



Adult Lesson – June 23, 2021

Bible Virtues – Optimism

Main Point

Optimism is having the confidence about the future or the successful outcome of something. We can have this because we have faith in who God is, how much He loves us and cares for us.

God's Important Message about Optimism

It is great to be optimistic, so long as our optimism rests in God and not in our own strengths, and as long as we are pursuing His will and believe that He will help us. In truth, we only need to focus on one thing to be successful, and that is God's will. That is where we will find the most joy.

Scripture

- Matthew 13:32-32
 - *He told them another parable: "The kingdom of heaven is like a mustard seed, which a man took and planed in his field. Though it is the smallest of all seeds, yet when it grows, it is the largest of garden plants and becomes a tree, so that the birds come and perch in its branches."*
- Philippians 4:13
 - *I can do all this through him who gives me strength.*

Prayer Time

- Spend a couple of minutes in prayer; pray for...
 - Friends
 - Family
 - Those who are sick
 - For our Special Needs Ministry Community
 - For our church
 - Anything else
- Remember to thank God for His love and how He listens to us, as well as any answers to prayer.

Praise and Worship

- 10,000 Reasons (Bless the Lord) – Matt Redman
https://www.youtube.com/watch?v=DXDGE_IRIOE
- The Lion and the Lamb - Big Daddy Weave
https://www.youtube.com/watch?v=DXDGE_IRIOE

Memory Verse

- 2 Peter 1:5-8
 - So you should try very hard to add goodness to your faith. To goodness, add knowledge.
 - To knowledge, add the ability to control yourselves. To the ability to control yourselves, add the strength to keep going. To the strength to keep going, add godliness.
 - To godliness, add kindness for one another. And to kindness for one another, add love.
 - All these things should describe you more and more. They will make you useful and fruitful as you know our Lord Jesus Christ better.

Review of Last Week

- Last week we talked about how we can give our worries to God. Just like Moses worried about different things when he was told that he was going to be a leader of the Israelites, God provided Him with answers and miracles to show that God will be with Him.
- Remember what we did in class? We lifted our hands in the air and said our worry out loud and asked God to take it from us. Then we lowered our hands and said Amen. Doing this helps us leave our worries with God. He wants us to give them to Him. Let's try and remember to do that this week.

Lesson

- A seed is a beginning. A seed is often very small and it looks like it could never be anything important. Seeds look like they are small and not important but seeds are only the beginning of something. A very small seed can grow into something very big.
- Jesus once told a parable about a very small type of seed. Can anyone guess what type of seed it is?
- The parable Jesus told was about a mustard seed. He said that once a man planted a very tiny mustard seed in his garden. It was the smallest seed planted in a garden but it was only the beginning. As time passed the seed grew into a little plant.
- It grew more and more every day. As the years went by, the plant became a big tree. Birds would come and sit on the tree's branches.
- Jesus said that the kingdom of God is like a mustard seed. Things might look very small at the beginning but just wait – someday they can be very, very, very big! Just keep doing the little things and God will make them grow.
- Yes, God makes a small mustard seed grow into a big tree. But what is our part? Do we need to do anything? Yes, we need to plant the seed in the soil.

The seed won't grow into a big tree if it stays in our hands, without someone planting it in the soil. When we plant a seed in the soil, we do this with the optimism that God will make it grow. We can't make anything grow. We can plant the seed in good soil, we can water it, but only God can make it grow.

- Believing that God will make the seed grow is important. If we don't believe that, we won't bother to plant the seed in the soil, or water it, or do what we can to make the conditions favorable for growth. When we do things, we have to do it with optimism that it will work out the way it is supposed to.
- The optimism in planting a mustard seed here is not just worldly optimism. People who don't believe in God can be optimistic people too. They just feel that good things will happen, without knowing any reason why. But those of us who believe in God should be optimistic, based on the God's promises. God will look after us, will make things grow, and more importantly, God knows what is best for us.
- Any time someone believes in Jesus and accepts His gift of salvation, they are planting their tiny mustard seed of faith. And what happens when you plant that tiny seed? It grows up into a huge mustard tree.
- You know what makes all of this even better? Once that mustard tree gets big, it starts to make more mustard seeds. And if those mustard seeds are planted, they will also grow up to be huge mustard trees.
- As Christians, it works the same way. Once someone has been a Christian for a while, they can tell others and share their faith with them. Then they might come to know Jesus too. We need to be optimistic that people can change. Our outlook upon others in our society needs to be like that of Jesus'. If we don't believe people can change by God's grace, we don't feel motivated to tell people about Jesus.
- And should we do things that look too small to be used by God? No, remember the mustard seed. What we do may look like a small matter, but we do it with the optimism based on trusting that God can make it become an important step.
- Should we stop doing little jobs like cleaning tables, folding our clothes or helping others? No, remember the mustard seed. Just by doing that with optimistic view that God will make use of our work, we help other people come to Bible class and learn about Jesus.
- Regardless of what may happen in this life, we know that God sees and cares for us. Revelation 21:4 tells us that God will "wipe every tear from our eyes" when we are forever with Him. That confidence can give us an optimistic outlook, even in difficult circumstances.
- Biblical optimism does not place so much emphasis on what is happening around us. It helps us accept difficult circumstances because we believe that

“all things work together for good to those who love God and are called according to His purpose” (Romans 8:28). Godly optimism looks beyond what we understand to view life from God’s perspective.

- Remember, optimism is a choice. When we choose to trust God for everything, we can rest in His promises to take care of us the way He sees fit. We can “cast our care upon him”, knowing that we have a loving heavenly Father who desires to care for us and provide for us. This should give every child of God a reason for true optimism.
- Let’s pray: Father God, thank you for teaching us about being optimistic because of your promises. We need optimism in our lives to overcome fear. Help us have faith in you and not be afraid of failure, but have the faith to attempt things in life. Helps us look on the sunny side of life. Help us to have the courage that when we don’t succeed the first time, we try again because we have hope in you. In Jesus’ name we pray. Amen

Application and Group Discussion

- What does optimism look like for you or I? (*Optimism helps us look at things at things with a positive outlook*)
- Why should Christians be optimistic? (*Because we trust that God will care for us; Christians also have the hope of going to heaven*)
- What type of seed does Jesus refer to as the smallest seed planted in a garden? (*mustard seed*)
- What is amazing about a very small mustard seed? (*When it is planted it grows into the largest plant in the garden, a tree*)
- Why is it important to help people and help the church even if we can only do “little” things? (*We trust that God will make little things the beginnings for big things*)
- What is one thing you can do to help tell other people the message about God? (*Tell your friends what you know about God, invite them to church or special church activities, etc.*)

Live it Out Challenge

- This week, let’s practice being optimistic by giving a complement to someone this week. Come back to class and share with us what you said to that person.

Bible fun facts

FIRST	<p>First time the subject appears in the Bible:</p> <p>Deuteronomy 31:6 – <i>Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you.</i></p>
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LAST

Last time the subject appears in the Bible:

Revelation 21:4 – *He will wipe every tear from their eyes. There will be no more death or mourning or crying or pain, for the old order of things has passed away.*

One important verse on the subject from the Old Testament:

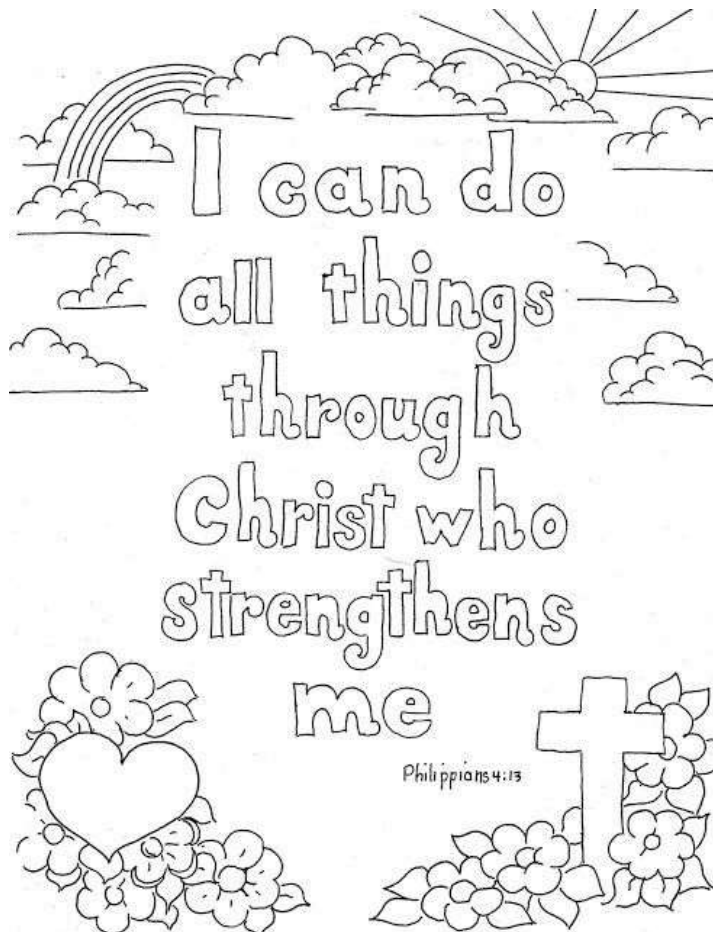
Psalm 31:24– *Be strong and take heart, all you who hope in the Lord.*

One important verse on the subject from the New Testament:

Philippians 4:13 – *I can do all this through him who gives me strength.*

Additional Learning

- This is the time where people can work on the worksheet.



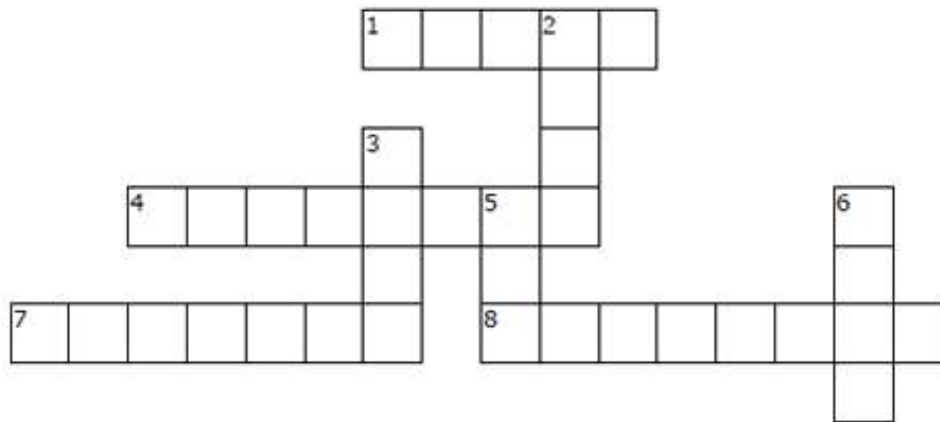
A Mustard Seed Faith

He replied, "If you have faith as small as a mustard seed, you can say to this mulberry tree, 'Be uprooted and planted in the sea,' and it will obey you." Luke 17:6 (NIV)

This puzzle is based on Luke 17:5-6 (NIV)



Mustard Seed Faith



ACROSS

1. Belief in the truth, value, or trustworthiness of a person or idea
4. To make greater or larger
7. A thick, yellow liquid that tastes spicy and is eaten in small amounts on meat and sandwiches
8. Twelve disciples chosen by Jesus to preach the gospel

DOWN

2. A tall plant with a wooden trunk, branches, and leaves
3. A small kernel that is buried in the ground to grow a new plant
5. A large area of salt water partly or completely surrounded by land
6. To do what you are told or expected to do

mustard	tree	seed	obey
faith	increase	sea	apostles

