

Lesson 7 / May 3, 2026

Making Difficult Choices

By RLD Editorial Team

for use as
STEP 1



Lesson 7

Focus:

When making personal choices, consider the effect on others.

Lesson 7

Bible Basis:

1 Corinthians 8:4–11;
10:23–31

Lesson 7

Memory Verse:

So whether you eat or drink or whatever you do, do it all for the glory of God. Do not cause anyone to stumble.
—1 Corinthians 10:31–32a

Students will watch a video about social media and discuss the effect it can have as they consider the significance of personal choices.

Materials:

Internet access

More than ever before, American teenagers live within an interconnected network of family members, friends, acquaintances, and online communities. The pandemic changed the way we connect with others, both positively and negatively.

While social media can make us feel more connected, it can also make us feel lonelier. Let's watch a video exploring ways to use social media in a way that fights, rather than contributes to, loneliness.

Share the following video [1:28]:

Experts say mindful social media use can boost teen health

<https://www.youtube.com/watch?v=150HHZVm1J0>

➤ **This video described how intentionally connecting with friends on social media through posting and commenting, rather than passively scrolling, can improve our feeling of connection to other people. What are some of the other benefits of social media? What are some of the downsides? (Accept all reasonable responses.)**

➤ **Other than avoiding passive scrolling, what social media guidelines might help people use social media in helpful, rather than harmful, ways? (Accept all reasonable responses.)**

➤ **Has another Christian's online behavior ever made you question your own family's rules or guidelines? Do all Christian families have the same specific rules of behavior? (We don't always know the context behind a photograph or comment. What we post—and say—can have a ripple effect, especially for new Christians who might be confused by contradictions or hypocrisy.)**

How we interact—whether through social media or face-to-face—can have a big effect on others. But even our personal choices can impact others. Let’s find out how.

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

Making Difficult Choices

for use as
STEP 4 

Lesson 7**Focus:**

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10:23–31

Lesson 7**Memory Verse:**

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Materials:

- Internet access
- Optional: Set of dominoes

If your class is meeting online, and students have access to a set of dominoes, they might want to participate in setting up a line (or series of lines) that will topple over with one push. If everyone is connected through a video conferencing platform, let those who wish to participate wait for your countdown from ten (suspense!) before knocking over the first domino and watching the result.

Watch this hypnotic video that illustrates cause-and-effect in a visual way [2:27]:
THE AMAZING TRIPLE SPIRAL (15,000 DOMINOES)
<https://www.youtube.com/watch?v=lo6x4euLY9g>

This video illustrates the impact that one action can have on others. Many times we imagine ourselves to be like a single domino: independent and isolated. But God has designed us to encourage each other, knowing that we are created for relationships within the Body of Christ.

➤ **What is one change you can make in your behavior that might encourage a fellow Christian?** (Accept all reasonable responses.)

➤ **How does this principle play out at home with multiple siblings?** (Younger siblings may not admit it, but they are carefully watching their older brothers and sisters. This is a unique opportunity to model what maturity in faith looks like.)

➤ **What is a good principle to use as we consider how our action (or nonaction) might affect others?** (The Bible tells us to consider God first, then others, then ourselves. In this way, God helps us keep our focus on Him instead of the ways of the world and reminds us to carry out the mission He has given us to spread the Gospel to others.)

A domino is a great visual reminder of the impact our decisions may have on our friends. If you have access to a set of dominoes, put one in a place where you will see it as a reminder of today's lesson. If you don't, you can print off a copy of a sheet of dominoes as a reminder for your refrigerator or bedroom door, etc. A link to a printable is here.

Printable Dominoes

<https://www.helpingwithmath.com/printables/others/kcc4Dominoes01.htm>

This week think of one friend or sibling you can inspire through your own actions to be more Christlike—then follow through!

Try to connect with each student to pray with them via social media of your choice; pray together for discernment as students and families exercise their freedom in Christ.

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