

Week

3

# I am included

A Lent course for the youth  
of the Diocese of Chichester



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!