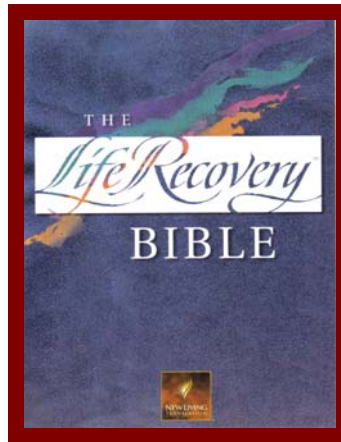
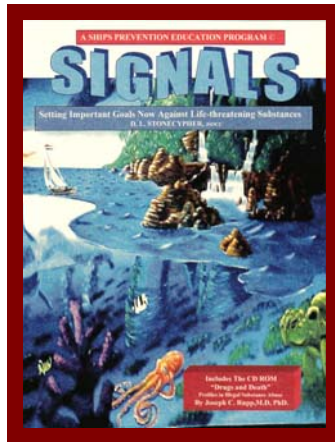




SIGNALS©: Setting Important Goals Now Against Life-threatening Substances
Substance Abuse Prevention/Education Program©

The Signals Scripture Connection©



THE SIGNALS SCRIPTURE CONNECTION



***SPIRITUAL LESSON PLANS
AND SCRIPTURE REFERENCES
FOR
THE SIGNALS CURRICULUM***



By D. L. Stonecypher

SIGNALS Scripture Connection©

Materials and Media Innovations, Inc.



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The Signals Scripture Connection©

An Opening Word Of Encouragement...

In recent years as more and more churches have started using the Signals program, I have been asked to explain the spiritual aspects for the Signals curriculum. Since I work for a faith-based organization many are surprised that the program is a clinical work of prevention education as opposed to theology. In fact, the program has many spiritual connections to my own personal hope in Christ, reviewing it also includes what I perceive as enlightened scientific research and guidance on how to help young people and their families prevent or overcome destructive behaviors. While the Bible is the ultimate “Good Book”, we should not ignore the hope from those other sources, and to do so in my opinion, would be selling the Lord short for God’s influence on the better angels of our nature.

This short project of “connecting” the Signals curriculum to scriptures proves to be both a very easy and yet challenging task. The Signals Scripture Connection is not intended to set boundaries or limitations on how much or how often to invoke the Holy Scriptures, but to assist the facilitator with a simple format and some fundamental suggestions that I believe can be helpful to any youth leader or pastor as they conduct the Signals program. We all live in a complex and ever changing world and our young people have more and more difficult choices to make on a daily basis. It is my wish that this small set of lesson plans, enhancing the Signals curriculum, will assist those youngsters in understanding that God loves them and wants only the best for them each and every day.

The Signals Scripture Connection lesson plans are to be taught just before each corresponding Signals curriculum lesson. The scripture reference is intended to “set up” the mood and context of the message that is presented throughout Signals. Our basic philosophy has and will always remain that each human being is a child of God and worthy of honor, love and health. The stigma attached to substance abuse is real and continues to slow progress in getting help to those in need. It is my profound hope that the truism of Alcoholics Anonymous will one day be fully understood by everyone “There is only one type of person, a fallible human being and a correctable / redeemable human being”.

Lastly, please enjoy teaching the program and realize that every moment spent in the service of others is a great and rewarding day.

David Lane Stonecypher, author
Director Of Substance Abuse Prevention Services
The Kentucky United Methodist Homes for Children & Youth
Versailles Campus





The Signals Scripture Connection© Lesson Plan # 1

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #1 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)
- Christians...by Maya Angelou (provided)

DESCRIPTION AND PROCEDURE: 15 MINUTES

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate.

TOPIC:

Perfectionism / Arrogance: 1st Kings 19: 1-21

Tell the students this:

In the First Signals Lesson Plan we will review how people get into trouble with drugs and alcohol. We will present alarming statistics. Keep in mind that no one intentionally sets out to hurt themselves with their behavior but are often blinded by the belief that nothing bad will ever happen to them, only others. This way of thinking can lead to problems that are unplanned or unforeseen. A “ten foot tall and bulletproof” invincibility mindset gives people who are perfectionist or arrogant a false sense of safety and leaves them unprepared to deal with the reality of a flawed and sinful world.

The Signals Scripture Connection reference: “1st Kings 19: 1-21”

Tell the students this:

In the Book of Kings one of the Lords great prophets Elijah once felt intolerable disappointment when he was threatened. This threat was not what Elijah had bargained for or how he thought the way his perfect plans should unfold. ***“I have had enough Lord”, he said, “Take my life, for I am no better than my ancestors” (NLT)***
The problem of always feeling superior or being a perfectionist is that we can become convinced that “we alone know everything” and can predict the outcome of all events. When we are proved wrong, this confuses us and leads us to despair, sometimes even raising doubt on our most fundamental beliefs. Elijah was indeed a great prophet but even he fell under the spell of arrogance and needed to humble himself and realize that he was only human before God.

Suggestions: End this segment with the serenity prayer. You may want to include the wonderful poem by Maya Angelou about “Christians” as an excellent way of expressing humility.

Further Suggestions: The Life Recovery Bible, New Living Translation©



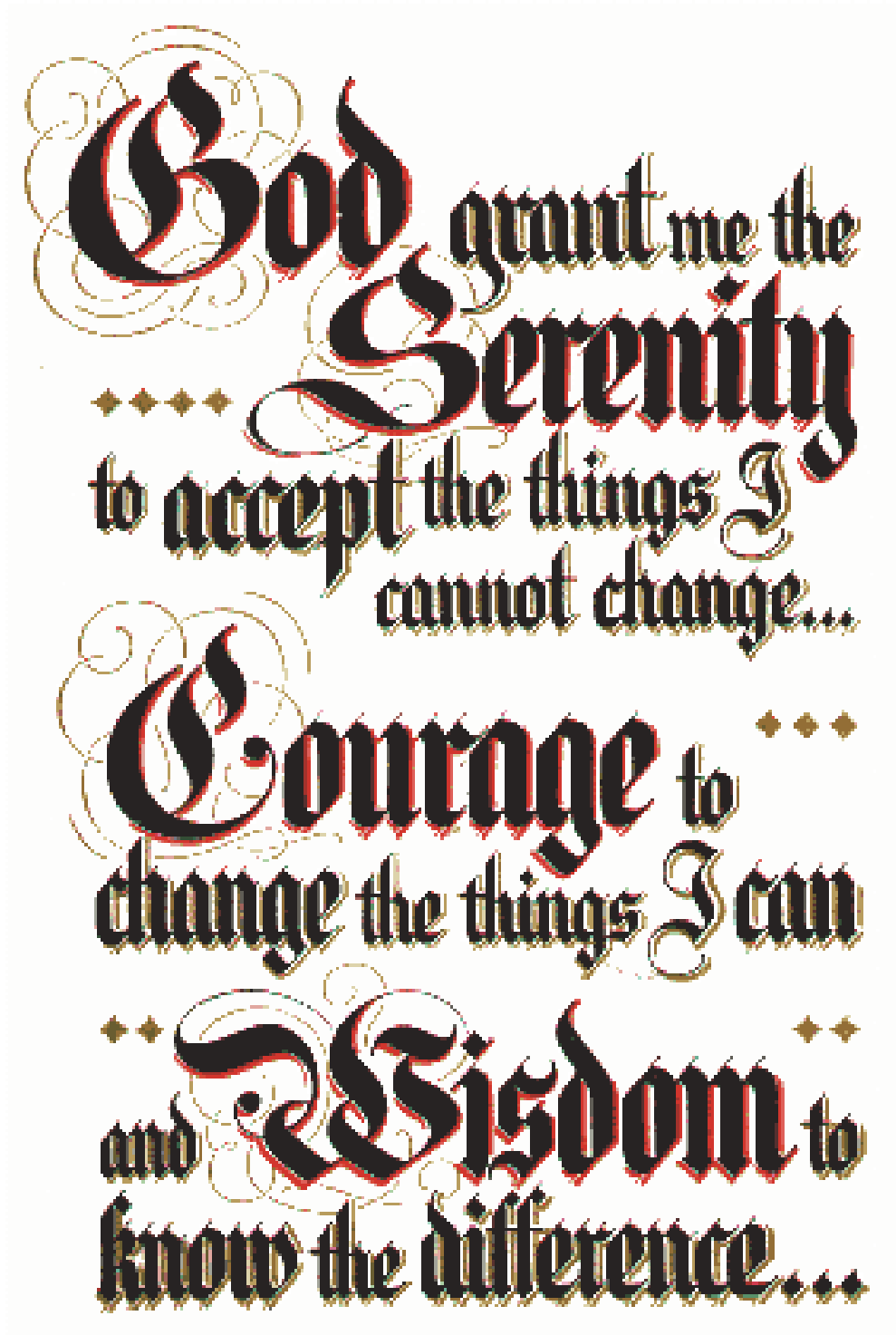


Perfectionism / Arrogance

“Then he went on alone into the desert,
traveling all day. He sat down under a solitary
broom tree and prayed that he might die. *I have
had enough, Lord, he said. Take my life, for I
am no better than my ancestors*”

1st Kings 19: 4 NLT







Christians...by Maya Angelou

**When I say... "I am a Christian"
I'm not shouting "I'm clean livin'."
I'm whispering "I was lost,
Now I'm found and forgiven."**

**When I say... "I am a Christian"
I don't speak of this with pride.
I'm confessing that I stumble
and need Christ to be my guide.**

**When I say... "I am a Christian"
I'm not trying to be strong.
I'm professing that I'm weak
And need His strength to carry on.**

**When I say... "I am a Christian"
I'm not bragging of success.
I'm admitting I have failed
And need God to clean my mess.**

**When I say... "I am a Christian"
I'm not claiming to be perfect,
My flaws are far too visible
But, God believes I am worth it.**

**When I say... "I am a Christian"
I still feel the sting of pain.
I have my share of heartaches
So I call upon His name.**

**When I say... "I am a Christian"
I'm not holier than thou,
I'm just a simple sinner
Who received God's good grace, somehow!**





The Signals Scripture Connection© Lesson Plan # 2

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #2 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE:

15 MINUTES

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Self-Perception, Self-Protection, Self-Preservation and Wisdom:

Tell the students this:

In the Second Signals Lesson Plan we will begin to examine forensic case histories of illegal drug abuse. The lesson presents cases involving cocaine and other stimulants. The presentation is not meant to shock or scare anyone but to explain the very real dangers of the drugs. As you watch these case histories I would like you to think about the concept of self-perception, self-protection, self-preservation and wisdom.

The Signals Scripture Connection reference: 1st Corinthians 6:19

Tell the students this:

There are many reasons to be respectful about our physical health and taking care of our bodies. Corinthians reminds us that our bodies do not belong to us alone. Our body is the dwelling place of God's Holy Spirit, and it belongs to God. The scriptures in Corinthians make it clear; "Don't you realize that your bodies are actually parts of Christ?" The subject being discussed in the verses are about sexual sin but it can easily relate to defiling our bodies with drugs and alcohol. It is important to keep our perspective clear about the unique miracle of our personal creation. ***"...don't you know that your body is the temple of the Holy Spirit"***

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Wisdom

**“...don’t you know that your
body is the temple of the Holy Spirit”
-1 Corinthians 6:19**





The Signals Scripture Connection© Lesson Plan # 3

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #3 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Self-Perception, Self-Protection, Self-Preservation and Wisdom:

Tell the students this:

In the Third Signals Lesson Plan we will examine forensic case histories of illegal drug abuse. The lesson presents cases involving Heroin and depressants. The presentation is not meant to shock or scare anyone but to explain the very real dangers of the drugs. As you watch these case histories I would like you to think about the concept of self-perception, self-protection, self-preservation and wisdom.

The Signals Scripture Connection reference: Romans 12: 2

Tell the students this:

Sometimes it's very easy to get caught up in the world around us and to act impulsively to anything we perceive as new and exciting. Not all things are as they appear. The apostle Paul pleads with us to be on guard against this temptation. He reminds us that God will not only help us through these temptations by transforming our character defects, but also gladden our hearts and minds when we see the wisdom of following his plans for us. ***“Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is” NLT***

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Self-Perception

“Don’t copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think. Then you will know what God wants you to do, and you will know how good and pleasing and perfect his will really is”

Romans 12: 2 *NLT*





The Signals Scripture Connection© Lesson Plan # 4

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #4 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

**DESCRIPTION AND PROCEDURE:
15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Delayed Gratification and Self-Control:

Tell the students this:

In the Fourth Signals Lesson Plan we will examine forensic case histories of illegal drug abuse. The lesson presents cases involving Marijuana. The presentation is not meant to shock or scare anyone but to explain the very real dangers of the drugs. As you watch these case histories I would like you to think about the concept of Delayed Gratification and Self-Control.

The Signals Scripture Connection reference: 1st Corinthians 6: 12

Tell the students this:

Freedom to choose brings with it certain responsibility. Our concepts of what true freedom means should be examined closely. One definition for true freedom is expressed in the Signals curriculum: "TRUE FREEDOM MEANS NOT LIMITING YOUR OPTIONS IN LIFE". This applies to Physical and Spiritual Life. The apostle Paul reminds us "*You may say I am allowed to do anything, but I reply, Not everything is good for you 'And even though I am allowed to do anything 'I must not become a slave to anything'*" NLT

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Delayed Gratification & Self-Control

“You may say I am allowed to do anything, but I reply, Not everything is good for you ‘And even though I am allowed to do anything ‘I must not become a slave to anything”

1st Corinthians 6: 12 *NLT*





The Signals Scripture Connection© Lesson Plan # 5

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #5 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Delayed Gratification and Self-Control:

Tell the students this:

In the Fifth Signals Lesson Plan we will examine forensic case histories of illegal drug abuse. The lesson presents cases involving Inhalants. The presentation is not meant to shock or scare anyone but to explain the very real dangers of the drugs. As you watch these case histories I would like you to think about the concept of Delayed Gratification and Self-Control.

The Signals Scripture Connection reference: 2nd Peter 1: 5

Tell the students this:

Most of us like to believe we have self-control, for some people that want for self-control can become like an addiction. True self-control is something that comes as we grow closer to God. According to the apostle Peter “*A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally, you will grow to have genuine love for everyone*” NLT

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Delayed Gratification & Self-Control

“A life of moral excellence leads to knowing God better. Knowing God leads to self-control. Self-control leads to patient endurance, and patient endurance leads to godliness. Godliness leads to love for other Christians, and finally, you will grow to have genuine love for everyone”

2nd Peter 1: 5 *NLT*





The Signals Scripture Connection© Lesson Plan # 6

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #6 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)
- For Whom The Bell Tolls (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Accountability:

Tell the students this:

The Sixth Signals Lesson Plan completes the forensic case histories of illegal drug abuse. The lesson presents cases involving Hallucinogens. The presentation is not meant to shock or scare anyone but to explain the very real dangers of the drugs. As you watch these case histories I would like you to think about the concept of accountability.

The Signals Scripture Connection reference: Jude 1: 22-23

Tell the students this:

As we have witnessed the forensic cases of illegal drug abuse we have seen many examples of people showing little if any accountability for their actions. Often this lack of control hurts loved ones and other innocent people who are affected by the users behavior. Jude, the half brother of Jesus, reminded his readers that they were to deal honestly and directly with those that were doing wrong. ***“Show mercy to those whose faith is wavering...there are still others to whom you need to show mercy, but be careful that you aren't contaminated by their sins” NLT***

Suggestions: End this segment with the serenity prayer. You may want to include the great poem by Minister John Donne “For Whom The Bell Tolls”. The poem is a great reflection on how we are all connected to one another. Remember, humility and the ability to express empathy for those that are struggling is a Christian attribute.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Accountability

“Show mercy to those whose faith is
wavering...there are still others to whom you
need to show mercy, but be careful that you
aren’t contaminated by their sins”

Jude 1: 22-23 *NLT*





For Whom The Bell Tolls

“No person is an island, entire of itself; everyone is a piece of the continent, a part of the main; if a clod be washed away by the sea, Humanity is the less, as well as if a promontory were, as well as if a manor of thy friends or of thine own; any death diminishes me, because I am involved in the cycle of all life; and therefore never send to know for whom the bell tolls; it tolls for thee”

Paraphrased from the poem of John Donne





The Signals Scripture Connection© Lesson Plan # 7

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #7 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

**DESCRIPTION AND PROCEDURE:
15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Accountability:

Tell the students this:

The Seventh Signals Lesson Plan is about Alcohol and Tobacco. The lesson presents information and statistics on the toll that these substances take on lives. The fact that alcohol and tobacco are “legal” for adults does nothing to diminish the deadly reality of their use. I would like you to think about the concept of accountability.

The Signals Scripture Connection reference: Galatians 6: 7-8

Tell the students this:

Sometimes we do not experience a consequence immediately and we often think that we have gotten away with what we know is wrong behavior. The apostle Paul reminded the Galatians ***“You will always reap what you sow...”***

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Accountability

“You will always reap what you sow! Those who live only to satisfy their own sinful desires will harvest the consequences of decay and death. But those who live to please the Spirit will harvest everlasting life from the Spirit”

Galatians 6: 7-8 *NLT*





The Signals Scripture Connection© Lesson Plan # 8

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #8 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

**DESCRIPTION AND PROCEDURE:
15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Self-Perception and Accountability:

Tell the students this:

In the Eighth Signals Lesson Plan we will look at the influence of family history on our health. We will complete two worksheets. The first worksheet will examine our family history involving inheritable conditions such as heart disease, diabetes, cancer and substance abuse. The second worksheet will look at our own progression or experience with substances (if we have experience). We will discuss what these worksheets can tell us about our own level of risk for developing chemical dependency and health issues. As you complete the worksheets I would like you to think about the concepts of Self-Perception and Accountability.

The Signals Scripture Connection reference: Psalms 103 / Hosea 10:12

Tell the students this:

Often people who have made mistakes are ashamed of them and find it hard to believe that they can be forgiven. Shame is a hurtful and lasting issue for many people. Sometimes we are embarrassed by what others have done in our family. The psalmist reminds us *“The Lord is like a father to his children, tender and compassionate...”* In Hosea the scripture tells us to *“Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the Lord, that he may come and shower righteousness upon you...”*

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Self-Perception

“The Lord is like a father to his children, tender and compassionate to those who fear him. For he understands how weak we are; he knows we are only dust”

Psalms 103: 13-15 *NLT*

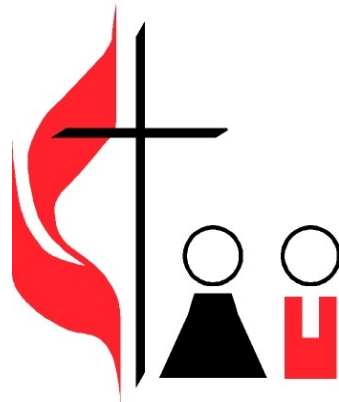




Accountability

“Plant the good seeds of righteousness, and you will harvest a crop of love. Plow up the hard ground of your hearts, for now is the time to seek the Lord, that he may come and shower righteousness upon you”

Hosea 10: 12 *NLT*





The Signals Scripture Connection© Lesson Plan # 9

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #9 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Denial and Accountability:

Tell the students this:

In the Ninth Signals Lesson Plan we will look at the influence of Denial. At some point in time, all humans have experienced denial of one form or another. It may not have anything to do with drugs or alcohol, but we can all relate to problems of being brutally honest with ourselves about a problem we don't want to face. The lesson plan helps us to understand the many "types" of denial. I would like you to think about the concepts of Denial and Accountability.

The Signals Scripture Connection reference: Matthew 18: 15-17 / Ephesians 4:25

Tell the students this:

In the book of Exodus the story of Moses and the Pharaoh is explained and demonstrates a great lesson on denial. Despite numerous attempts to convince Pharaoh to "Let My People Go", and despite many plagues and tragedies, the Pharaoh continued to deny the reality of the Lord. In Matthew, we are given good advice on how to handle denial in others *"If another believer sins against you, go privately and point out the fault. If the other person listens and confesses it, you have won that person back..."*

In the case of our own denial, Ephesians reminds us that there is anger attached to denial and we must not succumb to that additional burden. *"So put away all falsehood and 'tell your neighbor the truth because we belong to each other'"*

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Denial and Accountability

“If another believer sins against you, go privately and point out the fault. If the other person listens and confesses it, you have won that person back. But if you are unsuccessful, take one or two others with you and go back again, so that everything you say may be confirmed by two or three witnesses. If that person still refuses to listen, take your case to the church. If the church decides you are right, but the other person won’t accept it, treat that person as a pagan or a corrupt tax collector”

Matthew 18: 15-17 *NLT*

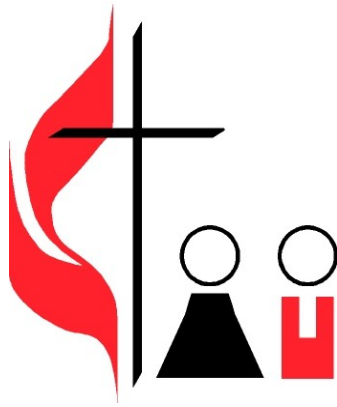




Denial and Accountability

“So put away all falsehood and ‘tell your neighbor the truth because we belong to each other”

Ephesians 4: 25 *NLT*





The Signals Scripture Connection© Lesson Plan # 10

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #10 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Denial, Delayed Gratification and Self-Control:

Tell the students this:

In the Tenth Signals Lesson Plan will look at our own experience with denial by completing an art project. Sometimes it's hard to reveal what is really going on with us because we are afraid of being judged. Sometimes we have secrets we want kept from light because we think by hiding it we are in "control". The mask project helps us to understand the public face we show the world and the reality that we often hide. I would like you to think about the concepts of Denial, Delayed Gratification and Self-Control.

The Signals Scripture Connection reference: Matthew 16: 24-25

Tell the students this:

Sometimes we are so use to accepting our lives with chaos and stress that we surrender to blind ambition and the immediate gratification that comes from everything that is in the present. We want everything, and we want it Now! Jesus reminds us to look beyond the present, into eternity. He spoke to the reality of life's true meaning "...*And how do you benefit if you gain the whole world but lose your soul in the process?*"

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©

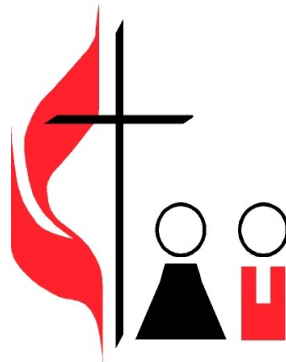




Denial, Delayed Gratification & Self-Control

“ Jesus said to the disciples ‘if any of you wants to be my follower, you must put aside your selfish ambition, shoulder your cross, and follow me. If you try to keep your life for yourself, you will lose it. But if you give up your life for me, you will find true life. And how do you benefit if you gain the whole world but lose your soul in the process?’”

Matthew 16: 24-26 *NLT*





The Signals Scripture Connection© Lesson Plan # 11

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #11 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

DESCRIPTION AND PROCEDURE: **15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Perfectionism and Arrogance:

Tell the students this:

In the Eleventh Signals Lesson Plan we will look at the importance of Goal Setting by conducting an auction game. As we bid on the items I would like you to think about the concepts of Perfectionism and Arrogance as it relates the priorities that we establish for our future and ourselves.

The Signals Scripture Connection reference: Matthew 25: 29

Tell the students this:

Jesus told a story about a servant who was afraid to invest his master's money for fear he might lose it altogether. That brings up the point of being afraid to use the potential we are given from God. Sometimes we are intimidated to talk about our dreams and goals or how much we love each other. In Matthew we are reminded, ***“To those that use well what they are given, even more will be given, and they will have an abundance. But from those who are unfaithful, even what little they have will be taken away.”***

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©





Perfectionism / Arrogance

“To those who use well what they are given, even more will be given, and they will have an abundance. But from those who are unfaithful, * even what little they have will be taken away”

Matthew 25: 29 *NLT*

(* or who have nothing)





The Signals Scripture Connection© Lesson Plan # 12

Materials needed:

- Pencils
- Signals Curriculum Lesson Plan #12 / Materials
- Bibles or Printed Scripture Handouts for reference
- The Serenity Prayer (provided)

**DESCRIPTION AND PROCEDURE:
15 MINUTES**

Every *Signals Scripture Connection* lesson plan should begin with a reminder that we must humble ourselves before God. Referencing verses related to man's sense of perfectionism and arrogance is appropriate. The Serenity Prayer is a good opening and closing prayer for the all the lesson plans, it is a gentle reminder that we do not control everything and expresses genuine humility.

TOPIC:

Perseverance:

Tell the students this:

In the Twelfth Signals Lesson Plan we will look at the Recovery or Healing process for chemical dependence. We will discuss the difficulty of “getting clean and sober” and how people will often struggle over a long period of time to accomplish that goal. Relapse is a word often used to describe when a person has a slip or makes a mistake and begins using again. Friends and family members are very important at all times but especially in our hour of trials and temptations. Helping by encouragement is critical; the recovering person needs to believe that he or she is not a lost cause in Gods eyes.

The Signals Scripture Connection reference: Philippians 1: 6

Tell the students this:

God fully understands the difficulties that we face but promises victory over those troubles in the end. The apostle Paul wrote: “Overwhelming victory is ours through Christ, who loved us” And I am convinced that nothing can ever separate us from his love. Death can't and Life can't. The Angels can't, and the demons can't. Our fears for today, our worry's for tomorrow, and even the powers of hell can't keep God's love away”.

Paul also said *“I am sure that God, who began the good work within you, will continue his work until it is finally finished on that day when Christ Jesus comes back again”*

Suggestions: End this segment with the serenity prayer.

Further Suggestions: The Life Recovery Bible, New Living Translation©

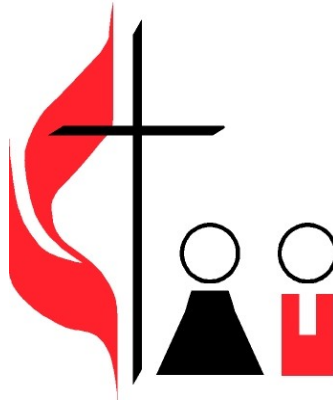




Perseverance

“I am sure that God, who began the good work within you, will continue his work until it is finally finished on that day when Christ Jesus comes back again”

Philippians 1: 6 *NLT*



The **SIGNALS® Preservation Awareness Model** emphasizes the importance of addressing and changing several high-risk attitudes among adolescents that lead to their use and abuse of alcohol, tobacco, and other mind-altering drugs. This mindset includes ideas such as invincibility, typology myths, pseudo-autonomy and/or false freedom. **SIGNALS®** counteracts the potentially life-threatening attitudes that erroneously promote drug use as normal and safe.

Results from surveys such as *Monitoring the Future Survey* and the *National Survey of American Attitudes on Substance Abuse* indicate that the most consistent reason young people give for NOT USING drugs is concern for physical damage and/or addiction.

SIGNALS® assumes that self-preservation is instinctive and can be the primary motivator to stop or prevent drug use.

SIGNALS® raises student personal awareness about their genetic predispositions and the signs of drug progression that lead to dependency. Students learn the dangers of impairment episodes and how drug tolerance levels increase with each use. Collectively, these strategies help convince students of the benefits of not using drugs.



"I didn't think I had a problem, but SIGNALS helped me realize the danger I was putting myself in."
FORMER USING STUDENT

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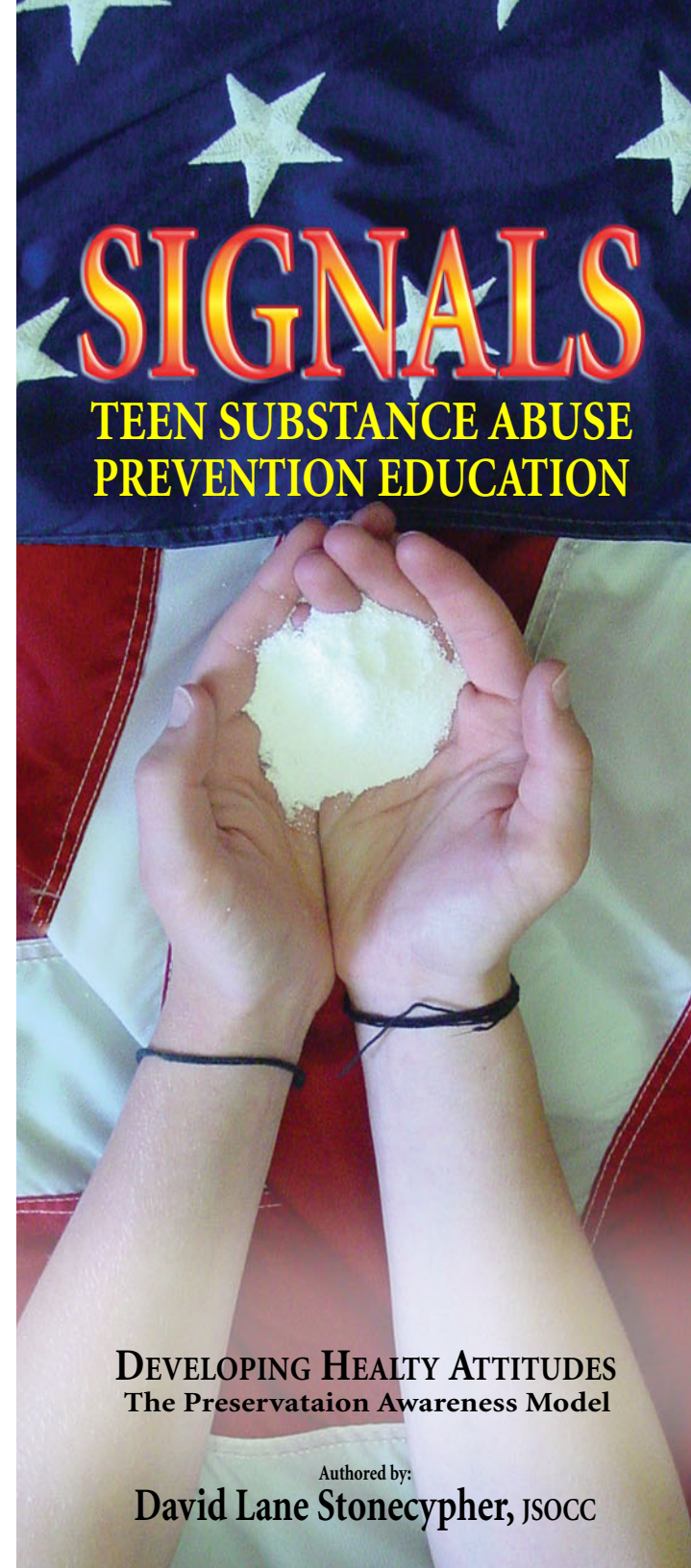
Dr. Dewey Sanders, (center) Psychologist and contributing editor, walked across America in 2005 to raise money and awareness for **SIGNALS®**.



Sanders raised over \$70,000 in per mile pledges for the **SIGNALS®** residential program at the Kentucky United Methodist Children's Homes. David Lane Stonecypher, **SIGNALS®** curriculum author, is pictured left.

"SIGNALS made me feel confident about my choice to not use drugs or alcohol. Before, I never knew how to really talk about it...now I do!"
FORMER NON-USING STUDENT

"Don't you know your body is a temple? SIGNALS and the faith message make a great team."
JEREMY— YOUTH DIRECTOR AT
NATHANIEL'S MISSION



DEVELOPING HEALTHY ATTITUDES
The Preservation Awareness Model

Authored by:

David Lane Stonecypher, JSOCC

The 350-Page Instruction Manual Includes:



- 12 Core Lesson Plans
- Two Presentation CDs
- A Student Handbook
- The POSIT and POSIP Screening Tools
- Graduation Certificate



SIGNALS is an acronym for **Setting Important Goals Now Against Life-Threatening Substances**. This research-based program is solidly grounded in the best practices of the drug prevention field. The **SIGNALS**® *Preservation Awareness Model* leads students through the *Stages of Change* with strategies from *Motivational Interviewing* and structured storytelling—a variation on a component of *Behavioral Therapy For Rural Substance Abusers*.

In addition, the curriculum includes *NIDA's POSIT Screening Tool* and the *POSIP Parent Component*. Forms needed to teach the program are included—such as student workbook which can be photocopied. There are two presentation CDs with over 120 real-life case profiles of deadly drug use. The profiles cover all categories of substance abuse. Each CD has audio narration detailing short-term

impairment episodes and long-term health ramifications.

"I love teaching SIGNALS,,the immediate positive impact on the kids is remarkable!"

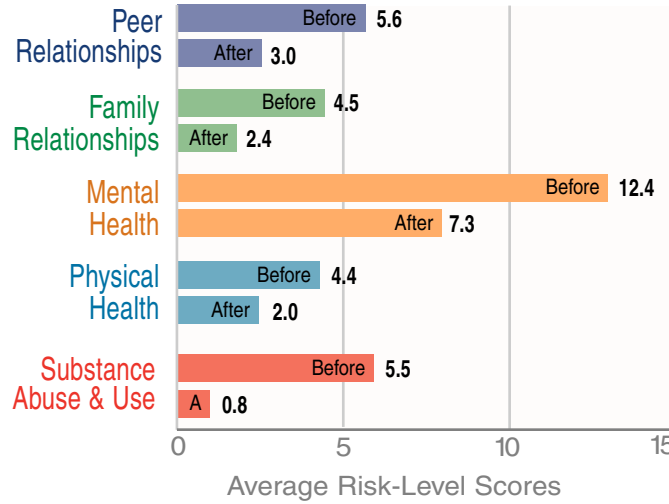
KEITH — HIGH SCHOOL HEALTH SCIENCE TEACHER

SIGNALS® is a substance abuse prevention, intervention, and education program. It is neither a diagnostic process nor a treatment.

Before and After POSIT Risk Levels

SIGNALS® 2005 Study Group

61 Boys and 86 Girls (147 Total)



Field tests have indicated that The **SIGNALS**® curriculum reduces substance abuse risk-levels for teens. The graph above shows average “pre and post” substance abuse risk scores of **SIGNALS**® students using the *Problem Oriented Screening Instrument for Teenagers (POSIT)*. The *POSIT* was developed by the *National Institute on Drug Abuse (NIDA)*.

The **SIGNALS**® curriculum is a straightforward, researched-based, educational program designed to be taught in any setting— such as schools, youth organizations, treatment centers, and faith-based groups. Student workbooks can be photocopied, written scripts are provided for instructors, video CDs are watched and student true/false tests are administered. New instructors will learn while teaching.

"I know the reality that the program gives kids - it's powerful and effective."
SGT. MIKE — KENTUCKY STATE POLICE OFFICER



\$229⁰⁰

Yes! I want to Order a **SIGNALS**® Curriculum!

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