



## ACTIVITY GUIDE

Week 3: *Heated Up*  
Outside the Zone

### Seven Layer Challenge

This activity is an interactive way for students to figure out and rank what sort of choices make it the hardest to hold your ground.

### Activity Objective

As a group, come up with seven levels of choices to discover what the hardest right choices to make are.

### You'll Need

- Seven Layer Challenge activity supplement (1 per group)\*
- Pens/pencils (1 per group)

**\*Note:** *You do not have to reuse the supplement, so you can discard it once your group is finished.*

## Instructions

### Activity:

1. **Divide** students into their small groups.
2. **Give** each group a pen or pencil and the Seven Layer Challenge activity supplement.
3. **Explain:**
  - Today, we learned that King Nebuchadnezzar heated the furnace up seven times hotter than usual before throwing Shadrach, Meshach, and Abednego in it. That's a lot of heat!
  - For Shadrach, Meshach, and Abednego to be so brave—even when faced with the possibility of death—they had to have made their choices on what they'll do long before they were tested.
  - So, let's ask ourselves—what kind of choices would you have to make to be that bold about your faith?
  - Each group has a Seven Layer Challenge activity to complete together. On it, you'll figure out what's the easiest right choice to make, then the hardest choice to make at the top. Then you'll figure out the other layers in between.
  - I'll give you guys five minutes to work on it, then you'll present your choices to the room. You guys can vote on which choice would be the hardest.
4. **Say**, "Go!" and **time** students for five minutes.
5. Students **work** with their groups to **decide** their seven layers (i.e. obeying your parents, standing up to a teacher, being nice to someone at lunch, etc.).
6. When time's up, say, "**Stop!**" Students can **present** their choices.
7. At the end, students can **vote** on which choice was the hardest.
8. **Ask:** What kinds of choices do you have to make today to be ready to stand up for what's right tomorrow?
9. **Explain:** Just as Shadrach, Meshach, and Abednego never gave up doing what was right no matter how many choices they had to do what was wrong, we need to know and practice what choices we'll make when we're faced with a situation where we need to do what's right.