

*Switched* Bible Study Guide



## GETTING STARTED:

**SUPPLIES:** A copy of the *Switched* movie  
*Lead with Love* Bible Study books  
Pens

### WHAT TO EXPECT:

The *Switched* Bible Study is divided into three parts.

Part 1: Loving God

Part 2: Loving Others

Part 3: Loving Ourselves

This Bible Study Guide features three lessons per section of the book. The nine lessons will explore the idea of Biblical LOVE illustrated in the story of the Good Samaritan. The scripture quoted in the Bible Study book is from the New International Version.

### GROUND RULES:

In order to secure that your group feels safe and will share openly, honestly and vulnerably it is important to encourage confidentiality.

### CONFIDENTIALITY:

Please encourage group members to not share the stories or activities outside of group. Explain that being a safe person is keeping private information private. As a group leader share that the only time you will share something outside of group is if a child threatens to hurt someone else or themselves (then you must notify a parent or guardian and get help).

### WATCH PARTY:

*Switched* is a great movie for youth groups. You may want to host a watch party before or after hosting this Bible Study.

The Bible Study Foreword is written by Christian You-Tube influencer Chelsea Crockett Hurst.

More about Chelsea can be found at: *Chelsea and Nick*

*More inspiration resources for teens can be found at:* [ProjectInspire.com](http://ProjectInspire.com)

For more information about *Switched* visit: [mustardseedent.com](http://mustardseedent.com)

The *Lead With Love* Bible Study and *Lead With Love* Journal featured in the movie are available for purchase: [andreapolanszek.com](http://andreapolanszek.com)

## Switched Exchange 1: The Heart of the Matter

He answered, “‘Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind’; and, ‘Love your neighbor as yourself.’” Luke 10:27

**Leading:** The *Switched* Bible Study begins with Part 1 - Loving God. This lesson is all about “getting to the heart of the matter.” As a leader what does “getting to the heart of the matter” mean to you? Share an illustration from your own life about how you apply the idea of loving God first, loving yourself and loving others.

**Bible Leading:**

Read Luke 10:27.

**Group Leading:**

Read pages 3-4.

Allow group members to share their reflections for the goal of the study.

Read pages 5-7.

Encourage members to complete Activity 1 on page 5.

Encourage group members to share their first activity.

**Lead with Love:**

Complete Activity 3 on page 14.

Encourage group members to pair up in twos and threes to share their activity.

Next have these groups stay together for the Gut Leading portion of the study.

Remind group members of the importance of confidentiality for this sharing time.

**Gut Leading:**

Print out the Lead with Love bookmarks found on the curriculum website:  
[andreapolnaszek.com](http://andreapolnaszek.com)

Encourage group members to answer the following questions:

*How will I put God first?  
How will I show love to my neighbor this week?  
How will I show love to myself this week?*

**Leading with Prayer:**

Encourage the small groups to share prayer requests and pray for each other.

Each week this curriculum will include a prayer that can be used within the small groups or as a large group benediction.

**Home Leading:**

Complete activity Activity 2 on page 10 during the week.

## Switched Exchange 2: A Verse to Hold On To

Give thanks to the Lord, for he is good! His faithful love endures forever.

1 Chronicles 16:34

**Leading:** Encourage students to share reflections from last week as well as their *Home Leading* work on Activity 2. As a leader what does “relaxing with God” mean to you? Share an illustration from your own life about how you apply the idea of relaxing with God or share why it is difficult for you to relax with .. This week’s lesson will focus on the truth of God’s love and resting in His love. Complete Activity 4 on page 17 and share what you identified with the group.

**Bible Leading:**

Read 1 Chronicles 16:34.

**Group Leading:**

Hand out Bibles or permit group members to use the Bible applications on their phones. Encourage group members to complete Activity 4 on page 17.

**Lead with Love:**

Encourage the large group members to share “the verse they will choose to hold on to” with the large group.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

**Gut Leading:**

Encourage small groups to find a comfortable spot.

Leader: read the relaxation activity instructions, *Relaxing Into God’s Love*, on page 20.

When the activity is completed ask the group members the following questions and have them debrief within their small groups:

*How did it feel to complete this activity? What made it difficult or easy?*

*How did it feel to spend time meditating on God’s love for you?*

**Prayer Leading:**

Encourage the small groups to share prayer requests and pray for each other.

**Home Leading:**

Encourage group members to practice the “Resting with God” activity one or more times this week.

## Switched Exchange 3: God's Love in My Heart

"But I lavish unfailing love for a thousand generations on those who love me and obey my commands." Deuteronomy 5:10

**Leading:** The *Switched* Bible Study continues with Part 2: Loving Others. Encourage students to share their reflections from their *Home Leading*, relaxing with God. Did they/you try the activity again after youth group last week? This week the focus of the lesson will be on God's Love for His people. Take some time to reflect on the questions in Activity 7 on page 27. As a leader what does it mean to you to be "loved by God?" When is the first time you felt God's love and what did it feel like? Share these reflections with your students.

**Bible Leading:**

Read Deuteronomy 5:10.

**Lead with Love:** Encourage students to take five minutes to complete Activity 6 on page 24 individually. Utilize a big "write on/wipe off board" and ask students to identify words that reflect the heart of God for His people. Encourage students to be honest and not just give the "Sunday School" answers.

Ask for three volunteers to read aloud Luke 10:25-37. Choose three different translations of the Bible to read the story from.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

**Gut Leading:**

Encourage small groups to complete Activity 7 on pages 27-29 and Activity 9 on pages 33-35 together. Share.

**Prayer Leading:**

Encourage the small groups to share prayer requests and pray for each other.

**Home Leading:**

This week pay attention to the people around you at school, home, and work.

Notice how they may be feeling.

Take a step to be a heart healer for someone in your real life this week.

Complete Activity 8 on page 30.

## Switched Exchange 4: A Heart Healer

“Be kind to one another, tender hearted, forgiving each other, just as God in Christ also has forgiven you.” Ephesians 4:32

**Leading:** Recap from last week reflecting yourself and asking students *who did they notice and what did they notice about them? Were you more aware of sadness and broken heartedness around you?* This week we are going to focus on **My Heart**. Take some time to reflect as a leader about what it is like to love all your neighbors—even those who don’t treat you well. Take some time to complete Activities 9-10 on pages 33-37. Think of one story from your own life where you bullied someone and regret it (reference Cassandra Evan’s mother, Sarah’s story in the movie). Prepare to share this with your students.

**Bible Leading:**

Read Ephesians 4:32.

**Lead with Love:**

Encourage students to identify one story from their own life when they felt bullied or bullied someone. Ask for a few volunteers to share their story with the whole group. (You may want to ask students to prepare this ahead of time.)

Provide students with colored pencils, markers, crayons and pens.

Encourage students to complete Activity 9 pages 33-35.

After providing plenty of time to complete their heart ask for a few students to share their drawings with the group.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

**Gut Leading:**

Encourage students to share more deeply about what they uncovered when they completed Activity 9. This is an opportunity for small groups to really dig in and get closer.

**Prayer Leading:**

Dear God, Please help me to be kind to others, tender hearted, forgiving others just as you, God in Christ also has forgiven me. Amen.

**Home Leading:**

Complete Activity 10 on page 36.

## Switched Exchange 5: Walking In Someone Shoes

“You have heard the law says, ‘Love your neighbor’ and hate your enemy. But I say, love your enemies! Pray for those who persecute you!” Matthew 5:43-44

**Leading:** Recap from last week by reflecting on Activity 10 on page 36. Share your own reflections on *Who is Your Neighbor*. Take some time to think about times in your life whether it was family, friends or co-workers when you did not stop. Consider the pressure you were feeling in life to produce or complete something. When did you realize you didn’t stop and how did you deal with it once you realized what you had done. Share candidly about this time.

**Bible Leading:**

Read Matthew 5:43-44.

**Lead with Love:**

Walking in Someone’s Shoes.

Identify five volunteers who have a flair for the dramatic. Identify a Narrator, Priest, Levite, Samaritan and Man left for dead. Encourage the Narrator to read Luke 10:28-37. Encourage the other thespians to act out their parts as they appear in the story.

Take some time to think about a person who you are really struggling with. It could be a bully or it could be someone you find annoying and difficult to be around. Now make a list of the positive characteristics of this person.

Write your list down.

Scan your body head to toe and pay attention to how you feel.

Now read your list three times.

Finally take a moment to scan your body head to toe and pay attention to how your body language has changed since you identified the positives about this person.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

**Gut Leading:**

Encourage students to complete Activity 10 on page 36 and share it with group members.

Also encourage students to process what they saw as the group acted out the story.

**Leading with Prayer:**

Dear God, I often become very wrapped up in myself and my own needs and I think only of what I feel or what I want. Please help me to pause and think of others. Please show me how I can love my neighbor this week. Amen.

**Home Leading:**

Complete Activity 11. Have fun! Use pens, colored pencils and glitter pens!

## Switched Exchange 6: Feelings!

“But the Holy Spirit produces this kind of fruit in our lives: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, and self-control. There is no law against these things.”

Galatians 5:22-23

### **Leading:**

This week we will reflect on feelings.

Encourage students to share their reflections from Activity 11 on page 39.

As a leader take some time to explore your feelings. Complete pages 41-48. Take time to reflect. Notice what feeling words you use frequently. Take some time to add a few new feeling words into your vocabulary. This week you will facilitate a lesson on how and why God created our feelings.

### **Bible Leading:**

Read Galatians 5:22-23.

### **Leading with Love:**

Encourage small groups to read through the Feeling Chart on page 41.

Have students select words that they may be feeling in their lives right now.

Use page 42 to write down the words they have selected.

Encourage students to share feeling words that they commonly use. Then ask students to identify one feeling word they have never used.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

### **Gut Leading:**

Encourage small groups to read through the Feeling Chart on page 41.

Have students select words that they may be feeling in their lives right now.

Use page 42 to write down the words they have selected.

Now encourage students to share who they identified as their neighbor on page 36. Share.

### **Leading with Prayer:**

Encourage individuals in the small group to share one word she (or he) struggled with and invite group members to pray for the person to their left, specifically highlighting the word that she (or he) identified.

### **Home Leading:**

This week pay attention to your feelings.

Jot them down when you identify them.

Complete Activity 13 on page 46 as part of your quiet time.

## Switched Exchange 7: Something to Talk About!

“And don’t be wishing you were someplace else or with someone else. Where you are right now is God’s place for you. Live and obey and LOVE and believe right there.”

1 Corinthians 7:17

### Leading:

Encourage students to share reflections from their week.

Specifically ask for testimonies from those who completed Activity 13 on page 46.

This week we will transition to the last part of the study: **Love Others**. The study today will take some time and could easily be broken into two weeks. Take some time to reflect on your own story answering the questions and completing the timeline on pages 49-51. Consider highlighting the places where God broke into your story and sharing this with the group. This process is very vulnerable and may be scary for students. Take a little time reminding students of confidentiality (the stories they share and hear at youth group are sacred). Prepare your own heart through prayer that this week’s study may be very eye opening for many students.

### Bible Leading:

Read 1 Corinthians 7:17.

**Lead with Love:** *Provide pencils with erasers and black, blue and red pens.*

Encourage students to complete their timeline Activity 14 on pages 49-51.

Remind students to consider the following questions as they complete Activity 14:

Below the line record events that led to happy memories.

Above the line record events that were traumatic, challenging or hard.

Circle events that were both happy and sad.

Mark with a cross when you can see God in the memory.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

### Gut Leading:

Give plenty of time for students to share their story with each other. It may be appropriate to complete the timelines this week and share the timelines as a group next week.

### Leading with Prayer:

Encourage students to pray for each other filling their name in the blank.

*And don’t be wishing \_\_\_\_\_ were someplace else or with (someone)  
\_\_\_\_\_ else. Where \_\_\_\_\_ are right now is God’s place  
for \_\_\_\_\_. Live and obey and LOVE and believe right there.*



**Home Leading:**

This week think about your timeline and add to it as you have new memories surface.  
Use the lines on page 51 to continue your work.

## Switched Exchange 8: I Approve This Message

“He who covers over an offense promotes love, but whoever repeats the matter separates close friends.” Proverbs 17:9

**Lead with Love:** Encourage students to share highlights from their *Home Leading* last week. Think through the ideas below and prepare to share your insights with your group.

*What is the message of your life?* This is an opportunity to take a look at what your actions say about who you are. Set a timer on your phone for three minutes. Write down everything that comes to mind about your thoughts, behaviors and actions over the past 24 hours.

Now set your timer again for three minutes. Don't write. Just look at your list.

Next set your timer for three minutes and write down the person you want to be.

Finally set the timer for three minutes and look at the thoughts, actions and behaviors you approve of.

Complete Activity 15 on page 52. Share your reflections.

### **Bible Leading:**

Read Proverbs 17:9.

### **Lead with Love:**

Answer the following questions:

*If you could approve a product what would it be?  
Why would you put your name behind this product?*

*What is the message of your life?* This is an opportunity to take a look at what your actions say about who you are. Set a timer on your phone for three minutes. Write down everything that comes to mind about your thoughts, behaviors and actions over the past 24 hours.

Now set your timer again for three minutes. Don't write. Just look at your list.

Next set your timer for three minutes and write down the person you want to be.

Finally set the timer for three minutes and look at the thoughts, actions and behaviors you approve of.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

### **Gut Leading:**

Encourage students to complete Activity 15 and share their observations with their group.



**Leading with Prayer:**

Dear God, I want to be free from shame. I want to feel good about what my life proclaims to the world. God please cover me with your grace and cleanse me of my sin and set me on the path of Love and Light that you have for me. Amen.

**Home Leading:**

Complete Activity 16 on pages 56-59.



## Switched Exchange 9: God's Heart and My Heart

"But be very careful to obey all the commands and the instructions that Moses gave to you. Love the Lord your God, walk in his ways, obey his commands, hold firmly to him with all your heart and soul." Joshua 22:5

### **Lead with Love:**

This week invite students to launch right into Activity 19. Have them complete the page but do not share.

As a leader prepare your testimony. Complete Activity 19 on page 68 and write your story on page 69. Use a three-minute egg timer and demonstrate sharing with the group the highlights from your story of meeting God.

Now invite students to share their stories.

Use the egg timer as a "wand of power."

If a student has the egg timer she (or he) has the floor and the group's full attention until the three minutes are up.

### **Bible Leading:**

Read Joshua 22:5

### **Lead with Love:**

Encourage students to complete Activity 20 on page 71.

Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

### **Gut Leading:**

Encourage students to share Activity 20 with each other.

Encourage students to write Joshua 22:5 in their Bible Study books.

### **Leading with Prayer:**

Dear God, help me to be careful to obey all your commands and the instructions Moses gave (AKA: The 10 Commandments). Moses instructed the Israelites like God instructs us to love the Lord our God, walk in His ways, obey His commands, hold firm to Him with all our hearts and our soul. Amen.

### **Home Leading:**

Read Joshua 22:5 once a day every day.

## Switched Exchange 10: Bringing it All Together Start a Love Revolution

“Hatred stirs up quarrels, but love makes up for all offenses.” Proverbs 10:12

### Lead with Love:

Encourage students to share their highlights from the *Home Leading*. How did reading Joshua 22:5 daily affect the way they thought, acted and reacted to God, others and themselves? As you prepare for this week’s lesson, read page 74 and complete Activity 21.

### Bible Leading:

Read Proverbs 10:12.

### Lead with Love:

Ask students to do the following:

Put yourself in someone else’s shoes. “DO UNTO OTHERS.”

Imagine what life is like for someone else. Put yourself in their shoes.

Pick a person who you think needs some love and create a video about what makes him or her special. Record yourself as if you were him (or her).

These are Katie and Cassandra’s examples:

Katie Sharp: *Hi, I’m Cassandra Evans. I’m patient, kind and I’m a very talented musician. I also have an extremely loving family.*

Cassandra Evans: *Hi, I’m Katie Sharp. I’m gutsy, loyal and a killer dresser.*

Now ask someone else to do the same.

#Lead with Love

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Next divide into groups of two or three.

Remind group members of the importance of confidentiality for this sharing time.

Provide time for small groups to complete the Love Revolution posts for social media and post them!

### Gut Leading:

Encourage students to complete Activity 21 and share their observations with their groups.

### Leading with Prayer:

Dear God, I truly believe that hatred (gossip) stirs up quarrels, but love makes up for all offenses. Please help me to take your love with me everywhere I go. Please help me to pray when I am upset rather than argue. Amen.



**Home Leading:**

Consider hosting a Watch Party at your own home.

Invite friends who do not come to youth group who may be touched by the movie.