



EXPLORE THE BIBLE.

Session 7: Believe

Suggested Week of Use: October 13, 2024

Core Passage: Acts 17:22-34

News Story Summary

In late July, *JAMA Network Open*, an online medical journal affiliated with the *Journal of the American Medical Association*, released a report on the effects of added sugar in women at midlife (ages 36-43). According to the study, women who consumed higher amounts of added sugars (like in sugary drinks and baked goods) showed signs of faster cellular aging. In contrast, women with a diet low in added sugars and high in nutrients had “younger-looking cells.” In other words, the study indicated that eating nutrient-rich foods that are low in added sugars may allow women to enjoy healthier lives for a longer period of time.

For more about this story, search “added sugar tied to cellular aging.”

Engage

To supplement the Engage activities, gather paper and pens. After adults have arrived, direct them to form several small teams and give each team a piece of paper and pen. Instruct the teams to create a list of items that are unhealthy or dangerous even in small amounts. (*Examples: raw cashews, green potatoes, tomato leaves, puffer fish, raw kidney beans, mango skins*) After a few minutes, allow each team to share their lists. Direct all teams to mark items off their lists if another group has the same items. Give the team with the most unique answers a small prize.

Say: Some food can be dangerous in small amounts. Other food can be dangerous in larger amounts. Share information about the recent study regarding sugar in women’s diets. Lead a brief discussion about why adding sugar might be dangerous. Share that today’s session focuses on a sermon Paul preached to a largely secular audience in Athens. *Say: We’ll see how Paul molded the message to his audience without adding anything beyond faith in Christ alone.*

Challenge

To supplement the Challenge activities, instruct adults to get back into their teams from the opening activity. Recall the study regarding added sugar in women’s diets. *Say: In today’s lesson, we talked about how salvation comes through faith alone in Christ. Nothing added.* Instruct teams to use the other side of their papers to list things that people often think are necessary to be saved. After a few minutes, call on groups to share their ideas and record their answers on the board. Take a minute to lead adults through the Plan of Salvation on the inside front cover of the Personal Study Guide. *Ask: Who in your sphere of influence needs to hear about Jesus?* Direct teams to pray for the people mentioned, asking God to give adults opportunities to share the gospel with those individuals.