

“The Break-Up” **by Carol Duerksen**

MATERIALS AND ADVANCE PREPARATION:

- 1 Contact a guy and girl prior to class and ask them to prepare to share the reading, “The Break-up”.
- 2 Supplies for s’mores: marshmallow cream, chocolate bars, graham crackers.
- 3 Bibles for every student
- 4 Copies of the reading “The Break-up” for every student.

FOCUS:

Welcome students and invite them to make s’mores and enjoy them. Do not provide paper napkins or water for them to clean up the stickiness of the marshmallow cream. When everyone who wants to has eaten a s’more, ask:

Does anybody have sticky fingers or mouth?

After students respond, say: Today we’re going to talk about what can be a sticky situation, and that is breaking up with somebody that you’ve been dating. Whether or not that has happened to you already, or it’s still in your future, it’s one of the not-so-fun aspects of dating.

Allow time for students to clean up their sticky fingers and mouth before continuing.

CONNECT TO THE CONTENT:

Read the story of Samson and Delilah as found in Judges 16:4-22 as a group, then act it out as a group. Encourage students to have fun with this as they plan the scenes and act them out. Rather than reading the story from the Bible for the skit, ask students to put the skit into modern day words and slang.

REFLECT:

Discuss:

- 1 What went wrong in the relationship between Samson and Delilah? What caused their break-up?
- 2 What role did trust (or lack there-of) play in their break-up?

- 3 How often do you think trust is a factor when people break up? What other factors play big roles in people breaking up?

Invite the two students you asked to prepare the reading to do so after the discussion.

Ask:

- 1 Where did God fit into the relationship between Samson and Delilah?
- 2 Where does God fit into your dating relationships?
- 3 Where does God fit in when you break-up with someone?

RESPOND:

Hand out copies of “The Break-Up” to all students. Ask them to read it silently, and to choose several lines that strike a chord with them—lines that mean something to them personally. Ask students to reflect and pray silently about those lines, perhaps repeating them as a prayer, or asking God to be with them in their own personal situations that may be reflected in the lines.

Close with a prayer for the whole group.

“THE BREAK-UP”

Guy: In you O Lord I seek refuge. Do not let me ever be put to shame. In your righteousness, deliver me. Incline your ear to me; rescue me speedily. Be a rock of refuge for me, a strong fortress to save me.

Girl: God, this is such a rough time for me. I thought I was doing okay, but then I started remembering the good times we had. I don't know what happened. Everything seemed fine and normal.

Guy: Be gracious to me, O Lord, for I am in distress. My eye wastes away from grief, my soul and body also.

Girl: He said he didn't love me as much as I loved him. How can that be? Isn't love supposed to grow as the years go on? After three years, how could he just decide that he didn't love me?

Guy: For my life is spent with sorrow, and my years with sighing. My strength fails because of my misery, and my bones waste away.

Girl: Before, I had placed all of my trust on him. Everything in my life depended on him. Now that support is gone, and I am left here, feeling so alone.

Guy: Turn to me and be gracious to me, for I am lonely and afflicted. Relieve the troubles of my heart and bring me out of my distress.

Girl: How could I not see this coming? I mean, I knew we didn't have the perfect relationship...somehow I always felt like something was missing. I thought we would find that missing piece together.

Guy: Hear O Lord when I cry aloud, be gracious to me and answer me! Come, my heart says, and seek his face! Your face, Lord, do I seek. Do not hide your face from me.

Girl: I guess I knew all along that the missing piece was you, God. We were so wrapped up in ourselves that we didn't acknowledge that we needed anyone else. I am so sorry for ignoring you.

Guy: O Lord, do not rebuke me in your anger, or discipline me in your wrath. For your arrows have sunk into me, and your hand has come down on me.

Girl: I get the point now. He wasn't the right one for me. You were trying to tell me that too, only I refused to listen. Now I am regretting that decision.

Guy: For I am ready to fall, and my pain is ever with me. I confess my iniquity. I am sorry for my sin.

Girl: Now I don't know what to do. I feel sick to my stomach as I watch my carefully planned future dissolve in front of me. God, take away this pain!

Guy: I waited patiently for the Lord; he inclined to me and heard my cry. He drew me up from the desolate pit, out of the miry bog, and set my feet upon a rock, making my steps secure.

Girl: The only thing I can do now is wait. I can't expect to get over this right away. Healing takes time. I just need to know that You are with me.

Guy: You are a hiding place for me. You preserve me from trouble. You surround me with glad cries of deliverance.

Girl: I need to have the one element with You that I didn't have with him: trust. There's nothing left for me to do but trust the fact that there is someone else out there.

Guy: But I trust in you, O Lord. I say, 'You are my God.' My times are in your hand. Deliver me from the hand of my enemies and persecutors. Let your face shine upon your servant; save me in your steadfast love.

Girl: So here it is: God, this is all in your hands now. It's obvious that I can't do this on my own. I leave it up to you. Make me live for you, and not someone else.

Guy: To you, O Lord I call. My rock, do not refuse to hear me. For if you are silent to me, I shall be like those who go down to the Pit. Hear the voice of my supplication. As I cry to you for help, as I lift up my hands* toward your most holy sanctuary.

**as Guy says, "lift up hands" both Girl and Guy lift up hands toward heaven as if to say, "Here I am."*