

February 2026 Youth Church Lessons

Series: Same Proverbs, Different Day

Subtitle: Biblical wisdom told in today's tone

Meeting Sundays: 2nd and 3rd Sundays, 10:30am

Each lesson is built to run 40–55 minutes and can be led by youth.

About the Book of Proverbs

The book of Proverbs is a collection of God's wisdom for everyday life. It teaches us how to make wise choices, handle relationships, use our words carefully, and live in a way that honors God. Proverbs is practical, honest, and direct. It shows us that wisdom is not just something we know, it is something we live.

Throughout the month, Pastor Young will be focusing on the book of Proverbs each Sunday, helping us connect biblical wisdom to real life. Our prayer is that as we hear and apply God's Word, we will gain wisdom that shapes our choices, strengthens our faith, and guides our lives.

All Lessons can be found at www.jwamezsouthfield.org/youth or via the JWC Church App

LESSON 1 (2nd Sunday, 10:30am)

Be Real, Not Loud

Proverbs 16:2 (NLT)

"People may be pure in their own eyes, but the LORD examines their motives."

Goal for today

By the end, we will be able to:

- explain what motives are
- spot the difference between looking right and being real
- choose one "real" practice to do this week without needing attention

1) Opener

Quick question, everybody answers in one sentence:

- What's something people do just for attention?

Then ask one follow-up:

- Why do you think people want attention so bad?

Short prayer (anyone): God, help us be honest today. Help us grow. Amen.

2) Read the scripture

Read Proverbs 16:2 (NLT) out loud twice, two different people.

Define one key word together:

- **Motives** = the real reason you did something (your "why").

Group repeat:

- **God sees my why.**

3) Sermon description and teaching

This proverb is about being honest with yourself. It's easy to think you're right, especially when your action looks good on the outside. You can be "nice" but really trying to get something. You can be "helpful" but really trying to control. You can say "sorry" but only because you got caught. You can post something spiritual but really want clout.

Proverbs says people can look pure to themselves. That means we can convince ourselves we're good when we're actually not being real. But God examines motives. God looks under the action. God checks what's driving you. God is not fooled by performance.

This is why the title matters: **Be real, not loud.** Loud is when you make sure people see it. Real is when you do it even if nobody sees it. Loud is image. Real is integrity. Loud is "look at me." Real is "Lord, change me."

God is not trying to embarrass you. God is trying to heal you. When your motives are clean, your relationships get healthier. Your choices get clearer. You stop doing things for attention and start doing things with purpose. God can work with honesty. Growth starts when we stop pretending.

Say these together

Looking right is not the same as being real.

God sees my why.

I choose real over loud.

4) Activity: Motive Check

Read each scenario. As a group answer three questions:

1. What is the action?
2. What could the motive be?
3. What would "real" look like?

Scenarios (choose 6-8)

1. You post a Bible verse, but you want a specific person to notice you.
2. You apologize, but you only want the person to stop being mad.
3. You help someone, but you plan to bring it up later to win an argument.
4. You join a church activity, but you mainly want to be seen.
5. You compliment someone, but you are secretly competing with them.
6. You tell the truth only because you are scared you'll get caught.
7. You act holy around adults, but talk reckless with friends.
8. You do something kind, then immediately post it for praise.

Add one scenario from the group (no names). Run the same three questions.

5) Group discussion

- What's the difference between being real and being loud?
- Why do people sometimes do good things for the wrong reasons?
- What are motives that mess teenagers up most (clout, revenge, jealousy, fitting in)?
- How can you tell when your heart isn't clean about something?
- What would it look like to be real with God this week?

6) Home challenge

Home Challenge: One Real Move a Day

Every day this week, do one "real" thing with no need for credit.

Examples:

- encourage someone privately
- apologize and mean it
- tell the truth the first time
- serve at home without being asked
- pray without posting it
- help someone and don't mention it again

Two questions before you do it:

- Why am I doing this?
- Would I still do it if nobody noticed?

7) Closing prayer

God, make us real. Clean our motives. Help us do the right things for the right reasons. Heal what's broken in our hearts and teach us to live with integrity, even when nobody is watching. In Jesus' name, amen.

God sees my why, so I will be real, not loud.

LESSON 2 (3rd Sunday, 10:30am)

The Future is Watching.

Proverbs 20:7

"The righteous who walks in integrity, blessed are his children after him."

Goal for today

By the end, we will be able to:

- define integrity in a way that makes sense for real life
- name areas where we are tempted to live two different lives
- choose one daily integrity practice that strengthens our future

Supplies

- Paper and pens (or notes app)

1) Welcome and opener

Quick check-in question (everybody answers in one sentence):

- What's one thing you wish people did more consistently?

Optional quick prayer (one volunteer): God, grow us today. Help us live with integrity. Amen.

2) Read the scripture

Read Proverbs 20:7 out loud two times.

Then ask:

- What do you think "walks in integrity" means?

3) Sermon description and teaching points

This proverb teaches that integrity is bigger than you. Integrity is doing the right thing when nobody is watching, when it is inconvenient, and when it costs you something. Proverbs says the person who walks in integrity leaves a blessing behind them. That means your life creates ripple effects. Your choices do not just affect today, they shape tomorrow.

Integrity is not being perfect. Integrity is being consistent. It is when your private life matches your public life. It is when you do not become a different person depending on who is around. Integrity means you can be trusted. It also means you can trust yourself. You know you will do what is right, even under pressure.

This sermon is about the future. Your future self is being built right now by what you practice. Integrity protects your name. Integrity protects your relationships. Integrity protects your opportunities. It also blesses people after you, younger siblings, future family, friends, teammates, your community. Proverbs 20:7 says a righteous walk leaves a trail of blessing.

Key truth statements (read aloud together)

Integrity is who I am when nobody is watching.

My choices today are building my tomorrow.

A consistent life becomes a blessing.

4) Activity Option A: Future Me Letter

Write a short note from your future self to your current self. Finish these lines:

- Thank you for...
- I'm glad you stopped...
- Keep doing...
- Don't mess up your future by...
- Here's what integrity gave us...

If time allows, each person shares one line.

4) Activity Option B: Integrity Scenarios

If you would rather talk than write, choose 5–6 scenarios and answer:

- What does integrity look like here?
- What is the temptation?
- What would "leave the future better" in this moment?

Scenario options:

1. You forgot to do homework and want to lie.
2. Your friends want you to clown someone for laughs.
3. You are in a relationship and tempted to be dishonest.
4. You get access to answers for a test.
5. You are angry and want revenge.
6. You are tempted to sneak, steal, or hide something.
7. You are doing great publicly but struggling privately.

5) Group discussion

- Where is it hardest for you to have integrity, school, home, online, friends?
- Why do people act different when nobody is watching?
- What is one habit that would bless your future if you started it now?
- How does integrity protect relationships and your name?
- What does it look like to be consistent with God, not just emotional with God?

6) Home challenge

Home Challenge: One Integrity Move a Day

Each day this week, do one thing on purpose that builds your future.

Examples:

- tell the truth, even when uncomfortable
- apologize without excuses
- finish what you started
- walk away from drama
- study instead of scrolling
- pray before reacting
- keep a promise you made

Short reminder: **Small right choices add up to a strong future.**

7) Close in prayer

Prayer prompts:

- God, make us consistent.
- Help our private life match our public life.
- Let our choices bless our future and others after us. In Jesus' name, amen.

 **Optional memory verse for the week:** Proverbs 20:7