

Palm Sunday / March 29, 2026

The Reason for Doing

By RLD Editorial Team

for use as
STEP 1



Palm Sunday

Focus:

Whatever you do,
do it for the Lord.

Palm Sunday

Bible Basis:

Luke 23:46;
Colossians 3:15—4:6

Palm Sunday

Memory Verse:

And whatever you do, whether in
word or deed, do it all in the name of
the Lord Jesus, giving thanks to God
the Father through him.
—Colossians 3:17

Students will view a series of protestors opposing the war in Sudan and discuss what often motivates people to act.

Materials:

Internet access

Everywhere we look, we can find protests. Big or small, local or global, if there's a controversial issue out there, we will likely find a group of people pushing back to create change.

In April 2023, the country of Sudan in the continent of Africa began a civil war. One group of citizens wanted to overthrow the long-standing leader and establish democracy in their country, while the other group wanted to protect the existing government. The war continues today and has forced many Sudanese citizens to leave the country until it is safe to return. Let's take a look at a recent protest about this war.

Play the following video for your students [1:59]:

Protesters in London rally for Sudan as war reaches new deadly phase
<https://www.youtube.com/watch?v=HZDPKHJ77Mg>

➤ **Has anyone ever attended a political rally or protest? What was it like?** (Let students share their experiences.)

➤ **What are the big “causes” that young people are protesting today?** (Some current issues in recent years include gun laws, climate change, political platforms, war, racial injustice, and so forth. Let students share their observations without commenting on the issues—you don't want to start a protest!)

➤ **What might cause someone to step out of their comfort zone and fight for a cause? Is it human nature to fight for things we believe in?** (The stronger a person's belief system, the more likely it is they will fight for it. Sometimes people might be looking for their own personal benefit. Other times, they might be fighting against some perceived injustice.)

➤ **Is it important to examine the motivation behind someone's protest?** (Our reasons for doing something are complex and varied. Our motives aren't always pure; sometimes they might be selfish or be mixed motives. Other times we might be motivated by a more noble purpose.)

➤ **If you truly believed in something, do you think you could sacrifice something for that cause?** (Let students share their thoughts.)

It's sometimes difficult to examine the reasons behind our actions. Believers in Jesus Christ have more than just selfish reasons behind their behavior. Whether big or small, our actions should be motivated by our love for Jesus.

Additional source:

<https://www.bbc.com/news/articles/cjel2nn22z9o>

(Continue on to Steps 2 and 3 in your teacher's guide; your Step 4 appears below.)

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The Reason for Doing

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STEP 4 

Palm Sunday

Focus:

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Palm Sunday

Bible Basis:

Luke 23:46;
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Palm Sunday

Memory Verse:

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Materials:

- Paper or journal writing material
- Pens/pencils

If your class is meeting online, invite them to bring supplies to class.

It's difficult for adults to get a correct read on their motives, much less a teenager. But it's a good reflective practice to examine which parts of our lives might be motivated by selfish pursuits and which parts are genuinely motivated by our allegiance to Jesus Christ.

Let's take a few minutes alone to reflect on the most important pursuits and goals in your lives right now. Distribute supplies (or invite students to have them ready at home.) **Write down the top five things you're putting energy into, whether it be related to school, relationships, activities, or talents.**

After giving students time to reflect, prompt some further writing.

Now that you've written some of your biggest energy investments, be honest with the reasons—the motivations—that might be behind those pursuits. For example, if someone spends 40 hours a week going to a job, why do they do it? Providing for their family? Hoping to get rich? Looking for recognition from peers?

Instruct students to write down the possible motivation for each activity or pursuit they listed—even if they might not sound spiritual or noble. Let them know that no one else will see their responses. When they've had enough time to think and write, discuss the following questions together:

➤ **Should we stop doing something good—just because our motivation might be less than perfect?** (If an activity is inherently good, like going to school or helping your grandmother, we shouldn't stop just because "we aren't feeling it." Instead, we should try to see God's purpose within the work rather than making excuses.)

➤ **Can we find genuine pleasure in “Kingdom work”? Should it always feel like an act of duty?** (We should seek pleasure and happiness from doing God’s work. While we sometimes need to discipline ourselves, obedience often brings satisfaction and real joy.)

➤ **Do all of our pursuits need to be directly spiritual in order to be valuable to God? Can you think of an everyday activity that can glorify Him?** (Students might reference the importance of education, employment, physical exercise, daily chores, enjoying nature, and other non-spiritual activities.)

As you close, remind your students that even mundane activities can be God-honoring with the right attitude and motives. Encourage them to be intentional this week about pruning back self-centered pursuits and cultivating God-centered ones.

Close in prayer.

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