

PROGRAMME 2026

WEEK OF PRAYER

MARCH 9-13



"THE RIPPLE EFFECT: LIVING AS A DISCIPLE-MAKER"

January 10, 2026

Seventh-day Adventist Schools
English Speaking Caribbean
Inter-American Division

Dear Educators:

Welcome to the 2026 Week of Prayer! This material has been prepared specifically for our Seventh-day Adventist secondary schools in the English-speaking Caribbean to serve as a spiritual catalyst for the students during the Week of Prayer.

The following pages are not intended to be a rigid script, but rather a flexible guide. The programme may be conducted as a whole-school, class, or Form level. We have provided a series of suggestions, ideas, and thematic reflections that you can adapt to fit the unique culture and needs of your schools, and the time they have allocated for week of Prayer activities.

The devotional thoughts are short and can be expanded on to meet varied needs and interests. A short skit precedes each devotional thought. Whether you choose to follow the outlines closely or use them as a springboard for your own creative programming, our goal is to support you in creating a transformative experience for the students.

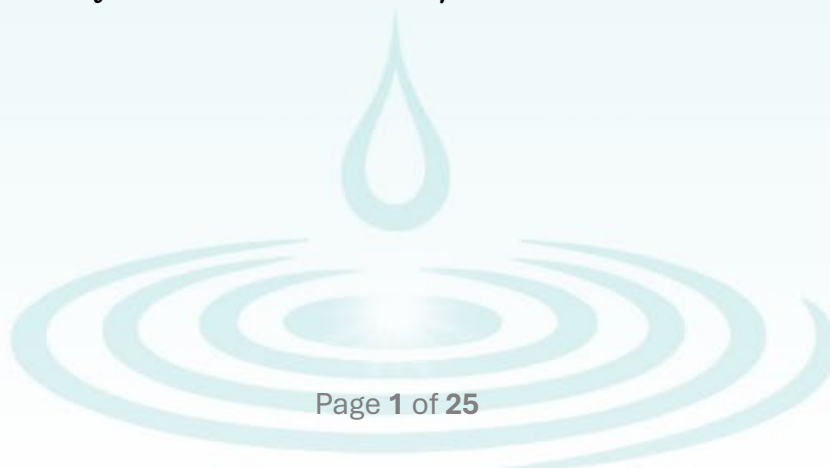
The 2026 Week of Prayer is deeply rooted in the General Conference's global mission strategic plan. As we continue the "I Will Go: Living the Mission" initiative for the 2025–2030 quinquennium, we desire that the spirit of mission be kindled among members of the school family.

In a world of shifting values and constant noise, our schools must be more than just centers of academic excellence; they must be anchors of biblical truth so they can "Go" and live the mission effectively.

May the Lord bless you abundantly as you seek to train mission-focused students.

Yours in Seventh-day Adventist Education

Caribbean Union Conference, Education Department



Theme: "The Ripple Effect: Living as a Disciple-Maker"

Overview of the Programme:

The heart of this programme is to transform students from passive observers into active "multipliers" for Christ. The programme aligns with the General Conference's focus on mission. It begins with Commitment, shifting their perspective from occasional interest to an active, daily choice to follow Jesus. To navigate this path, the programme emphasizes Discernment, training students to "tune in" to God's voice amidst the constant noise of social media and modern distractions.

True discipleship then moves outward into Ministry, where students are challenged to notice the "invisible" peers in their hallways and reach out with intentional kindness. However, the programme honestly addresses the Perseverance required for this mission, preparing students for the "cost"—such as risks to their reputation or time—while reassuring them that Jesus ultimately carries the weight. Finally, the week culminates in Multiplication, as students are commissioned to pass on their faith and spiritual gifts, ensuring that the "fire" of the Gospel continues to spread from person to person.

Theme Song Recommendation: *"The Mission"*

<https://youtu.be/W0UPlr0B798?si=ZcU4kGHdSjQqiBEv>

General Objective:

- To move students beyond seeing a disciple as just a "student" and demonstrate that a disciple is a "multiplier" who actively chooses to follow Jesus and lead others to Him.

Specific Objectives:

- To help students understand that discipleship is an active choice to follow Jesus rather than just an occasional interest.
- To train students to recognize and "tune in" to God's voice amidst the distractions of modern life.
- To encourage students to identify "invisible" peers and initiate disciple-making through simple, intentional kindness.
- To prepare students for the "cost" of discipleship, acknowledging that it may impact their reputation or time, while reminding them that Jesus carries the load.
- To commission students to pass on their faith and gifts to others, ensuring the "fire" of the Gospel continues to spread.

DAY 1

Song Service:

Welcome and Introductory Remarks:

Key Scripture: Matthew 4:18-22

Local TikTok/Video: Students of Form 1 prepare a TikTok, a regular video, or a skit to convey the meaning or lessons learnt from Matthew 4:18-22.

Devotional Thought: *The Ripple Effect: From Passenger to Crew*

The Ripple Effect: From Passenger to Crew

Use this as a starting point for the Form 1 creative segment.

Scene: Two students sitting on a "dock" (chairs), looking at their phones (their "nets").

Action: A third student (representing the call of Jesus) walks by and says, "The rescue boat is leaving. Are you coming?"

Student 1: "I'm busy scrolling. Maybe later?"

Student 2: "I like it here on the dock. It's safe."

Leader: "There are people in the water who need you. Leave the phone, join the crew."

Ending: The students drop their "nets" (phones/distractions) and step out together.

Scripture Reading: "As Jesus was walking beside the Sea of Galilee, he saw two brothers, Simon called Peter and his brother Andrew. They were casting a net into the lake, for they were fishermen. 'Come, follow me,' Jesus said, 'and I will send you out to fish for people.' At once they left their nets and followed him." Matthew 4:18-22

The Choice of the Vessel - Imagine a harbour where two very different ships are docked. The first is a world-class ocean liner. It is beautiful, luxurious, and perfectly comfortable. Thousands of "passengers" are on board, leaning against the rails and enjoying the view, but that ship never changes its course to help anyone. It is built for the comfort of those already inside.

Then, there is the second vessel: a small, weathered rescue boat. It isn't pretty, it's often messy, and it's constantly tossing and turning in the waves because it is moving toward people drowning in the water. The crew on this boat isn't interested in a luxury cruise; they are focused on saving lives.

Many of us want to be "passengers" on the ship of Christianity. We like the music, the feeling of safety, and being part of the crowd.

But Jesus did not come to the shore of Galilee to recruit passengers for a cruise; He came to call a crew for a rescue mission.

When Jesus told Peter and Andrew to "leave their nets," He was asking them to step off the luxury liner of their comfortable, predictable lives and get into the rescue boat with Him. He was inviting them to move beyond being just "students" to becoming "multipliers", people who don't just follow, but who lead others to safety.

To get into the rescue boat, you have to leave your nets behind. Peter and Andrew could not follow Jesus while still clinging to their old way of living. For us today, those "nets" might be social media, the fear of what others think, or a schedule so busy we have no room for God. These are the distractions that keep us as passengers rather than active disciples helping to save others.

Conclusion:

Taking the First Step Today, you have the opportunity to identify those hindrances and seek divine guidance to overcome them. As you pin your "distractions" to the net and walk toward the Prayer zone, you are making a physical choice to join the crew.

Don't leave here and pick your nets back up. Take the promise given to you today, read it out loud, and claim it throughout this week. Being a disciple is an active, daily choice. It starts with one small step away from the shore and into the mission.

Prayer Session Focus:

Lord, thank You for calling us not just to watch, but to work. Help us to leave our nets of distraction and fear behind. As we claim your promises today, transform us from passengers into a crew that is ready to reach out to the 'invisible' people around us. Amen.

Special Music

Activity: "Leave the Net" Station

- Set up a physical fishing net (or a volleyball net) in the room.
- Give students strips of paper to write down one thing that distracts them from following Jesus (e.g., social media, fear of judgment, busy schedules).

Action: Students clip their "distraction" to the net and walk to a designated prayer station.

Prayer Station:

The student tells the prayer leader what they want the prayer for. The prayer leaders, preferably Pastors and board members or other available laypersons, will be at the prayer station.

After prayer, each student will receive a card with a meaningful promise to read aloud.

Remind the students to claim the promise and read it throughout the week. Also, encourage them to participate in the Challenge for the Day.

Challenge:

The "Unplugged" Challenge. Spend 15 minutes tonight in total silence/solitude, asking God: *"What does following you actually look like for me tomorrow?"*

Optional - Video Support: <https://www.youtube.com/watch?v=4d9OkCofvQQ>

Reflection Activity:

- Action - Think of the one thing you wrote on your paper strip today. Why is it so hard to let go?
- The Challenge - Tonight, commit to the "Unplugged Challenge". Spend 15 minutes in total silence. No phone, no music, no talking. Just you and God, asking Him: *"What does following You actually look like for me tomorrow?"*

Closing Remarks:

As we bring today's programme to a close, let us remember that the call of Jesus is not a call to be a spectator on a luxury cruise. He is calling you to leave the comfort of being a "passenger" and join the "crew" of the rescue boat.

Today, you have physically pinned your distractions to the net and walked toward the "Follower" zone. As you leave this space, do not pick those burdens back up. Instead, carry the wonderful promise given to you at the prayer station and claim it with confidence throughout the week.

Remember that Jesus wants you to be active in helping to save others. To prepare your heart for this mission, I encourage everyone to complete today's Challenge. Spend 15 minutes in total silence tonight, honestly asking God: *"What does following you actually look like for me tomorrow?"* Let us go forth, not just as fans of Jesus, but as His dedicated crew. See you all tomorrow morning at the same time, when we will look at Hearing God's Voice.



DAY 2

The Training – Hearing the Voice

Objective: To train students to recognize and "tune in" to God's voice amidst the distractions of modern life.

Song Service:

Welcome and Introduction: Form 2 Teachers

Students create their TikTok-style videos or skits to create a daily "recap" reel shared on the school's internal network.

Scripture Reading: John 10:27

Local Video and TikTok: Form 2 students create a presentation that aligns with the theme and scripture. Information should be provided in advance.

Devotional Thought: *Tuning Out the Static*

Skit: "The Static and the Stillness"(Introduction to Devotional thought)

Characters:

- **The Captain:** (Represents the Voice of God – standing off-stage or behind a curtain with a microphone).
- **The Crew Member:** (A student wearing a life jacket, holding a walkie-talkie).
- **The "Noises":** (3-4 students representing Social Media, Peer Pressure, and Anxiety).

[Scene Start] *The Crew Member stands centre stage, looking distressed. The "Noises" circle around them, shouting over each other.*

- **Social Media:** "Check your notifications! Did you see what they posted about you? Refresh! Refresh!" **Peer Pressure:** "Just do it! Everyone else is. Don't be the weird one!"
- **Anxiety:** "You're not good enough for this crew. What if you fail? What if the boat sinks?"

The Crew Member: (Holding the walkie-talkie up, trying to listen) "Captain! I can't hear you! The waves are too loud! Give me the coordinates!"

The Captain: (In a calm, clear whisper over the microphone) "Be still... and know..."

The Crew Member: "What? I can't hear you over the 'Likes' and the 'Comments!'"

(The "Noises" get louder, closing in on the Crew Member. The Crew Member suddenly drops to their knees and puts the walkie-talkie down. The crew member closes his eyes and takes a deep breath. Total silence on stage for 5 seconds.)

The Crew Member: (Softly) "Speak, Lord. Your servant is listening."

The Captain: (Clear and calm) "Turn left. There is someone drifting just past the breakers. I have given you the strength. Go."

The Crew Member: (Standing up with confidence) "Copy that, Captain. I hear you now."

(The Crew Member marches off stage; the "Noises" look defeated and shrink away.) **[Scene End]**

The Chaos of the "Warm-Up"

Have you ever walked into a band room or an orchestra pit before a rehearsal starts? It's a nightmare for your ears. You have the trumpets competing to play the loudest, the flutes playing rapid scales, and the percussionists just hitting things. It is pure, unadulterated noise. Before a big concert starts, an orchestra is just a room full of loud, messy noise, instruments squeaking, and people talking.

Our lives right now feel exactly like that "warm-up" room.

- Your phone is buzzing with TikTok notifications.
- Your brain is screaming about that math test in third period.
- The "noise" of what people think about you, your clothes, your hair, and your status is blaring in your ears.

In all that noise, it's easy to feel overwhelmed. It's easy to feel like your life is just a series of loud, clashing sounds with no melody.

The Master's Note

But then, something happens in the orchestra. The "Concertmaster" stands up and plays one single note. Usually, it's an **"A."** It's not the loudest sound in the room, but it is the most important. But then, one instrument plays a single, perfect note.

As soon as that note is played, every other musician stops. They don't keep playing their own song; they listen to that one note, and they tune their instrument to it. If their string is too high, they loosen it. If it's too low, they tighten it. Every other musician stops, listens, and adjusts their instrument to match that one sound. If they don't, the music will be a disaster.

In John 10:27, Jesus says: *"My sheep listen to my voice; I know them, and they follow me."*

Jesus is the "Master's Note." In a world full of noise, He is the only sound that stays the same. He is the only one who can tell you who you truly are. He is the only one who knows the "music" your life was meant to play.

To be "Grounded in the Word" means that every morning, we stop the noise for a second. We open the Bible, we hear that "Master's Note," and we ask ourselves: *"Is my life in tune with Him today? Or am I just adding to the noise?"*

The Choice to Listen

In a few moments, we will do the "Blindfold Minefield" activity. You're going to see how hard it is to hear one voice when twenty other people are screaming at you.

The world will always scream at you. It will tell you that you aren't enough, that you need to be faster, richer, or louder. But Jesus doesn't scream. He speaks. He says, *"I know you. Follow me."*

Training to be a disciple isn't about being perfect; it's about being tuned.

Stop -You can't tune your instrument while you're still playing your own loud music. You have to be quiet.

1. *Listen* -Find that one verse, that Master's Note that speaks to your soul.
2. *Adjust* -If your attitude, your words, or your secret thoughts do not match His, let Him help you adjust.

When we are grounded in His Word, the noise of the world doesn't go away, but it loses its power over us. Because we have heard the Voice, and we know exactly who we are following.

Our lives are full of "noise", social media, stress, and drama. To be a disciple, you have to find the "Master's Note" (God's Voice) and tune your life to it. If you don't, life just feels like noise. If you do, your life becomes a beautiful song. A disciple must know the Master's voice to lead others.

Prayer Session Focus:

Lord, the world is loud. Sometimes we can't hear. You over the sound of our own fears and phones. This week, help us to be still. Help us to find Your "Note" in the Bible and tune our hearts to it. Amen.

Connection to Activity:

The "Minefield" is the loud, messy noise; the "Guide" is the one true note you have to focus on to get through.

Activity: The "Blindfold Minefield"

- Scatter "mines" (paper cups or balls) across the floor.
- One student is blindfolded and must cross the room. Only one designated "Guide" can speak. Other students try to shout confusing directions.

Debrief: Discuss how hard it is to hear God's voice over the noise of the world.

Prayer Session: Lord, help us to know your voice and be willing to obey.

Optional Video Support to Select from:

<https://www.youtube.com/watch?v=hjs4t47xNfQ>

<https://www.youtube.com/watch?v=m1Y9VQV3Cgs>

<https://www.youtube.com/watch?v=Wylujlesziw>

<https://www.youtube.com/watch?v=yBPt-un5AZk>

https://www.youtube.com/watch?v=8uMMLmdpV_8

<https://www.youtube.com/watch?v=Wylujlesziw&t=421s>

Challenge: "The Scripture Text." Find one verse that encourages you today and text it to three friends with or without explanation.

DAY 3

The Mission - Disciple-making starts with the people right next to us.

Objective: To encourage students to identify "invisible" peers and initiate disciple-making through simple, intentional kindness

Song Service:

Welcome and Introductory Remarks:

Students use their TikTok-style videos or skits to create a daily "recap" reel shared on the school's internal network.

Scripture Reading: Matthew 28:19-20

Local TikTok/Video: Third Form students

Prayer Session at Different Stations:

Devotional Thought: *Making Disciples*

Skit: "The Reach"

Characters:

- **The Captain:** (Voice only, via microphone).
- **Crew Member 1:** (Confident, scanning the horizon).
- **Crew Member 2:** (Hesitant, looking at their own hands).
- **The "Drifter":** (A student sitting alone on the floor in the audience or aisle, head down).

(Scene Starts)

The Captain: "Crew, report! We are entering the deep water. There is someone drifting nearby. They've lost their way."

Crew Member 1: (Looking toward the audience) "I see them! They look like they're just sitting there, but they're sinking inside."

Crew Member 2: "Wait! Should we go? What if they don't want our help? What if I'm not 'holy' enough to rescue someone else yet?"

Crew Member 1: "Jesus didn't wait for us to be perfect before He called us. He told us to leave our nets and go."

The Captain: "The rescue mission is not for the perfect; it's for the willing. Reach out!"

(Crew Members 1 and 2 step off the "boat" (the stage) and walk into the audience. They approach the "Drifter".)

Crew Member 2: (Quietly to the Drifter) "Hey. You're not invisible to the Captain. And you're not alone on this mission anymore."

The Drifter: (Looking up slowly) "I thought I was just a passenger watching everyone else succeed. I didn't think I belonged on the crew."

Crew Member 1: "There's a seat on the rescue boat with your name on it. Let's go."

(The two Crew Members help the Drifter stand up. Instead of returning to the stage, all three turn to the audience and extend their hands out toward them.)

Crew Member 2: "The mission doesn't end with us. Who are you reaching for?"

I. The Bench and the Person

Have you ever noticed how some people in our school seem to blend into the walls?

There's a story of a student who noticed a peer sitting at the same lunch table, alone, every single day for three years. Hundreds of students walked past him. To most, he wasn't a person; he was just part of the furniture, like a "bench" that happened to be there.

One day, this student decided to change that. He didn't come with a megaphone or a sermon. He just sat down and asked one simple question: "What's your favourite game?" That one question broke the "invisibility spell." It turned a "bench" back into a person. That simple friendship eventually led the entire student's family to join the church.

Making disciples doesn't always start on a stage or a street corner. It starts in the hallways. It starts when we stop treating people like "furniture" and start seeing them the way Jesus does.

II. The Definition of an Influencer

When you hear the word, "Influencer," you probably think of someone with a million followers, a blue checkmark, and a ring light. Culture tells us that influence is about how many people are looking at you.

But Jesus flips that definition upside down. In the Bible, an influencer isn't the person with the most followers; it's the person who follows the Master so closely that they begin to act like Him.

Jesus was the ultimate Influencer, and look at His "platform":

- He stopped for the one woman everyone else ignored.
- He called the tax collector that everyone else hated.
- He touched the leper that everyone else feared.

True influence starts with people before platform. You don't need a YouTube channel to change someone's life; you just need to be "Salt and Light" in your own classroom. Salt adds flavour and preserves; light simply shines so people can see the way. Your influence is found in how you treat the person sitting right next to you.

III. Mission

In a moment, we will work on our "Locker-to-Locker" Maps. You're going to look at different classrooms in this school and identify the "invisible benches" in each one. The invisible benches are the people that other students do not always relate to

Being "Grounded in the Word" means we take The Great Commission of Matthew 28:19-20 personally. Jesus said, "*Go and make disciples.*" For us, that "Go" might just mean mingling with someone whom we have never mingled with before.

Activity: The "Locker-to-Locker" Map

Create a large map of the school or use a whiteboard to list various classrooms. Students are to write the initials of one person in each classroom they want to pray for and pray for that person during the day.

Have the students write the initials of one person in each classroom, and have them pray for that person during the day.

The Challenge:

Challenge 1: "The Intentional Break/Lunch." Sit with someone new today or someone who usually sits alone. Just listen to their story.

Challenge 2: Today, you'll receive a "Prayer Rock." On it, you'll write the name of one person you've identified as being in your "sphere of influence".

Carry it - Keep it in your pocket. Every time you feel that rock, let it be a reminder to pray for them.

Talk with God – Do not just talk to Him; listen for His promptings on how to reach out to that person.

Be Intentional - Your mission today is "The Intentional Lunch." Sit with someone new. Don't worry about what to say; just listen to their story. Be an influencer.

Closing Remarks: You have more influence than you think. Someone is looking up to you right now, and you do not even know it. The question is not whether you will influence them; you will lead them. Let us lead them to the Light.

Prayer Session Focus: Lord, open our eyes to see the people we often pass. Give us the courage to be "Salt" in our school today. Help us to carry these names in our hearts and on our rocks and show us how to love them toward you.

Optional Video Support:

<https://www.youtube.com/watch?v=m1Y9VQV3Cgs>

https://www.youtube.com/watch?v=X6wiBY_6iUo

<https://www.youtube.com/watch?v=vGu1uI-Ab0E>

<https://www.youtube.com/watch?v=u5RYtV9cSXk>

<https://www.youtube.com/watch?v=GOMasGHvrlI>

Optional Class Prayer sessions

The school can set up separate prayer rooms, and a coordinator is assigned to each room. Time slots are slated for students' participation in each room. For example, every fifteen minutes, a new group of students is admitted into the room. This will depend on the number of rooms and the amount of time allotted.

Each fifteen minutes a new group of students is admitted into the room. This will depend on the number of rooms and the amount of time allotted.

Label the classroom and create a setting and decorations accordingly.

The "Burden Wall" (Sticky Note Release)

This activity focuses on surrender. It allows students to be vulnerable without needing to speak out loud.

- **Setup-** A large wooden cross or a designated wall space. Provide stacks of sticky notes and pens.

The Action - Ask students to write down a "burden"—a worry, a sin they are struggling with, or a stressor (like exams or family issues).

- Adults in the room move about and pray with the students as they post their burdens, without peering at what they have written.
- **The Prayer** - Students walk up and stick their note to the cross/wall.
- **The Wrap-up** - At the end of the day, have a "Release Prayer" where a leader prays over the wall, and the notes are ceremonially shredded or safely burned to symbolize that God has taken the weight of those burdens.

2. "World View" Mapping

This broadens their perspective from personal needs to global intercession.

- **Setup** - A large world map (or a map of your local city) laid out on a table or pinned to a board. Provide "Push Pins" and yarn.
- **The Action**- Students choose a country where students are caught in conflict and war: Venezuela, Russia, Ukraine, Israel etc. They place a thumb tack or pin provided by the school on that spot and loop a piece of yarn/thread to a central point (representing God).
- **The Prayer**- They offer a silent prayer for the people in that specific location, then conduct a prayer session for the deprived students.
- **Visual Impact** - By the end of the day, the map is covered in a "web of prayer," showing how the school has covered the world in intercession.

3. The "Lament & Hope" Board

This appeals to teens artistic and expressive nature.

- **Setup** - Large rolls of paper taped to the walls. Divide the paper into two sections: **Lament** (Things that break God's heart) and **Hope** (Things we thank God for).
- **The Action**- Students will walk with pens, markers, and pencils, even though some may be at the station. Encourage students to write one-sentence prayers in either section.
- **The Prayer**- This is a "running prayer." As students walk through the halls, they can add to it, turning their thoughts into a visual conversation with God.

4. "Scripture Texting" (Digital Intercession)

Since high schoolers are almost always on their phones, use that for a positive "Prayer Strike."

- **Setup** - A quiet area with chairs.
- **The Action** - Ask students to go through their contact list and find one person who isn't in the room (a parent, an old friend, or a sibling).
- **The Prayer** - They spend one minute praying for that person, then immediately send a text saying: *"Hey, I'm at a prayer event today and I just spent a minute praying for you. Hope you're having a great day!"*
- **The Impact** - It turns a private spiritual moment into an immediate act of ministry.

5. The "Identity Mirror" (The Creator's Perspective)

High school is often a time of insecurity and self-doubt. This activity uses a physical mirror to shift their focus from their insecurities to God's promises.

- **Setup**- Place a large full-length mirror (or several small ones) at a station. Surround the mirror with printed Bible verses about how God sees His children (e.g., "Fearfully and wonderfully made," "You are the light of the world," "Chosen and not forsaken").
- **The Action** - Provide **whiteboard markers**. Students look at their reflection, read the verses, and then write a "declaration" directly on the glass of the mirror.
 - *Example:* Someone might write "Loved" or "Enough" over their own reflection.
- **The Prayer**- They pray a simple prayer of gratitude: *"Thank you, God, for seeing me when I don't even see myself."*
- **Why it works** - it turns a tool of vanity or self-criticism (the mirror) into a canvas for God's truth.

6. Prayer Pebbles" (The Ripples of Influence)

This is a tactile, "water-based" prayer that focuses on how one prayer can impact many lives.

- **Setup** - A large, clear glass bowl or a small inflatable pool filled with water. Have a basket of smooth river stones or pebbles next to it.
- **The Action** - Students hold a stone and think of one person they want to influence for Christ or one "good seed" they want to plant this year (e.g., being more kind, being more courageous).
- **The Prayer** - As they drop the stone into the water, they watch the ripples expand to the edges of the bowl.
- **The Symbolism** - The leader explains that our prayers and our character are like that stone—once we "drop" our lives into God's hands, the ripple effect reaches people we haven't even met yet. The leader leads the prayer session with the students in the station.
- **Why it works** - It's visually calming and provides a satisfying physical "thud" and splash making the prayer feel "deposited" and finished.

Community Outreach

On Day 3, Prayer Day, the schools should move beyond the classroom by organizing students to enter the community to share their faith in practical ways tailored to the school's unique interests and resources. Engage the Church's Community Service, Publishing, and Personal Ministries Departments.



DAY 4

Objectives: To prepare students for the "cost" of discipleship, acknowledging it may impact their reputation or time, while reminding them that Jesus carries the load.

Song Service:

Welcome and Introductory Remarks:

Students use their TikTok-style videos or skits to create a daily "recap" reel shared on the school's internal network.

Scripture Reading: Luke 9:23,

Local TikTok and video, based on the theme for the day by Form 4

Prayer Session based on the theme.

Devotional Thought

Skit Title: The Cost of the Gold

Characters: * **The Modern Student:** Wearing a school backpack, looking at a phone.

- **The "Voices" (2-3 Students):** Representing the "world", social media, friends, and critics.
- **Eric Liddell (1924):** Dressed in simple vintage athletic gear (or a white shirt with a Scotland flag/UK logo).

[Scene: The stage is split. On one side, Eric Liddell is crouched in a runner's starting block. On the other side, the Student is standing, looking stressed at their phone.]

Student: (To the audience) I want to be a "disciple-maker." I really do. I even put "God First" in my bio. But man... the comments. The "unfollows." The way people look at me when I don't join in on the Friday night plans. It feels... heavy.

Voice 1: (Whispering loudly) *Are you really going to post that Bible verse? It's so "cringe."*

Voice 2: *Just skip the Sabbath rule this once. It's just one game! Think of your future!*

[On the other side of the stage, Eric Liddell stands up from his blocks.]

Eric: They called me a traitor. In the newspapers, they said I was a fool for the sake of a "religious rule." My country wanted a gold medal, but my God wanted my heart.

Student: (Looking over at Eric) But Eric, you were the fastest! You worked your whole life for that 100-meter dash. You're just going to... walk away?

Eric: I'm not walking away from the race. I'm running a different one. The 100-meter is a sprint for glory. Following Jesus is a marathon for the soul. (He picks up a heavy wooden beam or a very large, heavy-looking crate).

Student: (Adjusts their backpack) My "cross" doesn't look like yours, Eric. Mine looks like being the only one who won't cheat on the math final. Mine looks like sitting with the kid nobody likes while my friends laugh at me.

Voice 1: *Don't do it. You'll lose your status.*

Voice 2: *It's too heavy. Just drop it.*

Eric: (Walking toward the Student, still carrying his "weight") It is heavy. Taking up your cross isn't a "vibe," it's a death to your own selfishness. But look... (Eric places a hand on the Student's backpack).

Student: (Straightening up) You are still here? Even after the Olympics? Even in the prisoner-of-war camp?

Eric: Especially there. Because when you carry the cross, you realize you aren't carrying it alone. Jesus is under the weight with you. The weight of being "popular" is much heavier than the weight of being "faithful."

Student: (Takes a deep breath and pulls out their phone) Okay. No more hiding. If the world is going to be heavy, I need to get stronger. I'm ready for the "Bold Post." I'm ready to go.

Eric: (Handing a baton or a Bible to the Student) Then run the race. Not for the gold of this world, but for the glory of God.

Both characters turn to the audience and walk off together.

I. *The Gold Medal Dilemma*

In 1924, Eric Liddell was the fastest runner in Scotland. Everyone expected him to win the Gold Medal in the 100-meter dash at the Paris Olympics. But then, the schedule came out: the heats were on a Sabbath.

Eric was a man grounded in the Word. He believed the Sabbath was for God, and he refused to run. Imagine the pressure! His own country called him a traitor. The newspapers called him a fool. People told him he was throwing away his future for a "religious rule."

Eric had to carry the weight of being hated so he could stay true to God. He eventually ran the 400-meter, a race he was not even supposed to win, and took home the Gold. But the real story isn't the medal. The real story is that he gave up the fame of sports to become a missionary in China, where he eventually died in a prisoner-of-war camp, serving others until his last breath.

Following Jesus is not just a "vibe" or a cool aesthetic for your profile. It is a commitment that might cost you your reputation, your time, or your "Gold Medal" moments.

II. *The Heavy Truth about the Cross*

In Luke 9:23, Jesus says: *"Whoever wants to be my disciple must deny themselves and take up their cross daily and follow me."*

Back then, the cross was not a piece of jewelry. It was a heavy, rough piece of wood that meant one thing: death. When Jesus tells us to "take up our cross," He is not saying we all have to die physically. He is saying we have to "die" to our own selfishness.

- It's "dying" to the need to be popular when everyone else is making fun of someone.
- It's "dying" to the urge to cheat when you really need the grade.
- It's "dying" to your comfort zone so you can "Go" where God is calling you.

Being a disciple-maker isn't always easy or popular. Sometimes it feels heavy. Following Jesus is not a "vibe". It is a commitment that might cost you your reputation, your time, or your "Gold Medal" moments. But the "weight" of the cross is lighter than the weight of living for yourself. Being a disciple-maker isn't always easy or popular.

It feels like the backpack full of books you're about to carry in our activity. It feels like a burden. But here is the secret: The weight of the cross is actually lighter than the weight of living for yourself. When you live for yourself, you have to carry the pressure of being perfect, being liked, and being successful all on your own. When you carry the cross, Jesus is right there under the weight with you.

III. *From Heavy Weight to Bold Witness*

In a few moments, some of you will participate in the "Weight of the World" Walk. You'll feel the physical pressure of trying to serve others while carrying a heavy load. This is a reminder that the mission—I Will Go, requires spiritual "muscle." It requires a heart that is grounded in the Word so that when the world gets heavy, you don't crumble.

The Challenge: "The Bold Post" Following Jesus means being willing to be seen with Him. Today's challenge is digital. Eric stood up for God in front of the whole world at the Olympics. You can start standing up for God by posting on social media.

1. **Post it** - Share a short testimony or a "God-moment" on your story today.
2. **No Filters**- Don't try to make it look "aesthetic" or perfect. Just be honest about what God is doing in your life or a verse that is grounding you right now.
3. **The Cost**- Some people might scroll past. Some might think it is "cringe." That's okay. That is a tiny part of the "cost" of the cross.

Are you willing to be a "fool" for Christ like Eric Liddell? Are you willing to lose your "Gold Medal" moments if it means gaining an eternal one? Let's decide today that we aren't just fans of Jesus—we are followers.

Prayer Session Focus: Lord, thank You for carrying the heaviest cross for us. Give us the courage to carry ours today. Help us not to be ashamed of Your Word or Your name. When the weight of being a Christian feels heavy, remind us that You are walking right beside us.

Activity: The "Weight of the World" Walk

- Fill a backpack with heavy books (representing the "weight" of representing Christ in a difficult world).

- Have students take turns wearing it while trying to perform a "service" task (like building a tower of blocks or tying a shoe).

Debrief: Discipleship is "heavy" work, but Jesus carries the load with us.

Connection to Activity: The "Weight Walk" helps students feel the physical pressure of choosing the harder path.

Challenge: "The Bold Post." Share a short testimony or a "God-moment" on your social media story. No filters, just honesty.

Prayer Session:

Closing Remarks:

"Today, we've done more than just pray. We've felt the weight of the cross, we've stood in the shoes of Eric Liddell, and we've looked at our own reflections through the lens of God's truth. You've carried backpacks to represent the burdens of this world, and you've felt how heavy it can be to say, 'I Will Go.'"

But as we leave this space, remember the lesson of the race: The weight of the world is a burden, but the weight of the cross is a purpose. When you live for yourself, trying to be the fastest, the most liked, the most 'perfect, you carry that weight alone. It will eventually crush you. But when you take up your cross and follow Jesus, you realize He isn't just watching you struggle; He is the strength in your muscles and the breath in your lungs."

Before you head out those doors, I want to challenge you one last time. We talked about the 'Bold Post.' Don't let your faith stay in this room. Eric Liddell's witness didn't stay on the track in Paris; it went all the way to a camp in China.

Your mission field starts the moment you check your phone. It starts the moment you walk into your next class. Being a disciple-maker isn't a 'vibe', it is a lifestyle of choosing God's Sabbath over the world's gold medals."

The Final Prayer

"Let's bow our hearts. *Lord, thank You for the strength to carry the weight. As these students leave, help them to be bold. When the world calls them 'fools' for following You, remind them of the crown that never fades. Give them the courage to post, to speak, and to act in Your name. We are ready to go. Amen*

DAY 5

Title: The Multiplication – Passing the Torch

Objective: To commission students to pass on their faith and gifts to others, ensuring the "fire" of the Gospel continues to spread.

Song Service:

Welcome and Introductory Remarks:

Students use their TikTok-style videos or skits to create a daily "recap" reel shared on the school's internal network.

Key Scripture: 2 Timothy 2:2

Local Video/TikTok: To express the theme

Creative Prayer Session:

Special Song:

Devotional Thought - *Passing the Torch*

Skit Title: The Human Wi-Fi

Characters:

- **The Source (Paul)**- Wise, calm, carrying a bright lantern or a large "Light" sign.
- **The Relay (Timothy)** - Nervous, checking their "manual" (The Bible), feels unqualified.
- **The Skeptic (The World)** - Scrolling on a phone, acting "cold" and indifferent.
- **The Crowd**- 2-3 students standing in a line, looking "offline" (frozen/still).

[Scene: The stage is dim. The Source stands at one end, glowing. The Crowd stands in a line between The Source and the Skeptic, who is at the far end.]

The Source: (To Timothy) Timothy, listen. I have given you everything I have. The truth, the fire, the Word. Now... pass it on.

Timothy: (Panicked) Wait, me? Right now? I'm not ready! I haven't finished my "Introduction to Theology" course yet. I only have like, three verses memorized. What if I glitch? What if I lose the signal?

The Source: It's not about your signal, Timothy. It's about the Source. If you keep the fire to yourself just to stay warm, the forest stays dark. Look at them. (Points to the frozen Crowd).

Timothy: (Approaches the first person in the Crowd) Um, hi. I'm Timothy. I have this... light?

The Skeptic: (Without looking up from phone) Don't bother. We're fine in the dark. We have blue light. It's basically the same thing.

Timothy: (To himself) It's not the same. Blue light doesn't keep you warm. (He "cracks" a glow stick and hands it to the first student in the Crowd). I see a gift in you. You're a leader. Don't let the fire stop here.

Student 1: (Glow/Wakes up) Wait... I feel it! (Turns to Student 2) Hey, I see a gift in you. You're an encourager. Pass it on! (Handing over a light).

Student 2: (Wakes up, turns to Student 3) I see a gift in you. You're a listener. Pass it on!

[The light moves down the line like a "wave" at a stadium. Each person gets faster and more excited.]

The Skeptic: (Finally looking up, squinting) Whoa. What is that? It's... actually warm.

Timothy: (To the Skeptic) It's not a "vibe." It's a relationship. And now, it's your turn.

The Source: (Stepping forward) That is the Math of the Kingdom. Paul to Timothy. Timothy to Reliable People. Reliable People to the World.

[The entire line of students turns their lights toward the audience.]

All: The branch is in our hands. Who are we going to warm up?

I. The Fire in the Forest

Imagine you are lost in a dark, freezing forest. Your hands are numb, and the cold is starting to settle into your bones. Suddenly, you stumble upon a tiny campfire. It's small, but it's warm.

Now, you have two choices. You can sit there, huddled over that one flame, and stay warm for an hour. But eventually, the wood will burn out. The fire will turn to ash, and you will be back in the cold.

Or, you can do something brave. You can take one glowing branch—a single torch—and run through the dark to another clearing to start a second fire. And then someone else takes a branch from yours. Before long, the entire forest is dotted with light and warmth. The cold isn't just avoided; it is defeated.

The Point If the first disciples had kept the "fire" of Jesus to themselves, if they had just sat around the campfire in Jerusalem and stayed warm, the gospel would have died out 2,000 years ago. You are sitting in this room today because someone, somewhere, "passed the torch" to you. Maybe it was a parent, a teacher, or a friend. Now, the branch is in your hand. The question is: Who are you going to warm up? You may not know everything you need to know, but you need to use what you have.

II. The Math of the Kingdom

In 2 Timothy 2:2, the Apostle Paul writes to a young leader named Timothy. He says, *"And the things you have heard me say in the presence of many witnesses entrust to reliable people who will also be qualified to teach others."*

Notice the chain reaction here:

1. Paul taught...
2. Timothy, who taught...
3. Reliable people, who taught...
4. Others.

This is the Multiplication Effect. Religion is something you *keep*; a Relationship with Jesus is something you *share*.

The General Conference theme for 2026 is "Grounded in the Word," but being grounded isn't just about digging deep for your own sake. A tree's roots go deep so that it can grow branches that provide fruit and shade for *others*. We don't study the Bible just to be "smart" Christians; we study it so we have a torch to pass. When we live out the "I Will Go" mission, we are saying, *"I won't let the fire stop with me."*

III. The Glow-in-the-Dark Commission

In a moment, we are going to do our candle, or "Glow-in-the-Dark" Commissioning. Right now, the room might feel a bit dim, and your glow sticks/candles are dark. They have the *potential* for light, but they haven't been "cracked"/lighted yet.

When you crack/light that glow stick/candle, it is a symbol. It is a sign that you are ready to be used. As the light passes from the leader to you, listen to the words: "I

see a gift in you." Maybe your gift is encouragement. Maybe it's leadership. Maybe it's the way you listen.

Can you turn to someone close to you and talk for one minute about a gift you have that can be used to minister to others?

God is willing to use your gift, whatever it is. Whether or not you think it is significant, he can use your gift for his glory. All he needs is your willingness and availability.

If the first disciples had kept the "fire" of Jesus to themselves, it would have died out 2,000 years ago. You are here because someone, somewhere, "passed the torch" to you. Now, the branch is in your hand. Who are you going to do?

Activity:

Focus: Making disciples who make disciples.

- Key Scripture: 2 Timothy 2:2 (*"Pass on what you heard..."*)
- Activity: The "Glow-in-the-Dark" Commissioning
 - Give every student an uncracked glow stick or an unlit candle.
 - Start with one "Leader" stick/candle. The leader "passes the light" by telling one student, *"I see the gift of In you. Go make disciples."*
 - As each student cracks their stick or lights the candle, the room gets brighter and brighter.

Connection to Activity - The Candle/"Glow Stick" ceremony visually demonstrates how one small light can start a forest fire of faith.

Creative Prayer Session:

Ask the Lord to make the school family ready and available for God's service.

The Challenge:

"The 1-on-1 Invite" Discipleship isn't a program; it's a person.

1. Identify: What are you comfortable doing to share the gospel?
2. Invite: Do not just post a general flyer on Instagram/Facebook. Send a personal message. Say, *"Hey, I'm going to the Pathfinders' Club meeting or church. Or I want to start reading my Bible every day. I would really love you to join me."*
3. Share: If you are nervous about what to say, ask God for an idea. It is a simple way to keep your "torch" burning bright.

Closing Remarks:

The Flame and the Future

"As we bring this day to a close, take a moment to look around this room. Just a few hours ago, we were a group of individuals walking into a programme. Now, we are a room filled with light. We've seen that when we share our fire, the darkness doesn't stand a chance."

"Today, we learned about Eric Liddell—a man who knew that a gold medal is heavy, but a clear conscience before God is light. We felt the physical weight of those backpacks, a reminder that following Jesus isn't always easy or 'aesthetic.' It's a commitment. It's a cross. But we've also discovered the secret: Jesus is under the weight with you. You are not carrying your reputation, your future, or your faith alone."

We saw through our 'Glow-in-the-Dark' commission that the gospel is a chain reaction. Paul taught Timothy, Timothy taught others, and eventually, someone cared enough to pass that torch to you.

You are not just students at an SDA school; you are the next link in the chain. The gifts we spoke over you today, the leadership, the kindness, the courage, those are not for you to keep. They are the wood for the fire you are about to start in your homes, your sports teams, and your group chats."

As you walk out of these doors and head to your class, the Glow Stick/candle might eventually fade, but the 'Glow-in-the-Dark Commission' does not.

- When it's easier to be quiet - **Pass the torch.**
- When the world tells you to put yourself first - **Carry the cross.**
- When you feel like your light is too small to matter - **Remember the Math of the Kingdom.**

The forest is cold, and the world is waiting. You have the fire. You have the Word. Now, in the name of the One who called you... **Go.**"

Final Prayer - Lord, thank You for the people who passed the torch of faith to us. Today, we choose to be a link in the chain. Give us the courage to "crack" our lives open and share your warmth with someone who is shivering in the cold. Let the fire spread through our school and into our community. Amen.

WEEK OF PRAYER 2026



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"THE RIPPLE EFFECT: LIVING AS A DISCIPLE-MAKER"