



Session 8: Rebellion's Cycle
Suggested Week of Use: January 22, 2017
Core Passages: Judges 2:11-19

News Story Summary

Sleep apnea may have played a role in the recent train crash in Brooklyn, New York. Officials said more than one hundred people suffered minor injuries when a Long Island Rail Road train derailed just as it arrived at New York City's busy Atlantic Terminal. The engineer reported not remembering the impact, so he will be undergoing tests for a sleeping disorder.

If the engineer tests positive for sleep apnea, this will be the third crash in which the condition has played a role. The first was the Metro-North, Spuyten Duyvil crash that occurred in 2013, killing four people. Investigators determined that the train had derailed because the engineer was suffering from undiagnosed sleep apnea. The second crash was the Hoboken train crash in New Jersey, which occurred last September. One person died and about one hundred people were injured. Investigators revealed that the engineer tested positive for undiagnosed sleep apnea.

(For more on this story, search the Internet using the phrase "Brooklyn accident sleep apnea.")

Focus Attention

To supplement the discussion about history repeating itself (Focus Attention idea in Leader Guide), share the news story summary. Ask: If they determine that sleep apnea contributed to the third crash, what preventative actions do you think should be taken? (a variation of the Discuss question) Complete step using the Focus Attention idea.

Challenge

To supplement the Summarize and Challenge idea, remind the group of the news summary. Explain that discovering a pattern can be helpful in preventing future crashes. Explain that time and again, the Israelites rebelled against God by disobeying His commands. Ask: *What could have kept the Israelites from entering a rebellious cycle?* Share that Christians can fall into repetitious sin, choosing to disobey and dishonor God; however, Christ empowers us to escape these destructive cycles. Ask group members to evaluate whether there is a cycle of sin in their lives. If so, challenge them to turn to Christ for their deliverance.