

News Story Summary

Scientists at Aarhus University in Denmark revealed what they say is the best news we've had all year! Their study suggests that cheese consumption could be a key to a longer, healthier life. They point out that the French enjoy a low incidence of coronary heart disease and an average life expectancy of 82 years. The British, who consume half as much cheese on average, suffer from twice the levels of cardiovascular disease and their life expectancy is 81 years. Scientists theorized that cheese in the French diet was at least partially the cause for the differences. The study found that those who ate cheese had higher levels of butyric acid, a compound that has been linked to higher metabolism and a reduction in cholesterol.

(For more on this story, search the Internet using the phrase "Cheese, the secret to a longer life.")

Focus Attention

As the group arrives, point out that people appear to be more health conscious today. State: *We seem to be constantly on a quest for news that will tell us what to eat and what exercises to do so that we can live longer, healthier lives. The trouble is that experts seem to have different opinions about the matter, so we continually hear more "good news," and it frequently conflicts with previous advice.* Relay the report about potential health benefits of cheese.

Ask: Do you agree with the Danish scientists that this is the best news of the year? Why or why not? What criteria do you use to determine if someone thing is good news?

Point out that John, in today's Scripture, gives a summary of the gospel which means "good news." Invite learners to join you as you dig into the Scripture to discover this good news.

Challenge

Remind the group of the cheese research. Propose a summary statement of that news story (ex: cheese may be good for you).

Invite the group to summarize the good news from today's Scripture. (Potential responses: Jesus offers victory, Jesus is the Son of God, and Jesus offers eternal life.)

Ask: How will this news impact the way you live your life this week?