30	31				

January 2025						
Su	M	Tu	W	Th	F	Sa
			1	2	3	4
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12	13	14	15	16	17	18
19	20	21	22	23	24	\$
26	27	28	29	30	31	

February 2025						
Su	M	Tu	W	Th	F	Sa
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	\$	26	27	28	Mar 1
Mar 2	Mar 3	Mar 4	Mar 5	Mar 6	Mar 7	Mar 8

Story: "Someone Is Always Watching You"

Week 1 (Intro - no story)

- **Lesson Point = Someone is always watching you. Are your words and actions the kind of example others should follow?**
 - Week 1: [Images 1a,b,c,d](#)

Weeks 2-3

- **Lesson Point = I choose to do the right thing even when it's hard.**
Stories:
 - Week 2: A Bundle of Sadness
 - Week 3: Buddy

Weeks 4-6

- **Lesson Point = I speak words that bring hope and help to others.**
- Stories:
 - Week 4: Terek
 - Week 5: Someone is Always Watching You
 - Week 6: I'll Not Forget Your Kindness

Weeks 7-8

- **Lesson Point = I care for others by taking action to help them.**
Stories:
 - Week 7: A New Trick for Buddy
 - Week 8: Humility Saves the Day

Week 9-10

- **Lesson Point = At times, even my enemies need my compassion.**
Stories:
 - Week 9: The Accident
 - Week 10: Saving a Life

Weeks 11-12

Lesson Point = My example is so powerful it can change people's lives!

Stories:

- Week 11: A Glimmer of Hope
- Week 12: Change Comes to Riverdale

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 1: Dec 9-14

Be an APT CT COACH: Was I Animated? Was I Prepared? Did I Tie it to life today?

1. Practice declaration & verse

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

"Follow my example, just as I follow the example of Christ."

2. Lesson 1: Someone is always watching you. Are your words and actions the kind of example others should follow?

3. Intro: This season we're learning about the qualities of a good leader and the powerful effect their example has on others.

- a. What is an example?
 - i. *An example is a picture or demonstration of how to do something. Here's an example of a good split leap. [1a]*
- b. What does powerful mean?
 - i. *Powerful means strong, big, or forceful like a waterfall or bulldozer. [1b]*
 - ii. *It can also be a tiny thing that produces a big effect, like a mosquito [1c] or a seed. [1d]*
 - iii. *A powerful thing can change things around it - for good or bad.*
- c. Can you think of people who are powerful examples in your life?
 - i. *Parents, teachers, coaches, friends, older brothers or sisters...*
- d. We are always watching other people, and every one of them is saying or doing something that shows us what they are like.
 - i. What kind of example is a famous pro football player who is always yelling at the referee or getting into fights? *(A terrible one that you do not want to follow!)*
 - ii. What kind of example is the famous singer who uses their fame and talent to raise money for the poor? *(A good example worth following.)*
 - iii. Young people who volunteer to help at animal rescues, serve meals at homeless shelters, or take time to visit lonely people are good examples that can change others' lives.
- e. Whether you are young or old, you ARE being an example. Do you want to be like a mosquito or a seed?

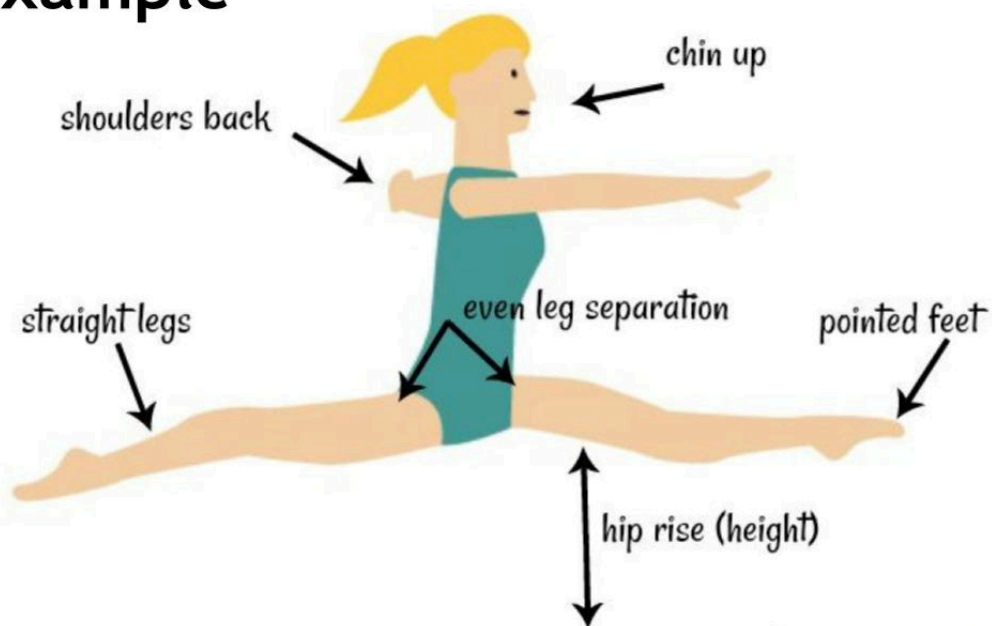
4. Gym Application

- a. Today, I want you to remember that someone is watching you.
- b. It may be a younger student, a parent who has never been to Emeth before, a new student, or me - your coach!
- c. The things you say and do today will show others what kind of person you are. Be a good example!

5. Remember: Use your powerful example to show others what is right.

Planning:

Example



Week 1a

Powerful



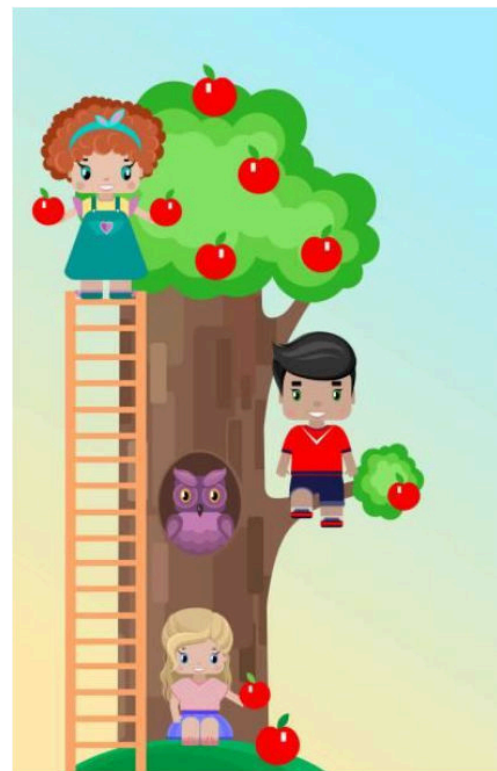
Week 1b

A person who is a bad example is like a mosquito. Though its bite is small, it can still have a **powerful**, harmful effect that can bring hurt and lasting pain.



Week 1c

A person who is a good example is like a seed. A seed is small, but it can have a **powerful**, positive effect. It can bring life, health, and lasting joy to others.



Week 1d

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 2: Dec 16-21 (*Christmas break Dec 23-Jan 1*)

Be an APT CT COACH: Was I Animated? Was I Prepared? Did I Tie it to life today?

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Doing the right thing is not always easy. It takes *courage*. Sometimes it's scary because you're not sure what will happen or others might make fun of you. You might be rejected or even be punished if you admit you did something wrong. It definitely takes courage to be a leader as you will see in our story this season!
3. **Lesson 2:** I choose to do the right thing even when it's hard.
4. **Chapter 1 & Question:** Our story this season is called, *Someone Is Always Watching You*. Listen to Chapter 1, *A Bundle of Sadness*. After the story, I'm going to ask this question: **Who is a good example of a courageous leader and why?**
5. **Discussion:** Who is a good example of a courageous leader and why?
 - a. *Jamila's mom, Ms. Davies, chose to do the right thing by moving from a home and neighborhood they loved to the poorest community in Chicago.*
 - b. *Moving from their upper class neighborhood to a very poor area was scary.*
 - c. *She did not let her fear of the possible danger stop her from doing what was necessary. That takes courage!*
6. **Gym Application:** You can be an example of a courageous leader in the gym by:
 - a. Choosing to pay attention to your coach when they are leading CT or explaining stations even if no one else does.
 - b. Choosing to respond with a kind word to someone even if they said something unkind to you.
 - c. Telling your coach the truth if you only tried to do the skill 6 times instead of doing 10 like they told you to.
 - d. All of these things may be hard to do, but they are the right thing to do.
7. **Remember:** Be an example of a courageous leader by **choosing to do the right thing even when it's hard.**

Planning _____

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 3: Jan 2-4 (No Week 3 for Mon-Wed classes!)

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse togetherIntro:

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. This winter season, we're learning what a good example of a leader looks like from our story, "*Someone Is Always Watching You.*" In the first chapter, we learned that after Jamila's dad died, she and her mom had to move from their nice neighborhood to Riverdale, a very poor neighborhood. Ms. Davies' new job would not pay enough for them to stay in their home. It was very hard to leave, but Ms. Davies knew it was the right choice. Jamila lost her friends and all her favorite activities and sank into a depression. A friend of Ms. Davies, who volunteered at Oakforest Animal Rescue, suggested she get a dog.
3. **Lesson 3: I choose to do the right thing even when it's hard.**
4. **Chapter 2 & Question:** The second chapter in our story is called *Buddy*. After you listen, I'm going to ask this question: **What is the hard choice that has to be made and how does it affect Jamila?**
5. **Discussion:** What was the hard choice that had to be made and how did it affect Jamila?
 - a. *A mom had to give their dog up to the Rescue because they couldn't afford to keep him.*
 - b. *Jamila was heart-broken and prayed; "God, isn't there a way to help this girl?"*
 - c. *It takes courage to make the right decisions when you know it will make others mad or sad.*
 - d. *If you know it's the right choice, but don't do it, others may suffer.*
 - e. *This mom knew she couldn't feed her child and a dog, so she made the hard, but right choice to give him to the Rescue.*
6. **Gym Application:** It can be hard to do the right thing when those around you are doing the wrong thing.
 - a. We all like some people more than others. And there are some people we don't like at all.
 - b. Sometimes when we don't like someone, we ignore them - or even worse - convince others to ignore them as well. This often happens at school, but adults are guilty of this as well.
 - c. If you are in a "group" that decides to exclude someone or say unkind things about them, it's hard not to go along with them, but it is wrong.
 - d. Whether at school or here at the gym, be a brave leader. Treat that outsider as you want to be treated.
7. **Remember: Be a courageous leader. Choose to do the right thing even when it's hard.**

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 4: Jan 6-11

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

1. Practice declaration & verse together

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** In chapter two of our story, Jamila had become depressed when she moved to a poor neighborhood in Chicago with her mom after her dad died. Her mom decided to get a dog from Oakforest Animal Rescue to help her. Buddy changed her life! Now Jamila and her mom volunteer at the Rescue every week. During her last visit, Jamila saw a girl who was crying because she had to give away her dog. The girl’s mom had to make the hard choice because she couldn’t afford to feed it anymore. Jamila felt terrible and wished she could help.
3. **Lesson 4: I speak words that bring hope and help to others.**
4. **Chapter 3 & Question:** In today’s chapter, *Terek*, we’ll see how a good leader can speak words that help soften and calm a bad situation. Listen carefully so you can answer this question afterward: **What did Jamila say that brought hope and help to others?**
5. **Discussion:** What did Jamila say that brought hope and help to others?
 - a. *First, Jamila asked Dantrell if he was ok, which showed she cared about him. She also invited him over to meet Buddy to help cheer him up.*
 - b. *Second, even though she was nervous, she helped Terek by running his lunch card over to him because she knew how important it was.*
 - c. *By telling Terek, “Everyone deserves to eat,” she became a powerful example to both Terek and Dantrell of doing the right thing even though they didn’t understand or agree with it.*
6. **Gym Application:** A good leader knows that what they say to others can be harmful or helpful.
 - a. **[Read Image 4]**
 - b. Poison words to avoid include things like: *She’s ugly. He’s dumb. You’ll never be good at that.*
 - c. Life words include things like: *I’m glad you’re here! Keep trying - you can do it! I forgive you. I’m sorry. Thank you! Can I help?*
 - d. Let’s be good leaders today by speaking words that bring life to others.
7. **Remember: You are a leader. Speak words that bring hope and help to others.**

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 5: Jan 13-18

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** In our story, Jamila is a good example of a leader. She had to move to a poor, rough neighborhood after her dad died. Terek, the school bully, started a fight in the lunchroom. Everyone was afraid to tell on him. Later, Dantrell tells a teacher. After school, Terek screams at Dantrell and shoves him to the ground. Jamila helps him up and invites him over to play with her dog, Buddy. As they leave, Jamila sees Terek’s free lunch card on the ground. Though she’s nervous, she runs after Terek and returns it to him. Her kind words leave Terek stunned and quiet.
3. **Lesson 5: I speak words that bring hope and help to others.**
4. **Chapter 4 & Question:** Listen to this next chapter, *Someone Is Always Watching You*. As you listen, think about this question: **What can you do to be like Jamila - always surrounded by lots of friends?**
5. **Discussion:** What can you do to be like Jamila - always surrounded by lots of friends?
(*Coach: Many possible answers. These are only thoughts from the story*)
 - a. Take time to talk to others. Look at them - not your phone - and be interested.
 - b. Offer to help if they’re busy with a project, don’t know how to do something, or seem troubled about something.
 - c. If they’re having a problem with someone and wondering what’s the right thing to do, or are thinking about doing something that’s wrong, if you can, help them make the right choice.
6. **What God Says:** The Bible tells us, “So, let your light shine to all people. Then they will see the good things you do. And they will praise your Father in heaven.” (Matthew 5:16)
7. **Gym Application:** We all need friends! Here’s the secret to gaining them:
 - a. If you want to have friends, you have to be a friend!
 - b. Be a friend in the gym by:
 - i. encouraging your classmate to keep working hard at a skill they’re struggling with.
 - ii. welcoming new students by sitting by them, talking with them as you go to the next event, telling them you’re glad they came when it’s time to leave.
 - c. Everyone needs to feel part of a group. Your friendly words and actions will bring you a new friend!
8. **Remember:** When you **speak words that bring hope and help to others**, you not only bring life to them, you become a leader worth following.

Planning: _____

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 6: Jan 20-25

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

"Follow my example, just as I follow the example of Christ."

2. **Intro:** In our story, Jamila and her mom had to move to Riverdale, a poor community in Chicago, after her dad died. A school bully named Terek has made the move even harder. Her mom got Jamila a dog from the Oakforest Rescue to help bring her out of her depression. Jamila's friend, Dantrell, sees how many friends she has and knows it's not only because of her dog. Jamila tells him she gained friends by watching her dad. Her dad's example was so powerful, that even though he is no longer alive, it still lives on through Jamila. Every day she does her best to be a light to those around her, showing them the right way to live.
3. **Lesson 6: I speak words that bring hope and help to others.**
4. **Chapter 5 & Question:** Listen to this chapter, *I'll Not Forget Your Kindness*. Be ready to answer this question afterward: **What did Dantrell say and do that changed what was meant to be a cruel trick into a positive outcome?**
5. **Discussion:** What did Dantrell say and do that changed what was meant to be a cruel trick into a positive outcome?
 - a. *The first thing Dantrell did was to quickly yell, "I'll get it!" to protect the old man from falling off the bench.*
 - b. *Next, as the angry teens got closer, they heard Dantrell say to the man, "It was a pretty good throw, just not quite far enough."*
 - c. *Then, when the teens glared angrily at Dantrell, he cheerfully said, "Looks like I was a little quicker to get here to help!"*
 - d. *That caused the teens to walk away, feeling guilty, and left the man feeling cared for.*
6. **Gym Application:** Sometimes others say things to us that are hurtful.
 - a. We don't want that to happen in the gym, but sometimes it does.
 - b. Coaches will talk to that person if they see it. But they can't see everything. Here's what God says: *"A gentle answer will calm a person's anger, but an unkind answer will cause more anger."* [Proverbs 15:1] Here are a few things you can do:
 - i. First, don't say something mean back! It may make the problem worse.
 - ii. Sometimes the kindest thing to do is to walk away without making any nasty faces.
 - iii. Think. Unless this person is always mean, they may have had a bad day, are mad at *themselves* because they can't do something, or are *comparing* themselves to you and feel so inferior that they don't want you near them.
 - c. If it happens often, tell your coach. Otherwise, treat them well the next time you see them.
7. **Remember: Speaking words that bring hope and help to others** can turn a very bad situation into something very good!

Planning: _____

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 7: Jan 27-Feb 1

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** In our story, Jamila and Dantrell have become good friends after a bad experience with the school bully, Terek. Jamila, with the help of her dog, Buddy, has been a positive influence on Dantrell by the good example she consistently demonstrates. As he was thinking about what she last told him, ‘*Someone is always watching you, ... and they're going to copy what you say and do,*’ he encountered some teenagers whose plan was to harm an old man. Dantrell didn’t know about their trick, but his caring words and actions prevented the harm intended and turned the situation around for good.
3. **Lesson 7: I care for others by taking action to help them.**
4. **Chapter 6 & Question:** The next chapter is *A New Trick for Buddy*. As you listen, think about this:
 - a. A good leader has developed a mindset that focuses on others. They want what’s best for them and think of ways to help.
 - b. This way of thinking is not something we are born with! Your parents work hard to teach you to think about others, not just yourself.
 - c. As you listen to this chapter, pay attention to Terek and his actions. **What thoughts might be going through his head before he acts?** Then we’ll compare those to Jamila’s thoughts.
5. **Discussion:** What thoughts might have been going through Terek’s head before he acted out?
(*Coach: Just listen to responses and maybe add some of your own.*)
 - a. What was Jamila thinking?
 - i. *Jamila felt bad that the whole class suffered because of Terek.*
 - ii. *She wondered why he was such a violent person.*
 - iii. *She wondered what it felt like to have so much hate inside.*
 - b. *Jamila didn’t immediately call Terek a jerk or a nasty bully. Her thoughts went beyond his outward actions and showed concern for him.*
6. **Gym Application:**
 - a. Be aware of the mood of your classmates. Do they look sad, tired, or frustrated?
 - b. Jamila immediately noticed Dantrell’s mood and started thinking about how she could help.
 - c. You can always ask God to help them with whatever is bothering them.
 - d. If they’re a good friend, maybe give them a hug. Or ask them to come over afterwards or if you could call them later.
 - e. Sometimes people just need to know that someone cares about them.
7. **Remember:** When you **care for others and want to take action to help them**, it’s a good sign you are growing the mindset of a good leader worthy of following!

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 8: Feb 3-8

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** In the last chapter, Jamila’s friend, Dantrell, told her about the latest outburst from the school bully in his class. Terek refused to answer the teacher’s question, exploded out of his seat, broke the chair, and ran out the door. Jamila felt bad for the whole class, but she was also concerned about Terek. She wondered how terrible it must feel to live with so much hatred inside and act out so violently. To cheer up Dantrell, she invited him to help her teach Buddy, her dog, to catch the frisbee. It took a long time, but they were kind and patient with Buddy. When he finally caught it and brought it back to Jamila, they showered him with praise. It was exactly what Dantrell needed after such a bad day.
3. **Lesson 8: I care for others by taking action to help them.**
4. **Chapter 7 & Question:** In this chapter, *Humility Saves the Day*, we are reminded again that *someone is always watching us* and we need to be a good example. As you listen, think about this question: **How do you think this chapter would have ended if Jamila and Dantrell yelled at and spanked Buddy every time he did something wrong?**
5. **Discussion:** How do you think this chapter would have ended if Jamila and Dantrell yelled and spanked Buddy every time he did something wrong?
(*Coach: The only wrong answer to this would be if they said it wouldn't have changed anything! These are suggestions.*)
 - a. *The dad would just have left, still feeling frustrated and maybe even stop trying.*
 - b. *The dad wouldn't have let his daughter go near Jamila and Dantrell because they weren't the kind of kids he wanted her to be around.*
 - c. *Their terrible example may have prompted the dad to call and report them for animal abuse!*
6. **What God Says:** “*Those who do what is right take good care of their animals.*” (Proverbs 12:10)
 - a. We mostly focus on how our example affects other people, but the way we treat our animals is also either a good or bad example!
 - b. No matter how kind you may be to other people, if you treat your animals poorly, a lot of people will never want to follow your example.
7. **Gym Application:** Did you know that your coach not only sees how you treat them, but also how you treat your parents?
 - a. Most of the coaches have students who listen, are respectful, and do everything they ask.
 - b. But sometimes we see those same students treating their parents disrespectfully.
 - c. No one cares for you more than your parents! If you want to be a good example, treat your parents with the same love and care by listening to them and respecting them.
8. **Remember: A good leader cares for others by taking action to help them.** If you want to become a good leader, it starts with showing respect for your own leaders - your parents!

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 9: Feb 10-15

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Here’s what has happened so far in our story. Jamila moved from a wealthy neighborhood to a poor one after her dad died. Her mom got a dog from Oakforest Rescue to help overcome her sadness. Buddy helped her make friends, but school life was hard because of a bully named Terek. Dantrell became good friends with Jamila after she helped him up after a fight with Terek. But Terek continues to be a big problem. Jamila’s kind words and actions towards everyone - even Terek - have been an excellent example for others to follow and have brought her many friends.
3. **Lesson 9: At times, even my enemies need my compassion.**
4. **Chapter 8 & Question:** The title of this chapter is *The Accident*. It’s not a happy one. As you listen, think about this question: **How do you think you would feel if this happened to someone who has continually caused harm to you and your friend?**
5. **Discussion:** How do you think you would feel if this happened to someone who has continually caused harm to you and your friend?
(Coaches: listen to responses for a while before going on then ask:)
 - a. How many of you have done something wrong?
 - i. *(Everyone should raise their hand - including you!)*
 - b. *All people do wrong things. We are born that way. We must learn what is right and then choose to do it. God says, “All have done wrong . . .” [Romans 3:23]*
 - c. *When others hurt us, it’s normal to think badly of them.*
 - d. *A caring person understands there are reasons behind why people act the way they do.*
 - e. *We must remember that God has the ability to change even the worst bullies into caring people.*
 - f. *God loves all people though He doesn’t love all our actions. He will always forgive those who ask and invite Him to start changing them into the person He desires them to become.*
6. **Gym Application:** Every day you come to Emeth, you will make choices that are right or wrong.
 - a. There may be times when a classmate says or does something that hurts you.
 - b. Try to look beyond what they did and wonder why. Maybe they had a terrible day at school because someone had just hurt them!
 - c. Perhaps a kind response from you would cause them to see they were wrong and restore your relationship.
7. **Remember:** We all need forgiveness. **At times, even my enemies need my compassion.**

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 10: Feb 17-22

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Last week was a sad chapter. Jamila and Dantrell took Buddy, Jamila’s dog, for a walk on a rainy day. A car lost control and hit a dog. A boy darted out of a run down, shabby-looking house, shouting for him to stop. The boy was Terek - the school bully nobody liked. In tears, he begged his dog, Duke, not to die because he needed him. His mom came out and yelled at Terek for having the dog since they were poor and couldn’t afford to feed him. She scolded him for being lazy and doing nothing but getting into trouble, then dragged him back to the house. Jamila and Dantrell stood silently, staring at the door as it slammed shut.
3. **Lesson 10: At times, even my enemies need my compassion.**
4. **Chapter 9 & Discussion:** The next chapter is *Saving a Life*. It’s full of examples of caring actions. After you listen, I’ll ask you to **name some ways that care and help were displayed**.
5. **Discussion:** A true leader doesn’t just *care* about others. They *take action* to help. Where do you see help being given in this chapter?
(*These are just a few of many answers that kids can give.*)
 - a. *Jamila and Dantrell didn’t just cry and run off. Nor did they think that Terek deserved this because he’s so mean to others. They went over to Duke to check on his condition.*
 - b. *Both moms worked together to try to see how badly he was hurt and make him comfortable.*
 - c. *The two families prayed hard, asking God for help to solve the bigger problem of Terek’s family’s inability to keep Duke.*
6. **Gym Application:** Loving and caring for people you don’t like is hard!
 - a. There are ways to care for those we don’t like by doing kind things without saying much or without them even knowing.
 - b. In the gym, that may be things like:
 - i. stepping aside and letting the person who just said something mean to you get chalk first or letting them have the station you wanted to start on first.
 - ii. noticing they did a skill really well and saying, “Wow! That was really good!”
 - iii. praying each night that God would help you to change your feelings toward them and show you ways to help.
7. **Remember:** We’ve all done things to hurt others and need compassion. **At times, even your enemies need your compassion.**

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 11: Feb 24-Mar 1

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Last week in the story, Jamila and Dantrell had witnessed Terek’s dog get hit by a car. They took him to Jamila’s where both moms and a vet from the Rescue did their best to splint Duke’s broken legs. With much prayer and care, Duke began to recover. No one knew about the accident besides Jamila and Dantrell. Terek assumed Duke had died. His behavior grew worse and he was eventually suspended from school. Dantrell no longer hated Terek, but longed to find a way to help. Duke was doing well. He was ready to go home, but everyone knew Terek’s mom couldn’t keep him. What now?
3. **Lesson 11: My example is so powerful it can change people’s lives.**
4. **Chapter 10 & Question:** Our next chapter is *A Glimmer of Hope*. A good leader does not only think about what’s good for everyone *right now*. They wisely think ahead. How will this affect the future? As you listen, think about this: **Who was thinking ahead and what was their vision for the future?**
5. **Discussion:** Who was thinking ahead and what was their vision for the future?
 - a. *Dantrell was thinking ahead a little. His idea was definitely a good one.*
 - b. *Jamila had a bigger vision. Dantrell’s idea would solve the problem short term. But Jamila’s idea COULD be a lasting solution!*
6. **Gym Application**
 - a. Think ahead about the harder skills you want to do and realize that will happen only if you practice your current skills correctly today.
 - b. Leaders are not satisfied with just being good enough to barely pass at what they do.
 - c. They want to do the best they can, not only for themselves, but also so they can be an example to those who look up to them.
7. **And Remember:** Someone is watching you! You are setting a powerful example of what a hard-working student looks like for all those who are watching.

Planning:

Winter 2025 Senior CT: Leadership: My Powerful Example

Week 12: Mar 3-8

1. Practice declaration & verse together

Be a **APT CT COACH**: Was I **A**nimated? Was I **P**repared? Did I **T**ie it to life today?

How do you practice good leadership?

I use my powerful example to show others what is right.

What does God say? 1 Corinthians 11:1

“Follow my example, just as I follow the example of Christ.”

2. **Intro:** Last week in the story, Jamila and Dantrell decided to tell Ms. Janis, Dantrell’s teacher, about Terek’s dog getting hit by a car. Terek was no longer at school. He had been suspended for his bad behavior. He had no idea that Duke was alive and ready to come back. Ms. Janis felt terrible when she heard the news. They came up with an idea to help Terek keep his dog: get the whole city of Riverdale involved in donating pet food to the school. If enough people helped, the kids could keep the pets they loved and wouldn’t have to give them away! They packed a wagon full of food and took Duke over to Terek’s. Dantrell rang the doorbell.
3. **Lesson 12: My example is so powerful it can change people’s lives.**
4. **Chapter 11 & Question:** Our last chapter is *Change Comes to Riverdale*. Jamila and Dantrell have a big surprise ahead. After you listen, we’ll discuss **the powerful impact these two young people had on their community**.
5. **Discussion:** Jamila and Dantrell’s compassion and care for Terek and his family was powerful. Can you name at least three big changes that occurred?
 - a. *Terek became a totally different person!*
 - i. *He went from being hated to being loved.*
 - ii. *He found a purpose, and discovered the joy that serving and caring for others brings.*
 - iii. *He was able to help provide money for his family.*
 - b. *Lots of families were able to keep their pets, which for some, is their only real friend.*
 - c. *The Pet Pantry became something that united the whole community.*
 - d. *Jamila knew her dad would have been proud of the example she had set and felt a deep satisfaction and joy.*
6. **Gym Application:** You will never know how far-reaching your good example will be and the amazing changes that may occur in a person’s life or community.
 - a. What you say and do in the gym IS going to affect those around you.
 - b. You could be the reason why some students stay - or leave!
 - c. Always be mindful of your words and actions. Let them be encouraging and helpful.
7. **Never Forget: Your example is so powerful it can change people’s lives!**

Planning:
