

Week

1

Who am I?

A Lent course for the youth
of the Diocese of Chichester



YEAR OF VOCATION
2019

Aim

To let the young people know that they are created and loved just as they are. For them to be confident and free to be the person that God created them to be. Looking at how we see ourselves and how our identity is formed. Remembering that God was there at the beginning and knows us so well.

Learning Outcome

1. What does God say about us? (His creation)
2. To connect with God in our own way (He is personal)
3. Where do we get our identity/what informs the way we see ourselves

Materials Needed

- Paper
- Pens
- Coloured pens and pencils
- Bible verse references printed out and cut up into individual cards/strips
- A way of showing the video from this week – Projector/ screen/speakers
- Post-its (other sticky notes are available)

Blank puzzles – can be purchased from amazon or bought in hobby craft or other creative store. – You could make your own with heavy card and a pair of scissors.

https://www.amazon.co.uk/Blank-Jigsaw-Sheets-white-sheets/dp/B005IFIHC2/ref=sr_1_3?ie=UTF8&qid=1547655402&sr=8-3&keywords=blank+puzzle

Informal Start/Recap

Make a list of the positive and negative things you've been told this week. What positive things have people told you about yourself in the last week? Have you been encouraged in a piece of behaviour, an idea that you've had, what you want to be when you're older, the type of person you are, the way you've treated others etc... What are the negative things you've been told this week? Have you been told off for something, have you been criticised for an idea, or what you're wearing, being late etc...

Icebreaker

Have you ever?

Everybody sits around on chairs and a leader asks "have you ever ... (insert wacky activity in here)" If you have never done it then you have to change places with somebody else that has never done it. Each time a question is called a chair is removed. When there is no chair to sit on the young people can have a go at calling out a "have you ever". – This game has the potential to get rude when young people are asking the questions (just so you're aware) There are hundreds of ideas for questions online if you get stuck <https://icebreakerideas.com/have-you-ever-questions>

Bible Verse

These bible verse references are available to download as a separate worksheet from the website at youth.chichester.anglican.org/lent Print them out, cut them up and hand them out for young people to look up. Ask young people to read them aloud to the group or split them into pairs. Give them a minute or so to read their passage and then feedback to the group what they think each passage tells us about how God sees us:

John 1:12 – child of God
John 15:15 – Jesus calls us friends
Romans 3:24 – justified and redeemed
Romans 8:1 – not condemned
1 Corinthians 6:19 – Temple of the holy Spirit
Galatians 5:1 – I'm free
Ephesians 2:10 – Made by god to do good works
Philippians 4:19 – provided for by god
1 Thessalonians 1:4 – Loved by god
Ephesians 1:7 - Forgiven

Video clip

Find the video on youtube. We recommend you watch it yourself first. After watching the video you can ask young people for feedback and thoughts.

Learning to be a friend to yourself.

– School of life

<https://www.youtube.com/watch?v=ERhTJaPaoxU&t=3s>



The bible teaches us to love ourselves, that we're forgiven. We are imperfect and that's ok. Listen to the advice that the girl gives in the video about loving yourself. Reinforcing these things by speaking them to ourselves is good for our mental health and understanding the way that God sees us too.

2-minute input

- The way we see ourselves is influenced by what we see reflected back at us from others. If we are repeatedly told we are stupid or ugly by somebody or something then we begin to believe it.
- Remember the things that the bible teaches us that God tells us about ourselves, this is what we should be believing about us.
- It's not easy to suddenly change the way we see ourselves, we can't just think differently. We need to re-live the emotional experiences that go with what we've learned about ourselves and speak truths to ourselves as we re-live our story.
- Learning to love yourself sounds like a cliché, but it is vitally important for your self-image and your mental health.

Discussion

People say that deep down we're all the same. What do you think?

What makes you, you? How important is your personal identity? Is it ok when we don't want to go with the flow and believe or feel something different?

You could use the opportunity to talk about how we are all different in many ways but there are things that unite us. We're all human, we believe we're all created by God, that he loves us...See the bible verses we looked at earlier that talk about the way that God sees us. How do we learn to live life alongside people that are so different to us politically, theologically etc?

What do you think most impacts your self-image?

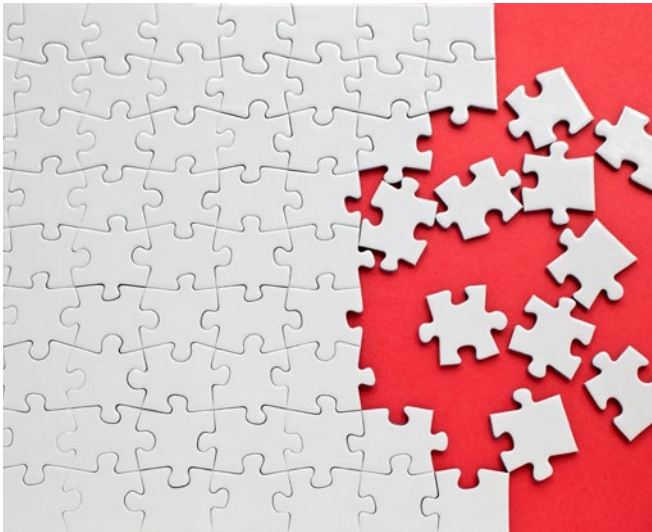
What about social media? Do you ever find yourself comparing yourself to others you see online? How can you protect your self image? Start to unpack some of the things the bible says about our identity and who we are. Especially how we look, how we're created beautiful.

Do you believe different things to your parents? Have you ever talked about it?

Do you ever talk about faith at home. It's ok to believe something different. Relationship with god is about a journey, it's about learning and growing and getting to know God. The way that we relate to him will be impacted by the way that we experience him.

Do you ever pray at home or worship together at home? Do your parents set aside time to talk about God, read your bible and pray?

Response/Creative Prayer



Give every young person a blank puzzle. Create a relaxed space, put on some music quietly in the background.

We are complex beings, we are not just our name, the school we go to, the children of our parents. We are made up of many parts that all interact in different ways.

Take some time to use the puzzle to draw and write to express yourself and your identity on the puzzle pieces. You can overlap between the pieces or you can keep them separate. You can use colours or just words.

Think about:

Your thoughts, feelings, relationships, your faith, things you enjoy, your dreams and aspirations, the things you don't like, things that embarrass you. Are you a planner or do you like to be spontaneous? do you like crowds or your own space? do you like to be tidy or messy? Are you a big picture person or a details person?

Think about all the things that make you, you and be creative in designing your puzzle.

At the end thank God that he made us unique and loves us just as we are.

Memory Verse

Memory verse.

You may want to split the words out between the group so they have to work together to read the passage one word per young person. Some may have to have more than one word. Once you can do the whole verse, see if you can do it quickly.

John 1:12 But to all who believed him and accepted him, he gave the right to become children of God. - NLT

Takeaway

The young people can take the puzzles from the creative prayer section away with them to display somewhere at home that they will see it so it will be an encouragement.

Final Game

Who Am I?/Heads Up – Write the names of famous people onto post it notes. The post-its are stuck to young people's foreheads. They have to head around the room and ask yes or no questions to identify which celebrity they are.

Week

2

I am called

A Lent course for the youth
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YEAR OF VOCATION
2019

Aim

We want each young person to know that they have a purpose, have been called by God and that he calls them His own. Their future is an adventure with God everyday in the excitement and the mundane. We want to ask the question: What will they do with their life? And will they plan it with God?

Learning Outcome

- God wants the best for you.
- God has a plan for your life.
- God wants to walk this life with you.

Materials Needed

- Badge Maker/premade badge kits available online here or from good craft supply shops. https://smile.amazon.co.uk/Baker-Ross-Design-Decorate-Fillers/dp/B0071XUF8G/ref=sr_1_2_sspa?ie=UTF8&qid=1547743150&sr=8-2-spons&keywords=badge+maker&psc=1
- Bizarre jobs worksheet found at <http://youth.chichester.anglican.org/lent>
- Spiritual Gifts printout also available from <http://youth.chichester.anglican.org/lent>
- Screen and speakers for showing video clips
- A4 paper and pens—enough for every person in the group

Informal Start/Recap

Ask the young people what they did with their puzzle from last week and if that has been an encouragement. See if anybody can remember the memory verse from the previous week. If not the entire verse can they remember any of it?

John 1:12 But to all who believed him and accepted him, he gave the right to become children of God. - NLT

Icebreaker

Download and print out the bizarre jobs worksheet for this week. You'll find it on the website – see link above in Resources needed section.

From the front you read out the name of one the job names. Everybody must come up with a description of what that job is. You collect up all the answers and read them out including the real answer – try to read them in language that all sounds the same.

Everybody then votes for which one they think is the correct answer.

You get a point for each person that thinks your explanation is correct, you also get a point if you guess the correct answer.

Depending on the size of your group you may want to put the job titles up on a screen.

Video Clip and Bible Verse

The adult Diocesan Lent course includes videos of local people and their testimony. How they relate to God. Here is one of the videos showing Adam speaking about his relationship with God <https://www.youtube.com/watch?v=pcVaO71RjpU&feature=youtu.be>

If you don't think the video of Adam is appropriate for your group you may want to show the three trees video instead. <https://www.youtube.com/watch?v=fywhFx5ICl4&t=296s>

Discussion

- What plans/dreams do you have for your life?

Have you begun to think about it? Would you like a career? Would you like a family? Who helps you to decide what you might be good at or enjoy doing? School, parents, friends, your hobbies, talents? There might be things you never even thought of or heard of.

- Jeremiah 29:11 – God says he knows the plans he has for you and they are good plans. What do you think about this?

Do you think God knows what you might like to do? Do you think he has a part to play in your job/career/future? Remind the group of some of the things you heard last week about what God says about you. How does that apply here with our jobs and future life?

- Proverbs 16:3 – Commit to the Lord whatever you do, and he will establish your plans – What does it mean to commit your plans to the Lord?

Does this mean that God will help us to do anything that we plan? God is interested in your life, and he can be and wants to be part of your future. Part of committing your plans to God is talking to him and establishing what his plans for your life are too.

Verse 9 – In their hearts humans plan their course, but the Lord establishes their steps – God is part of the journey as much as school, parents and friends are part of the decision.

- What are you good at? Do you consider these things gifts from God? What do you like to do, what comes naturally to you? Spiritual gifts come from God and we all have them, we sometimes need others to help us see them. What are the gifts that God give us? Which ones do you do well? How do these gifts fit to some of the jobs we know about in the world?

If you showed the three trees video: They couldn't see how their dreams in life were coming true for a long time. When they did see it, they were amazed at what God could do with them. It was exactly what they were supposed to do.

Response/Creative Prayer

Have a list of the spiritual gifts talked about in 1Corinthians 12 on bits of paper and scattered around a table (worksheet available from <http://youth.chichester.anglican.org/lent>) and get the young people to look at them and to spend time on their own thinking about what they are good at. Doing this on their own doesn't put pressure on them to be vocal or embarrassed about what they are good at.

Then after a few minutes of being on their own gather them into a group. Give each person a pen and an A4 piece of paper. Get them to write their name clearly at the top of the paper. Pass the paper to the person on the right – give them 60 seconds to ask God what He sees in that person and then write it down at the bottom of the paper – **Something encouraging or good**. When they have finished fold up the paper, so their writing is covered but the name is still visible and ready for the next person. Pass to the right keeping going until the paper is back with the owner. It should be filled with positive and encouraging words that their friends see and hear from God for them.

Memory Verse

Joshua 1:9 - Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go. Write the bible verse out on cards – just one word per card – hand the cards out to the group and get them to put it in order.

Takeaway

Badge making.

You have a bright future, God wants to be part of it because he created you and dreamt it up for you. – Take some time to design a badge that you can keep or give away with an encouragement on it. Perhaps use the Jeremiah bible verse or simply write I AM CALLED or I HAVE A PURPOSE. Allow some time to be creative.

Final Game

Aquaduct –

Mark out two lines on the floor one each end of the room. One end is the well the other end is home You need to move water from the well to home using just a cup, four pieces of string and a rubber band. – If you played the games from the lent course a couple of years ago then you will have made this cup carrying contraption before – Tie the four pieces of string to the rubber band allowing the rubber band to be stretched open and controlled to hold a cup.

In this game you can place the cup down at the well, pour water from the container into the cup then use the rubber band and string contraption to carry the water home. Nothing else can touch the cup until you get home, if it does you must return to the well.

The game is a race to transfer as much water as you can from the well to home.

You can do this game until all the water has been transferred and then see who lost the least.

Alternatively you can time it and see who transfers the most water in the time allowed.

Week

3

I am included

A Lent course for the youth
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YEAR OF VOCATION
2019

Aim

To have a look at loneliness and what makes us feel excluded from things. Then to look at the church as a community and family. We are adopted into God's family so what does this mean for us really?

Learning Outcome

- To know that they are included and accepted into the church family
- If we all call God Father then we are all brothers and sisters
- To be aware of loneliness and how to spot in others and themselves
- To look at the difference between Church and Social Clubs

Materials Needed

- Pin Boards
- Pins
- Body parts cut out x2
- 2xBlindfolds
- Instruction sheets for cords, bracelets etc. These can be found at <http://youth.chichester.anglican.org/lent>
- Dry wipe board and pens
- Plain flour
- Pyrex bowl or similar
- Jelly babies/other individual sweets
- Knife (blunt bread knife or table knife)
- Large tray
- Screen and speakers for showing video

Informal Start/Recap

Ask the young people what they've done with their badge from last week. What was their favourite part from last week, what do they remember doing?

Ask them if they can remember the memory verse from last week: Joshua 1:9 - Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go.

Icebreaker

Team pin the Everything!

Pin the parts of the body together (like pin the tail on the donkey)

Split the group into two teams. Each team has to pin a body together using the parts that you can download and print in advance, or make your own! Hand the body parts out to members of the team. Some people may need to do more than one body part. They take it in turns to pin the body parts onto the pin boards. The team that gets the most accurate body wins.

Video Clip and Bible Verse

<https://www.bbc.co.uk/news/av/world-europe-46411163/why-is-a-refugee-family-hiding-in-a-church-in-the-netherlands>

This video shows a family who have had their asylum application overturned by the Dutch government staying in a church where they are leading a continual mass so that authorities cannot enter. This demonstrates a church that is truly global, being welcomed and supported for no other reason than that they belong to God's family.

Use bible cowboy to get the young people to race to find this passage. All the young people have a bible, they balance it on their head and you announce the passage and shout "Draw!" – they then have to race to find the passage and call out when they have it, reading the passage aloud. There are two passages to try.

Romans 8:14-17 – since then you are adopted into God's family you are heirs and co-heirs with Christ

Ecclesiastes 4:9-12 – If your brother falls down then you help him up -two are better than 1 – strand of 3 cords is not easily broken

Discussion

- Who do you think are the loneliest people in society?

Give some suggestions and take a vote. New studies show that the 16-24 year olds are the loneliest group of people.

- Why do you think that this age group are saying they are lonely?

Are you surprised? Is this true in your experience? What impact does social media have on loneliness? – statistics show it can increase loneliness – seeing what other people are up to can make you feel left out. You also cannot experience the same empathy communicating with people remotely as you can face to face. Do you not all have lots of friends and likes? They will most likely be aware of the dangers of social media but try to look at the value of real face to face contact in true relationships with people. We live in a strange world where friendships are considered strong when you get lots of hits or likes on social media platforms yet when we are in a room of people we can feel all alone.

- How can the church help with loneliness?

How is it different to other clubs or social groups? Ecclesiastes 4:9-12 – If your brother falls down then you help him up -two are better than 1 – strand of 3 cords is not easily broken. The church is a community of people who believe in one God and together they share life with him at the centre. There are no rules to joining a church and no joining fee, it is not an exclusive club, or somewhere that you need to earn your place, all are welcome and all are needed and should be valued. The key difference is that Jesus is at the centre. When we come to know Jesus then we will be transformed to be more like him Galatians 5:22-23

- What's the purpose of church? How does church work/run on a Sunday? How do you fit in the community of church, what is YOUR purpose?

All the members need to work together for the greater good. The bible talks about the church as a body with many parts and each part is important.

See how many jobs/acts of service you can think of that might put together a Sunday meeting at your church. Now think of the things that happen during the week at your church how many people are involved in those things. Allow them to begin to see how we are all important and valued and that some people are better at some jobs than others. We have been created with gifts in us and each of our gifts are needed for our church family to work to the best it can.

- What does adoption mean?

Romans 8 – since then you are adopted into God's family you are heirs and co-heirs with Christ. The bible says we are adopted into God's family – so what does this mean? Are we chosen? Do we have rights? The idea here is that when you are adopted you take on the family name and when we accept Jesus we take on the name Christian, we then become part of the wider church family and all over the world we are connected. We also have full access to God like a child would have in their own home. If we are adopted into God's family then we have access, we can approach the throne of God with CONFIDENCE.

Response/Creative Prayer

Ecclesiastes 4:9-12 – If your brother falls down then you help him up -two are better than 1 – strand of 3 cords is not easily broken.

Twists and Knots

Get some yarn, string, paracord, rope etc and allow the young people to create a cord, crochet, plait, twist, Celtic knot.

There are links to download instructions sheets on how to make these. Encourage each young person to have a go at making something. They should make a bracelet, keyring or something they can take with them or hang up to remind them about the importance of Christian community.

You could use different colours to represent different aspects of community and add an extra layer of meaning to their knot.

For example they may want to use white to represent Jesus, blue to represent Family and red to represent themselves. There's no limit to what they can produce and the meaning they can apply.

Memory Verse

Romans 8:17 - Now if we are children of God, then we are heirs of God and co-heirs with Christ, we share in his sufferings so that we may also share in his glory.

Write the bible passage up on a white board. Get everyone to read it out loud. Remove one word, read it again. Remove another word, read it again. Keep going until the whole thing is removed.

Takeaway

The young people can take their knot home and place it somewhere visible or use it as a keyring. This should be a symbol of how we are stronger when we do life with others. Get the young people to pray over their knots and ask God to remind them that he is doing life with them every time they look at it.

Final Game

Flour Game!

Compact as much flour into a pyrex bowl as you can, do it in layers and pack it down hard. When the bowl is full, place a tray on top and flip it over, turning the flour out and removing the bowl. The flour should stay put in the shape of the bowl sitting on the tray.

Place a sweet on the top.

Young people take it in turns to slice away an edge of the flour. Keep going around the circle until somebody makes the sweet fall into the flour cake.

The person that makes it fall has to fish out the sweet with their face. To make it really nasty make them do it with a wet face!

Week

4

I have a story

A Lent course for the youth
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YEAR OF VOCATION
2019

Aim

This week we are looking how our life weaves a story and that story is written as we live it. Jesus accepts us no matter what our story has been or will be, the thing he wants most is to write it with us.

Learning Outcome

- To know that you are forgiven and accepted
- To understand the sacrifice Jesus made on the cross and what it means to them personally
- That the past might shape where they are, but it is part of their story and nothing can exclude them from being part of the family we talked about last week.

Materials Needed

- Bowls
- Baked Beans and Jelly Beans
- Cold Custard and White Mice
- Towels etc for cleanup after messy game
- Bucket of dirty stones
- Bowl of clean water
- A cross that young people could lay stones at the feet of
- Some low value coins 1p 2p
- Plain paper and pens
- Instructions on how to make a paper dove - <https://www.origamiway.com/easy-origami-bird.shtml>
- String and clothes pegs for hanging doves
- Small note pads/journal for each young person -

Informal Start/Recap

Ask what people did with their knot from last week? Did any of them put it on a key ring? Do they have it with them today?

What else do they remember doing last week?
Can anybody remember the bible passage from last week?

Romans 8:17 - Now if we are children of God, then we are heirs of God and co-heirs with Christ, we share in his sufferings so that we may also share in his glory.

Icebreaker

Messy game – We're going fishing! But no rods, no water and no fish. Instead we're fishing for jelly beans in baked beans, or white mice in cold custard with our mouths! (Some groups will love this, others not so much... If they really won't get their face in then let them use their hands)

Lay out several bowls filled with baked beans or cold custard. Hide a specific number of jelly beans (in baked beans) or white mice (in custard). Tell the young people how many items they're fishing for and set them going. First person to catch them all wins!

Perhaps keep some white mice of jelly beans back as a reward for joining in or for the winner.

Video Clip and Bible Verse

Romans 8:28 And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Testimony slot – do you have someone in your church or volunteer, who has a great testimony for your young people. You know them best and you know what their upbringings have been like – do you have someone who can relate their story of life with finding a faith and friendship with Jesus and how it has helped them. Alternatively there are lots of testimonies available online. These videos are well produced but are very American.

Ashley Gay – female and high school graduate who has struggled with anxiety - <http://northpoint.org/adults/baptism/videos/P12>

Justin Killeen – male in 20's talks about living in darkness and Jesus being the light <http://northpoint.org/adults/baptism/videos/P0>

Discussion

What are you proud of in your life so far? What has been a real highlight of your life?

Do you have any really early memories? What is your happiest memory? What has been your most life changing moment and what happened?

It is often said that life is a journey but it can also be helpful to think of life as a story. A Story that you are writing and that God wants to be a part of.

What is the difference between a journey and a story?

Does a story have a destination like a journey does? Journey implies movement but sometimes in life we can feel like we're standing still, does that mean that we're not living or that God isn't with us?

What does it look like to have God as a part of your story? What does it mean to be a part of God's story?

How do we include God in our everyday lives? Do we pray, read our bibles? Do we try to be more like God? – We are included in God's story because we are all a part of His plan. When there was separation from God he sent Jesus to make a way for us to be with God again. – Before Jesus only one priest a year could enter the part of the temple where God dwelled – The Holy of Holies. To enter they would have to go through a lot of ritual and sacrifice to be pure enough to enter into the presence of a God where sin cannot exist. When Jesus died he took away all that sin so that we could be in God's presence freely and without fear. Relationship restored just as God intended.

Do you know Jesus? Do you know what he thinks of you? Have you asked him to forgive your past?

If Jesus could say one thing to you what would it be? – "I Love You". Jesus Loves you, there's nothing you can do to change that. He longs to be in relationship with you. What does it mean to know Jesus? It means knowing Him, talking to Him, spending time with Him.

Response/Creative Prayer

Respond - To give the opportunity for those who haven't yet made a commitment to Jesus to make that choice.

Reflect - <https://www.youtube.com/watch?v=Ea83YTijqOY> play and allow young people to sit and reflect on their own journey and life so far as well as beyond today.

Forgiveness – Have some dirty stones in a bucket next to a cross and a bucket of water. As they have thought of the things they have done that they want to ask forgiveness for they can take a stone and wash it in some water and then lay it at the foot of the cross.

Say Sorry – to think of people that they need to forgive or maybe someone who they need to say sorry to – make a paper dove and hang it up on a washing line with a peg – write the name on the inside of the dove.

Choices to make and having God with us – have a pile of low value coins – sometimes when people make a decision they toss a coin - get the youth to think about the choices they have made in the past and ask God to be with them in the future to make good choices. They can hold a coin and look at the heads and tails as they spend time thinking.

Memory Verse

Read the bible passage out once in full. Then read it again but with a word missing. Young people need to guess which word is missing, a small prize each time they get it right. Read it through several times with different words missing. When you think they know it get them to recite it back to you

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Takeaway

Give each member of your group a small journal and encourage them to write down their thoughts and questions to God. To help them to communicate with God through writing or drawing. Spend some time talking about journaling and what it can be like. Give examples of writing prayers, thoughts, ideas, fears and dreams. There are no rules, they can doodle, create amazing works or art or they can just scribble. It is between them and God so they can make it as scruffy or neat as they want.

As an example this sort of thing would be ideal https://www.amazon.co.uk/Silvine-Exercise-Margin-229x178mm-Purple/dp/B002QWDSH2/ref=sr_1_5?s=books&ie=UTF8&qid=1546527349&sr=1-5&keywords=exercise%2Bbooks&th=1

Alternatively any supermarket or craft supply will have cheap notebooks you could use.

Final Game

Tonight we've been through a process to get clean and right with God. Maybe even asking God to be a part of our life story for the first time. This is a really exciting thing and is to be celebrated.

Put some music on, and have cake and fizzy drinks. If you'd like a game to play then try your group on Ninjas. Everybody stands around in a big circle. You all have two lives, represented by your arms. As you move around the circle each young person is allowed to make one swift movement like a ninja to try and touch somebody else's arm. If you think somebody is going for your arm then you're allowed to make one movement to remove that arm so they can't get it. If your arm gets touched you place it behind your back.

To start, everybody stands in a circle to attention, you decide who is going to start and when the leader shouts go everybody jumps in the air and lands in their best ninja pose.

When both of your arms have been touched then you're out. Move around the circle in turns.

One movement can be a whole body pose change. You don't have to use your turn to attack, you can use it to move close to an opponent or you can move away with a defensive move.

Whole body moves must be jumped.

Week

5

I am alive

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Aim

I am able to live a life to the full because I am a citizen of heaven. God is good all the time. Endurance in the trials of life.

Learning Outcome

- To know that living with God is FUN
- To know that prayer works
- To look at how we endure the trials, focus on the good things (blessings in life)

Materials Needed

- Toothpaste (don't waste good stuff)
- Goggles – to protect eyes from toothpaste
- Black sacks – to protect young people from toothpaste
- Cups – to be held in young people's mouths.
- Chairs
- Scales – for establishing a winner
- Cheese puffs
- Shaving foam
- Water pistols
- Prizes in the way of small chocolates or other treats
- Tree/Twig for decorating or banqueting paper
- Pens post its and other crafty bits
- Jars
- Biodegradable glitter
- Figurines/lego figures to go in snow globes
- Tape
- 2L bottles
- Balls/bean bags
- Screen and speakers for showing video

Informal Start/Recap

Ask the young people if they have used their journal that you gave them last week. Have they found it useful and what sort of things have they been using it for?

Can they remember the memory verse from last week?

Romans 8:28

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Prizes to anyone that can remember the verse

Icebreaker

Split the group into pairs – One will lay on the floor face up with a cup held in their mouth. The other young person will stand on a chair with the toothpaste held high above their head. They then squeeze the toothpaste tube and try to get as much to land in the cup as they can. Weigh the cups afterwards to establish which pair got the most in their cup.

Shaving foam catch – In Pairs one young person has shaving foam on their face and tries to catch cheese puffs thrown at them by the other young person. – Winning pair is the one that gets the most cheese puffs on. Hand the young people (that threw the cheese puffs) water pistols to clean up the faces of the other young people. Prizes to the fastest water pistol clean up.

Video Clip and Bible Verse

<https://www.youtube.com/watch?v=dYQ2lyMuPes> – Derek Raymond Barcelona race 1992

<https://www.youtube.com/watch?v=ujDODiX1ZZU> – Derek Raymond Barcelona Race 1992 with questions

Take a look at each video in advance and decide which one you think will work better. If you use the first video without the description you may want to expand on it yourself and ask some reflection questions.

Split the bible passages out between the young people and have them read through them groups or pairs. Give them a couple of minutes to process the verse then have them feed back to the group what the verse is telling us without reading it.

John 10 – 10 – I came to give life and give it to the full

Philippians 3:20 But we are citizens of heaven, where the Lord Jesus Christ lives. And we are eagerly waiting for him to return as our Saviour.

James 1:2 Consider it pure joy, my brothers and sisters,[a] whenever you face trials of many kinds, 3 because you know that the testing of your faith produces perseverance. 4 Let perseverance finish its work so that you may be mature and complete, not lacking anything.

James 1:12 Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him.

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, 2 fixing our eyes on Jesus, the pioneer and perfecter of faith.

Discussion

When do you feel most alive?

When are you happiest? Is there a specific place or are there people that you love to be around? Is there a sport that you love to play?

Some people it will be jumping out of a plane and the thrill of life on the edge and daring adventures. Some people it will be visiting a big city and seeing the hustle and bustle of people doing what they do. Some people it might be walking in the countryside or being by the sea. It could be painting or making things.

Do you think God made you this way? Have you ever thought about experiencing God in these things?

Do you think God wants to be involved in these activities and things that you love? How can you involve God in these things? Some Christians say that the feeling they get then play an instrument or skate or paint, when they get into a flow, that this is God moving through them. All these things give us life, it is part of who we are, and it will be different to the next person and somehow we get to join in other people's adventure and cheer them on in what they were created to do and when they come alive we get to enjoy that with them as friends and God's family.

Do you believe that God is good all the time? How can God be good when bad things happen?

Yes bad things happen in the world but God is still good. You are part of God's family and he meant for you to live your life in the best way ever.

James 1 talks about enduring the trials and temptations in life. We are told clearly in the bible that there will be trails on earth, but that God is with us and we can trust in him to be on our side.

You likely know the story of the wise and foolish builders. The message in this story is that there's a storm coming. How are we preparing for this storm? God never promises there won't be a storm, just that he will be with us through it.

How do you cope in the trial and temptations in life? Do you get angry at God and blame him? Do you get on your knees and pray?

Discuss together as a group how you navigate the trials in life. Discuss real situations that your YP are dealing with day to day with school and home and come up with some solutions to keep God involved and to know his is with them through what might seem a trail for them. Encourage them that it is building strength in them as a citizen of heaven.

Response/Creative Prayer

<https://www.youtube.com/watch?v=SjbX6mDnMwM> – No Arms, No Legs, No Worries

Work together to create a thankful wall/poster/tree – get the young people to write down and share what they are thankful for, what brings them life and to remind them that even in the trials we can be thankful that God is with us as we persevere.

You may want to hang a large piece of banqueting role on the wall and allow young people to write straight onto it. They could use post it notes, or any other materials you have and stick it on the wall.

If you don't have a suitable wall then get a large twig or small tree that you can stand up and get the young people to hang their thanks onto the tree.

You may want to play Alive – Hillsong Young & Free (Album: We Are Young & Free (Live) 2013) in the background whilst they young people work on the poster/collage.

Memory Verse

Memory verse – Try and put the verse to a popular tune or song. You could use a nursery rhyme or a chart song that everybody is familiar with. Record it and play it back. Be as creative as you like with the performance of the song. We'd love to see it if you do record it. If the verse is too long then just memorise part of it.

Hebrews 12:1

Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us, fixing our eyes on Jesus, the pioneer and perfecter of faith.

Takeaway

Make Snow Globes – have an assortment of figures or crosses for kids to choose or get them to make something that will survive being in water. Then fill the jar with water and glitter and glue the figure to the lid and screw it on.

The snow globe will then be fit for use. The storms in life come and we can face all sorts of storms, but God is always there in the midst of it and we can get through. The storms do not last, it settles down eventually. Please try to use biodegradable glitter! Glitter is really bad for the environment!

Final Game

Make a line of bottles filled with water down the middle of the room (large 2L bottles with lids on work best). You may want to place them on a line drawn with chalk or marked with masking/gaffa tape.

The group is split into two groups, one each side of the line of bottles. Make sure the team is standing back at a set distance on each side.

Using foam balls/beanbags they have to knock the bottles over so that they fall onto the other team's side of the line.

Play until all the bottles have fallen over. The winning team is the one with the least bottles fallen onto their side.

The chances are they will need to collect up balls/beanbags during the game, this is fine but they must move back behind their base line to throw them again.

Week

6

I am destined

A Lent course for the youth
of the Diocese of Chichester



YEAR OF VOCATION
2019

Aim

To go deeper into Romans 8 to understand who we are and what it means. We are part of God's family and nothing can come between us and our relationship with God. With the confidence of knowing this, what responsibility do we have to the world around us today and in the future?

Learning Outcome

- To have confidence in their identity in Christ
- To know that no matter what they do God loves them
- That they can have a real friendship with God
- Their passions are important to pass onto the next generation

Materials Needed

- Marshmallows...lots of them
- Digestive biscuits and chocolate
- A way of heating the S'mores – microwave will do!
- Screen and speakers to show YouTube video
- Paper for making paper people chain
- Scissors
- Pens
- Pipe Cleaners
- Fine string or yarn
- Gift tags/Luggage labels for hanging off dream catchers

Informal Start/Recap

Can the young people remember the memory verse song from the week before? Did you record it? If so play the video back to the young people.

What have they done with their snow globe?
Are they still using their journal from two weeks ago?

Icebreaker

Marshmallow challenge – if you can sit and look and not touch the marshmallow for 1 minutes then you can have an extra marshmallow. If not you cannot then you can't have the extra one. – What does this teach us about patience and awareness of the future?

When you've finished this you can play a game of fluffy bunnies with the left over marshmallows if people want to do that. You can also use them for competitions to toss them up in the air and catch them in their mouths...you may even want to make S'mores. In America they make them with Gram Crackers but here in the UK it's unlikely you'll find them so you may have to settle for digestives.

Video Clip and Bible Verse

Shane Claiborne – Thy Kingdom Come video 2019
https://www.youtube.com/watch?v=1yIPFL_5CYI

Break the bible verse down into chunks and get young people that are happy to read to share it out around the circle.

Romans 8:18-27

Yet what we suffer now is nothing compared to the glory he will reveal to us later. For all creation is waiting eagerly for that future day when God will reveal who his children really are. Against its will, all creation was subjected to God's curse. But with eager hope, the creation looks forward to the day when it will join God's children in glorious freedom from death and decay. For we know that all creation has been groaning as in the pains of childbirth right up to the present time. And we believers also groan, even though we have the Holy Spirit within us as a foretaste of future glory, for we long for our bodies to be released from sin and suffering. We, too, wait with eager hope for the day when God will give us our full rights as his adopted children, including the new bodies he has promised us. We were given this hope when we were saved. (If we already have something, we don't need to hope for it. But if we look forward to something we don't yet have, we must wait patiently and confidently.) And the Holy Spirit helps us in our weakness. For example, we don't know what God wants us to pray for. But the Holy Spirit prays for us with groanings that cannot be expressed in words. And the Father who knows all hearts knows what the Spirit is saying, for the Spirit pleads for us believers in harmony with God's own will.

This is a long passage compared to previous weeks, but it's an important one

There are lots of people and things that will claim they can tell us what our future is, but nobody can know the future, only God knows. We look forward to what God has for us – we may ask questions about what will happen in the future, after death, at the end of the world but these things are a distraction. By the Holy Spirit we can be in relationship with God now. We can know the Glory and greatness of God here on earth. We are already living in his Kingdom. What greater thing is there than to be living in the will of God, the power that created everything that is.

Discussion

What does it look like to work out our faith practically?

What does the bible tell us we should do? How do you think Christians should live differently to everyone else? What does the bible say about people who are in need? What can we do about that?

Of all the takeaways, discussions, bible passages and creative prayer and worship over the last six weeks which has had the biggest impact on your relationship With God?

Why this particular one, is there anything you're really going to stick with?

Who does God say we are?

Review the things you, as a group have discussed over the course, reminding them of the different things that God calls us.

If God says these things about us, what does that mean for us in our everyday life?

What is your biggest fear in life? How can you know that God is with you?

We can be confident, we can know that no matter what happens each day we know we have God who is with us and for us and loves us. Spend some time talking about what ways God can support us and the importance of being linked into a church

Over the last few weeks we have looked at who we are and who God has created us to be. How does Romans 8 help us with this?

What would you like people to say about you at the end of your life? What are the things that are important for you to pass onto the next generation?

- It could be environment, knowledge, art work, creativity, exploration, invention – allow the young people to dream big and know that God is in their big dreams as well as the day to day small stuff.

If you want to know more about God, or are struggling to hear from Him or feel distant from Him, what would you do?

Do you feel you could talk to your youth leader? Could you read your bible? How would you choose what to read? Would you use your journal? What other Christians do you know that you trust enough to talk to about your faith?

Response/Creative Prayer

When we know Jesus we are transformed to be more like Him –Shane Claiborne - the guy from the video earlier – Says Christians should live like God has no way to work on earth except through us. When we pray we should pray for opportunities to witness, to pray for people, to fill people's needs. Practical Prayers, they're called Conspiring prayers. Prayers that we pray conspiring with God.

Pray to be filled with the Love of Jesus and presence of the Holy Spirit so that we would be equipped to do God's works.

Use this time to encourage the young people to pray for people they know.

Get the young people to make paper people chains. Take a piece of paper and fold it like in a concertina fold. Cut the shape of a person into the paper making sure the hands go right to the edge. When the sheet is unfolded you should have a string of paper people holding hands. Encourage the young people to write names of friends and family that don't know Jesus onto each of the people shapes. Encourage them to spend some time praying for each of these people.

Play some music and give the young people some space.

Memory Verse

Young people are sitting in a circle on chairs or on the floor. You give them each a word of the memory verse. You 'bop' them on the head and they have to say their word. You bop the next person, they say their word etc. Once you have gotten through the whole verse, they all move one seat to the left. They then have to say the word that the previous person sitting in the chair was saying.

Once they start to get good at it, increase the pace. You should get to the point where you will be sprinting around the circle. Once you've done a lap, SCREAM 'change!'... The key to this game is being quick and intense.

Romans 8:38-39 I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers, neither height nor depth, nor anything else in all creation, will be able to separate us from the love of God that is in Christ Jesus our Lord.

Takeaway

To have a time of thinking big. The young people will be encouraged to think in school about their dreams and ambitions which will be directing them to further education and employment. Allow them to think about what they might want to do in life where God has given them skills and talents that they can use and pass on.

Each person to have a pipe cleaner shaped into a heart and with yarn – to make a dream catcher, prayerfully asking God for the dreams for their lives. – Each time they place a piece of yarn they should pray a simple prayer God to fill them and to be with them.

They may want to write a bible verse on a card and hang it from the bottom of the dream catcher. These are some examples that may work well.

But as for you, be strong and do not give up, for your work will be rewarded.
~ 2 Chronicles 15:7

May he give you the desire of your heart and make all your plans succeed.
~ Psalm 20:4

But the plans of the Lord stand firm forever, the purposes of his heart through all generations.
~ Psalm 33:11

Delight yourself in the Lord, and he will give you the desires of your heart.
~ Psalm 37:4

Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight.
~ Proverbs 3:5-6

Commit to the Lord whatever you do, and he will establish your plans.
~ Proverbs 16:3

In their hearts humans plan their course, but the LORD establishes their steps.
~ Proverbs 16:9

Where there is no vision, the people are unrestrained, But happy is he who keeps the law.
~ Proverbs 29:18

But they that wait upon the LORD shall renew [their] strength; they shall mount up with wings as eagles; they shall run, and not be weary; [and] they shall walk, and not faint.
~ Isaiah 40:31

I can do all things through him who strengthens me.
~ Philippians 4:13

Final Game

Tangled Chain –

Get everyone to huddle in a group in a circle in the middle of the room and join each hand with someone across the circle – NOT one of the people next to them (it won't work if they do that). Once everyone has joined hands, let them know their task is now to untangle themselves.

To make the game interesting, make sure there are some chaotic hand joins going on - get players to weave their hands up and over other arms.

This ice breaker game can work really well as a team competition - split the group into a few different even-sized teams and get each group to tangle themselves then make it a race to get completely untangled. It might help to have a leader watching each team so there is no cheating going on!