



Warm up: What is your favorite thing to do when you visit the seaside?

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**Useful vocabulary & expressions:**    **sth** = something; **sb** = somebody; \*=not in today's lesson

the tide went out = the ocean water slowly moved lower on the beach

the tide came in = the ocean water slowly moved higher on the beach

for miles = for several miles (for days = for several days; for years = for several years)

satisfy his curiosity = find out something he was curious to know

a starfish = officially called a "sea star" because of its shape, this creature is not a fish but it lives in the ocean; it's closely related to sand dollars

gets washed up = is pushed onto the beach by the ocean water

face the facts; face the fact that + *clause* = admit what is true    ***She needs to face the facts: she's too young to drive. She needs to face the fact that children can't drive.***

it isn't going to matter = it won't be important; it won't be significant; it won't make a difference

it matters = it's important; it's significant; it makes a difference; it has a good influence

don't lift a hand = do nothing; make no effort to help    ***His neighbors didn't lift a hand when his house caught fire.***

give sb a hand; give a hand to sb = help sb for a short time    ***Could you give me a hand with this homework?***

lose heart = be discouraged    ***He lost heart after failing the GRE test three times.***

go all out for sth or sb; go all out to do sth = put all one's efforts into    ***He went all out for his company.***

see eye to eye with sb about sth = totally agree with sb    ***Sometimes parents and their children don't see eye to eye.***

\*begin to grow on sb = slowly become more desirable or important to sb    ***She didn't like the teacher at first, but then he began to grow on her. At first I didn't want to have an office party, but then the idea grew on me.***

\*is bent on doing sth = is determined to do sth    ***He is bent on getting a promotion this year.***

\*pull one's own weight = do one's share of the work    ***Each employee needs to pull his own weight at work.***

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An old man lived on a wide beach beside the ocean. Each day after the tide went out, he walked along the beach for miles. A young man who lived nearby occasionally watched the old man in the distance. The young man noticed that as the old man walked along the beach, he often lifted something from the sand and then tossed it into the water. One day when the old man was walking on the beach, the young man followed him to satisfy his curiosity. He saw the old man bend down, gently lift a starfish that had been stranded by the retreating tide, and then throw it into the ocean. Stranded on the beach, the starfish would die before the tide came in. As the old man turned toward the ocean with another starfish in his hand, the young man said, "Hey, what are you doing? This beach goes on for hundreds of miles, and thousands of starfish get washed up every day. You need to face the facts. Throwing a few starfish back into the water isn't really going to matter." While the old man held the starfish in his hand, he said, "It matters to this one," and then tossed it into the ocean.

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**Discussion Questions:** (*Are there any words you want the teacher to talk about?*)

1. Why didn't the young man lift a hand to help the old man? What other excuses do people give for not "doing the good things they could do"?

2. What lessons can we learn from the old man in this story? Explain.
3. What are 2-3 realistic things people can do to make a difference in the world around them? Explain.
4. Is there one new thing you would like to begin doing to give someone a hand, or otherwise to make a more positive difference in your world? (i.e., in your family, community, career, a charity, etc.) If so, what steps could you take to begin doing it?
5. What 2-3 things matter most to you? Why? What do you do to make a difference in those things/relationships/etc.? Explain. (Ex: your marriage, family, friends, good health, success, achievements, money, freedom, privacy, character, fun, etc.)
6. When you are trying to make a difference or give someone a hand, what sometimes makes you lose heart? Explain. How can someone like you encourage others who have lost heart?
7. Share about one time you went all out for something. What was the final result, and how did you feel about it?
8. Share about one time you didn't see eye to eye with somebody. What was the problem, and how did you resolve it?

If you have more time:

Discuss this account from the Bible about how a leader (Paul) acted.

"You yourselves know that these hands ministered to my necessities *and* to those who were with me. In all things I have shown you that by working hard in this way we must help the weak and remember the words of the Lord Jesus, how he himself said, 'It is more blessed to give than to receive.'" (Acts 20:34-35 ESV)

~Why do you think that every religion encourages acts of charity?

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The following is squeezed into one page for copying.

Teachers should be prepared to "skip" items/questions, based on the level of students.

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These lessons were created or adapted by the staff of International Friendship Ministries, P.O. Box 12504, Columbia SC 29211; [ifmusa.org](http://ifmusa.org); [info@ifmusa.org](mailto:info@ifmusa.org). IFM is grateful to Kathy Williams for most of the original work. Some lessons were adapted from [EFLsuccess.com](http://EFLsuccess.com) (with permission). IFM makes these lessons available to our participants, but this does not imply our consent for others to publish these lessons online or in print without permission.

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