Lesson Plan, Schedule, and Summary Report of ABC Project

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EDOE 593: Adventure Based Counseling

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Introduction

The following report covers an adventure-based counseling project/event done in fulfillment of the requirements for EDOE 593: Adventure Based Counseling. The event took place on Sunday April 23, 2017 at the Family Life Center of the Crossville Seventh-day Adventist Church from 9:00 AM to 1:30 PM. The lesson plan comes first followed by the schedule in brief, followed by a brief report and reflection.

Lesson Plan and Detailed Sequence

**Objectives:** Students will…

1. Explore and gain a deeper understanding of their individual value and worth
2. Examine which voices are leading in their life
3. Reflect on whether their life reflects a trust in God and hopefully deepen that trust
4. Explore how we see other people around us and whether we view them through God’s eyes or the worlds eyes

**Methods:** Discussion, games, challenge activities, reflection, short lecture

**Time:** About 3-4 hours

**Audience:** High school and up

**Plan/Schedule:**

1. Introduction (30 minutes)
   1. Meet and have breakfast. Take orders and grab breakfast.
   2. Thank everyone for being there and participating to help me out.
   3. Introduce what we are doing for the day and explain the class that I am taking that has precipitated our group session.
2. Worship (15 minutes)
   1. Introduce the concept of TAG (Time Alone with God) and 6 Word Memoirs
   2. Give the scripture passage that will launch our day found in Isaiah 55:6-9.
   3. Students will have 10 minutes for TAG. Spend the time in prayer, reading and reflecting on Isaiah 55:6-9 and return with a 6 word memoir. Allow students to spread out to wherever they want to go to spend time with God.
   4. After 10 minutes, ask students to wrap up and return to the group for our discussion over the passage. Listen to and discuss everyone’s six word memoirs over the passage.
   5. Have prayer to close worship and open the rest of our time.
3. Why Adventure? Why Challenge? (5 minutes)
   1. Introduce the philosophy behind ABC
   2. Read and discuss the story of Jesus’ journey into the wilderness from the perspective of Dr. Greg Robinson as introduced in *Adventure and the Way of Jesus.* He went on an “adventure/challenge” journey to find out who He was. There were conflicting voices trying to tell Jesus who He was. Which voice was He going to believe for the rest of His life? Matthew 4:1-11.
   3. Transition from discussion to next activity on what voice we will listen to and how to deal with the distractions telling us that we are not valuable
4. Group Juggle (20 minutes)
   1. Cover Lesson in *Lessons of the Way* pp. 20-23
   2. Introduce the lesson point and read Psalms 46:10
   3. Read short selection from the lesson in the book. Selection underlined. Introduce the questions of what voices are leading us and what are they saying and also what does the still small voice in the clamor tell you?
   4. Introduce Group Juggle. Start with one item to establish the pattern and then move to more. Try to successfully complete at least 5 items (one per person).
   5. Debrief. Some possible questions are: How did that go? What was most challenging? What got in the way of staying focused on what was most important? Read quote on pp. 22-23 from Peterson.
   6. Transition to next activity on what voice we will listen to.
5. Minefield. Lesson pp. 31-33 (20 minutes)
   1. Does being in control make you more important? I know at least some of the group members think that it does so this is a good lesson.
   2. Recall the challenge when Satan took Jesus up on a mountain and asked Him to worship him. Then read selection from p. 31 (underlined in my book, last paragraph on that page)
   3. Ask everyone to come over to my minefield. Use a LOT of mousetraps and cones. Minefield is designated by two strips of masking tape that is the corridor that most be travelled to get through. Cones and mouse traps are the mines. Make sure everyone is wearing close-toed shoes for safety reasons. Discuss walking blindfolded with “bumpers up.” Explain the rules. Each person will have a guide who can see but cannot enter the minefield. All communication must be verbal only. Plot twist: If anyone hits a “mine,” they are injured and someone else has to come as a medic to heal them. They only have to get close enough to touch them. This is a good extra step because then we have multiple people talking as they try to work their way out of the minefield after the first person is “healed” so there are more voices competing for their attention.
   4. Debrief. Some questions to ask include: What was more difficult? Being blindfolded or being a guide? What illusions might this activity reveal to you? Why is it so hard to not be in control? How might the need for control interfere with God’s action in our life? Finish with quote on p. 33 from Nouwen.
6. Break for Drinks and BR
7. Discussion on being right lesson pp. 34-35. Read quote from Jones on p. 36. (5 minutes)
8. Tent Pole pp. 37-40 (20 minutes)
   1. Discuss the title: The Way is Found in Accepting and Receiving Rather than Proving and Doing
   2. Cover teaching point p. 37.
   3. Read I John 3:18-22 and Read the short lesson that accompanies it
   4. Introduce the tent pole. I’m using a small bamboo stake/pole that is probably around 4’ long since we have a small group and I don’t have a good tent pole I’m willing to risk. Allow them to begin. After a few minutes of trying, if they haven’t gotten it quickly, take the pole and tell them they have 3 minutes to discuss a strategy for success.
   5. Debrief. Some questions to ask include: What happened in this activity? What was your communication like as we progressed from the beginning to later in the activity? What did this reveal about the group? Yourself? Why did the pole go up (if it did)? What changed that enabled you to lower the pole?
   6. Read quote from Nouwen p. 39 (first one) to wrap up.
   7. Transition to next activity.
9. Spotting. Who is at the Center of the Story? Who is God? 15 minutes
   1. Read Mark 4:35-41. Emphasize the teaching point. Read indicated portions of pp. 41-42.
   2. Introduce spotting. Ask everyone, ‘what is spotting?’
   3. Emphasize that this activity will be important to a later activity so we have to make sure our technique is good (p. 108, components of spotting). No debrief as this is more just getting us ready for a later activity and we need to keep moving.
   4. Being able to step out in faith means we have to lean totally on God and trust He will catch us.
10. The Protector. Faith as a Paradox. (20 minutes)
    1. Only those people who recognize their need will lean on God’s goodness and come away feeling the love He has for them (pp. 44-47)
    2. Recall the story of the Prodigal Son. Why didn’t the “good” son feel his father’s love? Read the lesson p. 45.
    3. Do the Protector Activity. Use soft small nerf style balls.
    4. Debrief. Some questions to ask include: What was it like being the one protected? What was it like being the protector? Which did you like better and why? How is this like life and faith? Why do we so often want to do it on our own instead of depending on God?
    5. Read quotes p. 47 from Peterson.
11. Break for drinks and BR. Tell them we are preparing for out last two activities and thank them for staying focused thus far.
12. The 38 Special. Beyond the obvious pp. 48-49. 20 minutes
    1. Teaching point but skip the story/scripture in the lesson. I do not like or agree with his example. We are simply focusing on the fact that there is more to see than we think/realize.
    2. Hand out the polygons for the 38 Special activity. Do NOT give them the name of the activity, as it is a giveaway for the answer. Ask them to find all of the triangles on their own. After 5 minutes, tell them that they are welcome to work/talk with others but that the important part is that they get the right answer. Emphasize the right answer as being very important here to motivate them to coordinate with each other.
    3. Ask how many triangles they found after telling them time is up. This may lead to a discussion on who is right, etc.
    4. Debrief. Some questions to ask include: What did you see at first? How did you decide what the correct answer is/was? When you think of God, what do you think He is like? How does that understanding affect or keep you from seeing God as He really is? What might be some assumptions in your life that you need to challenge in order for your faith to grow?
    5. Finish activity with quote on p. 49.
    6. Transition to last activity. Once we begin to see the world and God through a different lens, how do we let go and fully trust in Him?
13. Wild Woosey. (30 minutes)
    1. The Way is Found in Really Trusting the One You Cannot See (pp. 55-57)
    2. “Our faith is limited because we try to trust and stay in control at the same time” (p. 55). Read scripture passage Hebrews 11:1, 8-9a. Read selected portion of the lesson.
    3. Introduce Wild Woosey. Show them the tape on the floor. Recall spotting and emphasize that it is essential that the people in the activity can trust us to catch them if they slip/fall.
    4. Begin activity. Pause after one or two runs to allow them to discuss strategies to do better. Talk about what fully trusting will look like in this activity. Allow them to try again.
    5. Debrief. Some questions to ask include: What was it like to rely on the other person for balance and security? How did you know if you really trusted each other? What was the consequence of not fully trusting? How will you know if you are really trusting God or just pretending to trust? In what ways do we try to stay in control rather than really trust God? Read second quote from Nouwen p. 57.
14. Wrap up session with a final debrief using a debrief beach ball with questions taped on specifically for this day’s session. (20 minutes)

**Assessment:** Debrief at the end of the activity will be my assessment to see if we accomplished the goals/objectives for the day. The beach ball with questions taped on it will guide our debrief discussion. At the end, I will ask for any last input on how they liked the activity and how it went as well as if they have an recommendations for things I can do differently or better.

Reflection/Summary on ABC Event

The day started off a little slow when only 3 people showed up. I started trying to contact people to see if anyone else was on the way or if anyone else would be willing to come. Finally, around 9:30 AM I got a fourth person and then agreed to come. Thus, we didn’t even start actual activities before 10:00 AM.

Once we started, everyone focused and did a good job. The worship session set the tone well. We got the following six word memoirs from the TAG:

* “Seek God. His mercy lifts us.”
* “Wisdom drawing near to undeserving people.”
* “Abundantly merciful, always there, constantly pardoning.”
* “Accept salvation from God every day.”
* “With God all unrighteousness is gone.”

We transitioned into the story of Jesus in the wilderness. I asked them to tell me what the “normal/usual” lessons were that one might hear in a standard sermon or devotion on this topic. They gave the usual responses and then I introduced it as an adventure journey to find and reinforce Jesus’ identity. They quickly grasped the idea and I think liked the new perspective on the story.

Early on, I realized I had made a mistake by NOT asking everyone to turn off their phones or place them out of the way. People who “finished” TAG early were quickly on their phones. Knowing my participants, I’m not sure that asking this of them would have gone well. It helped me see how doing The Being or The Village, where they create their own Full Value Contract, would have probably set some better expectations. They would have come up with their own ideas of behavior and would have been more likely to stick to the agreed upon contract if it was them that came up with it.

Moving through the activities, I was surprised because several of them took longer than I thought it would. Specifically, we were MUCH closer to the 4 hour total time than the 3 hour and we did not take breaks either. I DID offer breaks for bathroom or drinks and no one really wanted to take them so we just kept going. Overall, we spent probably 20 minutes in worship, 15 minutes in the Why Adventure (Jesus Wilderness experience), Group Juggle lasted around 20 minutes, Minefield lasted more like 30 minutes. Our being right discussion was about 20 minutes, Tent Pole was probably 30 minutes, and spotting took about 15 minutes to discuss. The Protector took about 20 minutes, 38 Special took more like 20-25 minutes, and the Wild Woosey took around 25 minutes. The final debrief lasted about 10 minutes. I think some of this could be fixed as I become more adept at transitioning more quickly between activities. Experience in general would make a lot of it go faster I think.

Overall, everyone responded well through both participation and discussion. There were some moments such as when one participant did not want to do the Minefield blindfold part, but of course that was their choice. I used the Challenge by Choice principle that we discussed in class and that I read about in the book and it helped. Without that background, I probably would have attempted to insist that everyone do it and that wouldn’t have gone well for sure.

One of the things that amazed me the most was in the tent pole activity. I was surprised by who got frustrated and also how quickly they got frustrated. The book described this activity perfectly so I was able to anticipate it, but it was still surprising. I think several people may have had some interesting realizations in that activity.

Overall, I think this ABC event went well and everyone enjoyed it. I now have a nice bag of tricks to do future events/activities with and will probably pull out some more activities to occupy people in downtimes on things like group campouts, etc. Also, every week during our Bible study I have been doing some type of challenge/adventure activity and people have responded to that really well.