



A service of the  
Northwest District  
of the  
Lutheran Church -  
Missouri Synod

# Youth Supports

**A resource to encourage and empower youth leaders for the expansion of the Lord's kingdom.**

February 2009 - Volume 10, Issue 2

- Using Your Noodle
- Free youth ministry resources!

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## Using Your Noodle

Have you ever heard the expression, “using your noodle?” Sometimes when I'm working with youth, I am astonished with what goes on in their heads. They try to figure out what is right and wrong, and sometimes they don't seem to use the “noodle” or brains that God has given them. I am reminded that they are surrounded by a culture and world that is contrary to the Word of God. The world is teaching them that behaving, talking, dressing, and acting a certain way is OK and even good, but it is more often than not completely contrary to God's truth. Sometimes, instead of helping support God's Word and truth, the parents go along with the world and the lies that their kids are told and support them in their poor choices. Parents do this by allowing their daughters to walk out of the house in shorts barely covering themselves and very revealing shirts. Parents also do this by allowing their teenagers to watch shows on MTV that make sex, lies, and alcohol an everyday matter and normal and a lifestyle to be desired. At youth group one Wednesday, I had two seventh grade girls talk to me about how they were watching Tila Tequila on TV. They told me that their parents approved their watching it because they don't want to judge other people. Why aren't these parents using their noodles?!

At those times, I feel alone. I feel like I'm fighting a battle I can't win, and all I'm trying to do is help the youth I work with. Then I am reminded. This isn't MY battle to fight. It isn't MY job to make these kids understand. Only God can do this. God may use me, but when I get caught up in the emotional roller coaster and feel like I'm failing because of the choices the youth are making, I'm not letting God use me to the best of my ability.

So when I want them to ask them why they're not using their noodle, I need to be remember to lovingly remind them of the God's truth and to “continue earnestly

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Free  
resources for  
youth  
ministry!

Free  
newsletter  
from the  
Board of  
Youth  
Ministry!

in prayer, being vigilant in it with thanksgiving” (Colossians 4:2) because God will take care of them!

I pray that as there are challenges in your life, that God uses you to help others see His truth over the lies the world tells.

P.S. On the topic of noodles, I have found these two really great resources about games you can play with pool noodles! J It's great to use them and talk to the youth about what it means to use their “noodles.”

Great resources for “Noodle” (pool noodle that is) games:

<http://www.jmu.edu/kinesiology/hpainstitute/pdfs/UseYourNoodle.pdf>

—Joy Schneck, Director of Christian Education, Memorial Lutheran Church, Vancouver, Washington ([joy@mlc.org](mailto:joy@mlc.org))

Find past issues of Youth Supports at:

[http://www.nowlcms.org/educational\\_services//YouthSupports.aspx](http://www.nowlcms.org/educational_services//YouthSupports.aspx)

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### Want Some Ideas for Your Youth Ministry?

The Board of Youth Ministry for the Lutheran Church—Missouri Synod with a grant from Thrivent started a new electronic youth ministry resource available for free on the internet. Check out <[www.youthsource.com/](http://www.youthsource.com/)> The web page is not just for adults, but for youth too with a number of links to other great web sites. The November site included a four part Bible study on Jesus and culture and an article on how to respond to the issue of homosexuality.

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### E-Newsletter from Synod Board of Youth Ministry

The Board of Youth Ministry for the Lutheran Church—Missouri Synod has a monthly e-bulletin with youth ministry information. To subscribe to it, go to <http://www.lcms.org/enews/> and follow the directions.

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