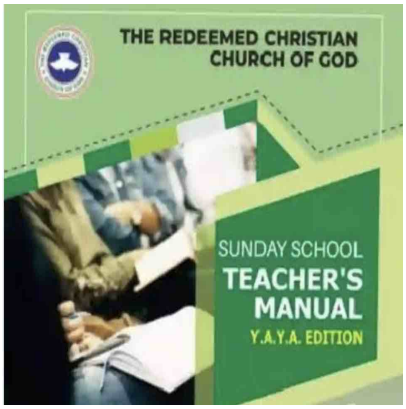


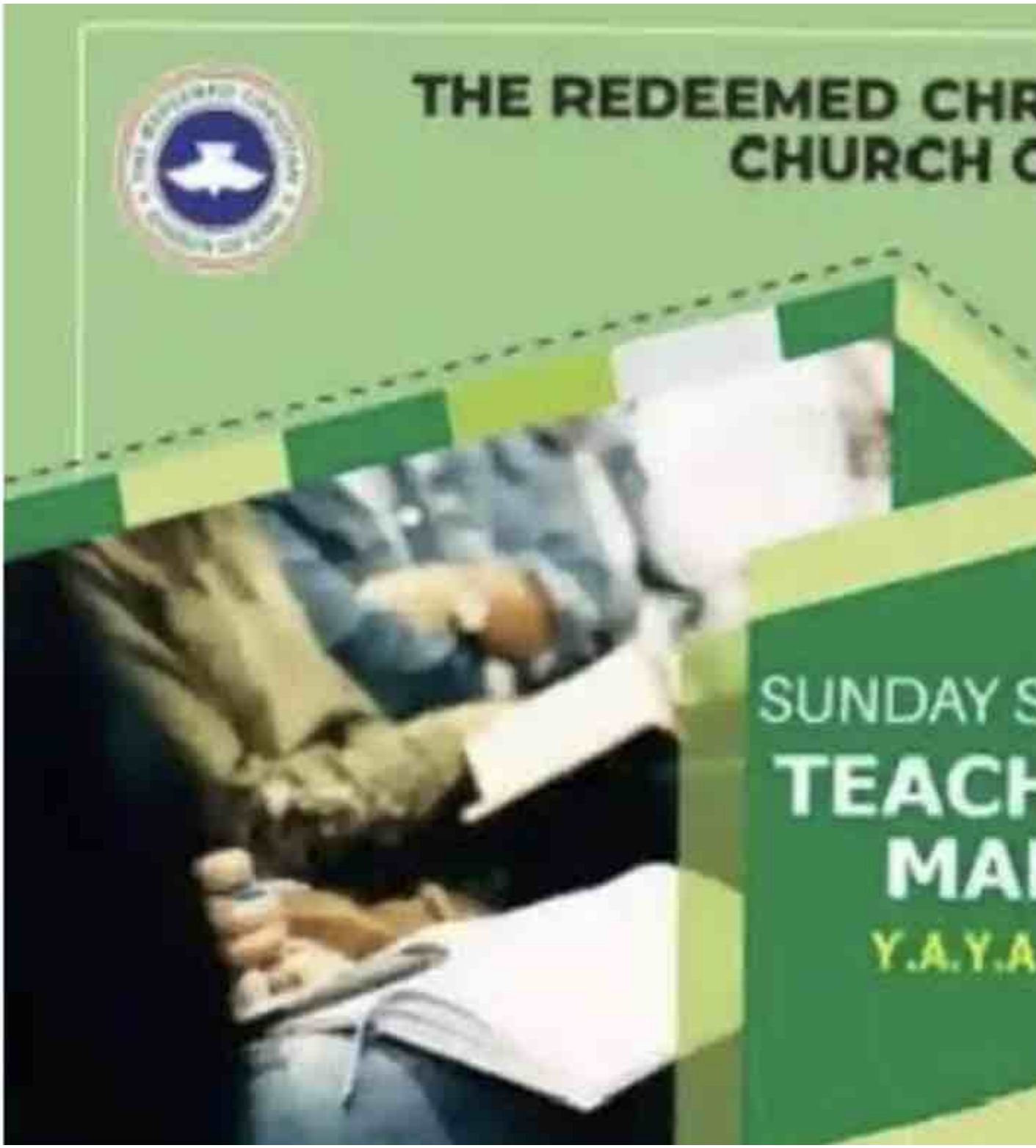
RCCG YAYA Sunday School Teachers Manual Lesson 10: 8 November 2026

Description

This is the Redeemed Christian Church of God (RCCG) Sunday School Teacherâ??s manual for Youths and Young Adults (YAYA).

Todayâ??s Lesson 10 topic is THE EXTRA MILE

Read:
RCCG YAYA Sunday School Students Manual Lesson 10
RCCG Sunday School Teachers Manual Lesson 10
Open Heaven 8 November 2026 Devotional



RCCG YAYA SUNDAY SCHOOL TEACHERS MANUAL LESSON 10 (8 NOVEMBER 2026)

TOPIC: THE EXTRA MILE

OPENING PRAYER:

Father, please give me the strength to go the extra mile.

PREVIOUS KNOWLEDGE:

Teachers should allow the students to review the lesson for the previous week.

BIBLE READING

BIBLE PASSAGE: 2 Samuel 23:13-17

[13] And three of the thirty chief went down, and came to David in the harvest time unto the cave of Adullam: and the troop of the Philistines pitched in the valley of Rephaim.
[14] And David was then in an hold, and the garrison of the Philistines was then in Bethlehem.
[15] And David longed, and said, Oh that one would give me drink of the water of the well of Bethlehem, which is by the gate!
[16] And the three mighty men brake through the host of the Philistines, and drew water out of the well of Bethlehem, that was by the gate, and took it, and brought it to David: nevertheless he would not drink thereof, but poured it out unto the LORD.
[17] And he said, Be it far from me, O LORD, that I should do this: is not this the blood of the men that went in jeopardy of their lives? therefore he would not drink it. These things did these three mighty men.

MEMORY VERSE:

â??So the three broke through the camp of the Philistines, drew water from the well of Bethlehem that was by the gate, and took it and brought it to David. Nevertheless David would not drink it, but poured it out to the LORD.â?• 1 Chronicles 11:18 (NKJV)

LESSON INTRODUCTION

The extra mile is the act of willingly taking up a responsibility, challenge, etc. and delivering a result that is beyond expectation. It is surpassing the norm by taking further steps to get something done. This is a feat that often involves making extra efforts to accomplish a task or achieve a desired goal. This lesson shall delve into what it takes to go the extra mile and the results.

TEACHERâ??S DIARY

LESSON AIM: To teach the youths the price of going the extra mile.

TEACHING OBJECTIVES: Through this study, students are expected to:

- Describe the meaning of the extra mile.
- Explain the â??priceâ?• of going the extra mile.
- Identify the result of going the extra mile.

TEXT REVIEW: 2 Samuel 23:13-17

In this passage, Davidâ??s mighty men demonstrate the principle of going the extra mile through their act of loyalty and sacrifice.

- Three warriors risk their lives to break through enemy lines just to â?¦..V13-16
- After receiving the water, David:

i. Refusedâ?¦. V17a
ii. Poured it out as â?¦..V17b
iii. Saying that the menâ??s sacrifice was â?¦.V17c

TEACHING METHOD: The Lecture Method.

TIME MANAGEMENT: The teacher should apply the two-lesson outline of the teaching time.

LESSON OUTLINE 1: THE PRICE

Going the extra mile comes at a price. We shall examine some of the qualities needed below:

1. Doggedness: This is the act of being resolute to achieve a feat by putting in more effort and going beyond the established standard (Judges 8:4).
2. Optimism: Being positive-minded and exhibiting a can-do attitude without any form of restraint (1 Samuel 17:32-37).
3. Clarity: Having a clear direction on how to accomplish a task. It is a state of knowing exactly where one is going and pursuing that objective with clarity of purpose (Nehemiah 2:15-18).
4. Aiming High: This is moving above the normal level where others often stop and aiming high to achieve more in a better and more excellent way (1 Corinthians 14:18).
5. Hard Work: Going the extra mile is an invitation to work hard and smart more than others. This involves putting in unrelenting efforts to complete a task and being more strategic in getting results (1 Thessalonians 4:11-12; Proverbs 6:6-8).
6. Taking Up Tough Tasks: This is taking up intimidating tasks with the determination to resolve them. It helps one to handle tough situations and become strong in the process (Esther 4:16).
7. Dedication: This is being devoted to a course and making sure that the solution is proffered irrespective of all odds (Proverbs 22:29).
8. No Excuses: Those who go the extra mile are not given to excuses. They are driven by their vision for accomplishment and have no room to rationalise failure (Ecclesiastes 11:4; Luke 14:18-20).
9. Discipline: They are well-organised and have no time for frivolities. They are not lazy and often deny themselves pleasures such as excessive sleep, needless talks, etc. (Romans 12:11; Proverbs 6:4-5; Ephesians 5:4).

CLASS ACTIVITY 1:

Students should share an experience of a time they had to sacrifice comfort or time to help others.

LESSON OUTLINE 2: THE RESULTS

1. Those who go the extra mile often stand out in what they do because they perform better than others (Daniel 1:19-20).
2. These people also exhibit a high level of commitment to any task committed into their hands (Genesis 41:48-49).
3. They are result-oriented and work to the optimum to achieve the set goal (Proverbs 21:5).
4. They are exceptional in handling a project, work ethic or any responsibility assigned to them (Exodus 36:1).
5. These people are always proactive due to their positive attitude (Philippians 4:13).
6. Accountability is another hallmark of people who go the extra mile (Nehemiah 2:15-16).

CLASS ACTIVITY 2:

Students should share an experience of a positive outcome of helping or serving beyond expectations.

CONCLUSION: RCCG YAYA Sunday School Teachers Manual 8 November 2026

We must go the extra mile to stand out physically, spiritually, academically, business-wise and in all spheres of life because going the extra mile is a pointer to success.

EVALUATION:

Mention five qualities of going the extra mile.

CLOSING PRAYER:

Father, I exhibit a high level of loyalty and sacrifice in my endeavours in Jesus name.

ASSIGNMENT: RCCG YAYA Lesson 10

Identify five (5) situations (past or current) where you had/have to go beyond what is expected (2X5=10 marks).

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