

# DIOCESE OF CHICHESTER

TO KNOW · LOVE · FOLLOW JESUS



YEAR OF THE BIBLE 2017

## Hear the Word of the Lord

A Lent course for the Diocese of Chichester's  
Year of the Bible

For youth

# Introduction

These sessions have been written to work in parallel with the adult lent course - 'Hear the Word of the Lord' produced by the Diocese of Chichester. If your church is running the lent course for adults, then the content of this course for young people will match it. The difference is that each week you'll find a video, icebreaker game, discussion questions, creative prayer or worship idea and a practical takeaway all designed with young people in mind.

Each week will outline what materials you'll need to run the session and describe each activity, hopefully in enough detail for you to use it, or adapt it for your own setting. Whether you meet in an evening, during church on a Sunday or in a school during lunch break these activities should be easily adaptable. Each activity has a timing as a guide to help you to decide if you can use the whole session or if you'll need to pick and choose parts to suit your needs.

The prayer is that each activity reinforces the learning outcome of each session to help young people to engage with the topic. Ultimately by the end of the six weeks young people will have had the opportunity to develop a deeper understanding of the Bible, what's in it and why and how it applies to their lives today. We're praying that by getting to know the Bible better they'll come to know Jesus better in the process.

Who knows, if there are parents in your church doing the adult course and their children are doing the youth course, perhaps they'll even talk about it at home.

I do hope that this resource is helpful and that your time using them is blessed.

Dan



# Week 1 - A Bible overview

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## Week 1 - A Bible overview

### ○ Aim

To give an overview of what the Bible is, who wrote it and what it's made up of.

Understanding why Christians hold it in such high regard and how can we rely on something so highly debated.

### ○ Learning outcomes

- The books of the Bible - what they are and how their content differs.
- How did we get the Bible we have now?
- The Bible can change your life and the world.
- Through reading the word we encounter the word made flesh.

### ○ Materials Needed

Books of the Bible printout - book names cut up (laminated if you want to be fancy).  
Book category titles printout - cut up (again, laminated if you're feeling fancy).  
Paints, paintbrushes or compass point/metal object for engraving slate.  
Stones or pebbles (either scavenged from near where you live or purchased from a garden centre) or slate for engraving.

### ○ Video - 5 mins

Week 1 - Dan Jenkins.

This video can be found online at [youth.chichester.anglican.org/lent/videos](http://youth.chichester.anglican.org/lent/videos)

*It's up to you where in the session you use the video but either right at the start or after the icebreaker are both good places.*

**Start with prayer...**

## Week 1 - A Bible overview

### ○ Bible Passage - 5 mins

The Bible passage can be read aloud from the front by the session leader or by one of the young people. Alternatively you may want young people to read a verse each around a circle or do something completely different, that's fine.

It might be fun to start with a game of **Bible cowboy**. You will need every young person to have a physical Bible. Every young person stands up with a Bible balanced on their head and takes the cowboy duel stance. The Bible reference is read out or placed on a screen where everyone can see it. When the leader shouts DRAW it's a race to be the first person to find the passage and bring their Bible to the front to prove it.

It's also worth having a prize for the winner. So perhaps some mini chocolate bars are worth keeping on standby.



## Luke 24: 27-32

### ○ Icebreaker - 15 mins

Sorting Books of the Bible into Old Testament and New Testament

Low Prep:

Print several copies of the books of the bible worksheet, cut out each book (you can even laminate them if you're feeling fancy). Keep them in sets so you don't end up with two Exodus for one group and none in another!

On the night

Get young people in pairs or groups. Give each group a set of the books of the Bible and get them to sort them into New Testament and Old Testament

Get them to use the headings and see if they can arrange the books of the bible by their category – Law, History, Prophecy, Other OT, Gospels, Letters, Apocalyptic

## Week 1 - A Bible overview

If you have a more advanced group get them to try and put the books in order for bonus points.

If you have a large group it may be necessary to do multiple sets and split them into small groups or pairs.

### ○ Discussion - 15 mins

*In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.*

**How reliable do you think the Bible is?**

*Do you believe it's true? Is it the inspired word of God? Can we base our life on the Bible?*

**In the Bible reading from Luke Jesus reveals himself to the disciples in the scriptures. How can we understand the Bible like the disciples did that day?**

*We read the Bible to know God better. How can we read the Bible more effectively? Habbits for reading the Bible, notes, prayer, conversation with others and reading the Bible prayerfully*

**How has the Bible changed the World and how could it?**

*How many people have heard of Jesus? Think about laws that are based on the Bible. What would the world be like if everyone lived by the Bible?*

**If you had to explain the Bible to someone who has never heard of it, what would tell them?**

*Who wrote it? Why did they write it? Who are the main characters? Who was it written for? What does it teach us?*

### ○ Creative Worship - 15 mins

Everyone gets a stone or a slate depending on which direction you've decided to go. Everyone decorates their stone with a bible passage of their choice or a prayer if they'd rather. Encourage them to think of or find a passage that speaks a blessing or an encouragement.

When everyone is done they may want to share what they have done and why...this can now lead into the takeaway.

### ○ Takeaway - 5 mins

Hide your stone or slate somewhere in your community. Get a picture of your stone hidden in your community.

Your stone will continue to be a secret blessing to the community long into the future.

# Week 2 - The Torah

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## Week 2 - The Torah

### ○ Aim

To give an overview of the first five books of the Old Testament known in the Hebrew Bible as the Torah or Law of Moses.

### ○ Learning outcomes

- What books make up the Torah.
- How important is the Torah to Jews.
- What does each of the five books contain.
- What does Jesus say about the law.
- What relevance does the Torah have to us today.

### ○ Materials Needed

Lots of toilet roll.

Bibles - heavier the better.

Teffilin accompaniment prinout.

Large bowl (washing up bowl sized) of warm water.

Towels and flannels.

### ○ Video - 8 mins

Week 2 - Ben Leighton

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## Start with prayer...

### ○ Bible Passage - 5 mins

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It might be fun to start with a game of **Bible cowboy**. You will need every young person to have a physical Bible. Every young person stands up with a Bible balanced on their head and takes the cowboy duel stance. The Bible reference is read out or



## Week 2 - The Torah

placed on a screen where everyone can see it. When the leader shouts DRAW it's a race to be the first person to find the passage and bring their Bible to the front to prove it.

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# Deuteronomy 6:1-9



## ○ Icebreaker - 15 mins

Break the young people up into teams or pairs depending on the size of your group. Each team must select a young person to have a bible attached to their body - ideally their forehead or arms using nothing but toilet roll.

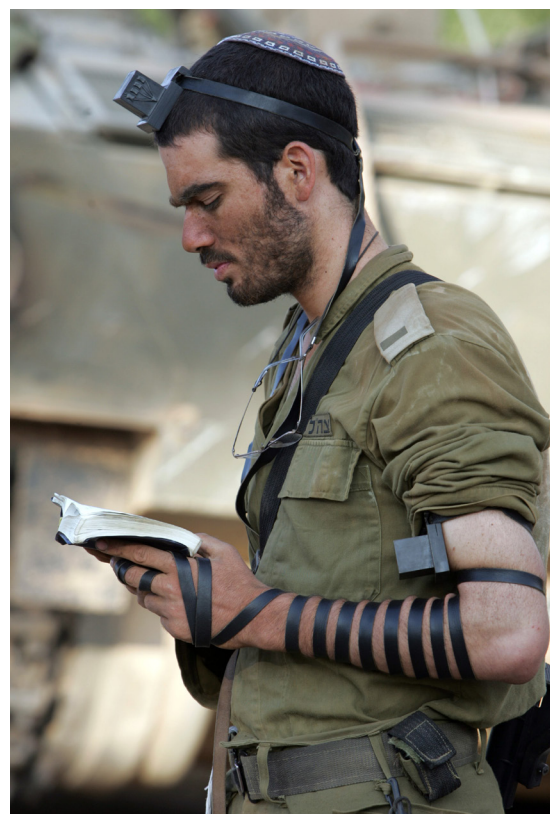
Show the image of a modern day Jew using Teflin or Phylacteries to pray - Image available to print out on the website.



## Teffilin or Phylacteries

*A small leather box which holds a verse of scripture and is strapped to the upper arm or forehead.*

The Torah commands that they should be worn as a sign and remembrance that God brought the children of Israel out of Egypt.



## Week 2 - The Torah

### ○ Discussion - 15 mins

In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.

**How relevant do you think the Hebrew law is to our Christian walk today?**

*How much of the books of law do you know? What do you think of passages that say you shouldn't wear makeup or get tattoos? Is this relevant today or was it written only to the Israelites. Was this about separating themselves from other pagan practices they were associated with.*

**Jesus said in Matthew 5:17 he had come to fulfil the law, not to abolish it. What did he mean by this?**

*Jesus was saying that he did not come in opposition to the law, he loved it, cherished it. But his death sets us free from the binding nature of the law. You may want to guide the discussion to talk about Jesus setting us free from the Temple system of sacrifices.*

**When asked in Luke 10:27 Jesus says the greatest commandment is to love God with all your heart, soul, mind and strength and that the second is to love your neighbour as yourself. How do we demonstrate this in our every day lives?**

*How do we show our love to God? How do we show love to others around us? Is it enough to just not show hatred or be mean to others. Is there a difference between loving someone and not being mean to someone?*

### ○ Creative Worship - 15 mins

Get the young people to find newspaper articles that mention anything to do with new laws being introduced or being discussed. Perhaps they can find some online petitions that are protesting against a law or wanting to introduce a new one. Cut out these clippings and use them as a list of things to pray for. Include the people that make these laws and the people that they will impact.

### ○ Takeaway - 5 mins

Encourage every young person so commit random acts of kindness during the week. Tell them to bring stories along next week about how they've gone out of their way to help someone else. If they can bring evidence, even better.

# Week 3 - The Prophets

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## Week 3 - The Prophets

### ○ Aim

To help understand what the books of prophesy are and how we came to have them. What are prophets and why do they feature in our Bible?

### ○ Learning outcomes

- The Israelites messed up and God repeatedly tries to bring them back on track.
- The prophets were called by God to prophesy and often couldn't help it.
- The prophets often were not popular.
- The prophets gave direction to turn back to God when their focus wandered.

### ○ Materials Needed

String.

Rubber bands.

Paper cups.

Small models (lego people or similiar).

Playdoh or plasticine.

### ○ Video - 5 mins

Week 3 - Alice Whalley

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### Start with prayer...

### ○ Bible Passage - 5 mins

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## Week 3 - The Prophets

It's also worth having a prize for the winner. So perhaps some mini chocolate bars are worth keeping on standby.

# Isaiah 2:5-22



## Icebreaker - 15 mins

Young people need to work together to build a temple that crushes (covers over) idols.

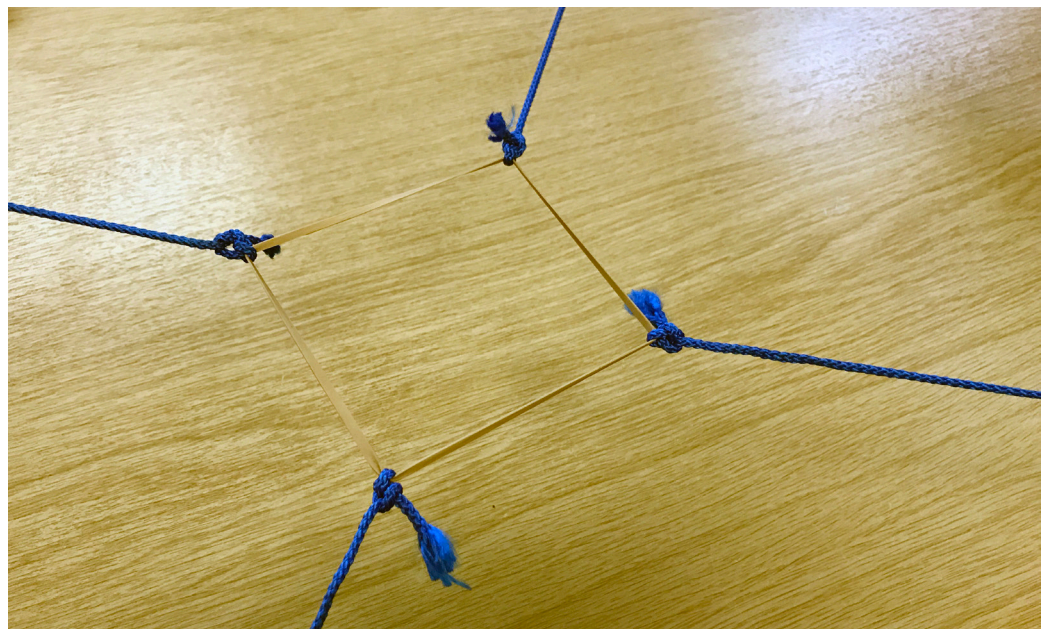
Young people are split into teams. Each team has one rubber band and some string. The team must tie pieces of string to their rubber band allowing them to stretch it open by pulling on the string in different directions.

Three idols (lego people) for each team are laid out on a table or on the floor spaced a couple of inches apart.

Each team must use their rubber band, controlled only by the string to grab paper cups, transport them to the idols and cover them up.

When the three idols are covered they begin to build the cups upward. The winning team is the first to complete a paper cup tower three stories tall.

This image (Right) is the contraption that you build from string and rubber bands used to pick up the paper cups, cover the idols and build a tower.



## Week 3 - The Prophets

### ○ Discussion - 15 mins

*In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.*

**In Jeremiah 20:8-9 Jeremiah complains that he cannot hold the words that God has given him inside. Many times he had words to share that would have made him unpopular.**

**How would you cope if God gave you a word for someone that would make you unpopular?**

*Is there anything that the Bible teaches that would be unpopular with your friends or people you know? Do people ever ask you difficult questions about your faith? How do you respond?*

**Why did God use prophets to talk to the people of Israel?**

*What would be the alternative? There wasn't the same understanding of a personal relationship with God, instead the relationship was between God and the nation. Is this different now?*

**Does God still use prophets today and what role do they have in the church?**

*1 Corinthians 12:7-11 mentions the gift of prophecy, what is this? Is this gift of prophecy different to the gift the prophets of the Old Testament had?*

**The prophets communicated with the people about the relationship between God and Israel, what do you think God's message for the church is today?**

### ○ Creative Worship - 15 mins

Using playdoh or plasticine get the young people to make an object or a shape that represents an idol in their life, something perhaps they feel they hold in a higher priority than God.

Take a moment in quiet and pray that God would take his place as number one.

Get the young people to remould their object into a heart or a cross or another object that represents Jesus. As they do, encourage them to pray in their hearts offering their individual idols to God.

### ○ Takeaway - 5 mins

Have a discussion to find out what the young people can't live without. Encourage them to spend a day in the week fasting something that they will find it challenging to give up. It could be their mobile phone, Facebook or Instagram.

Find out how they did next week and get them to share.

# Week 4 - Other OT Writings

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## Week 4 - other OT Writings

### ○ Aim

To understand which other Old Testament writings there are and what stories they contain. Hopefully there will be some that people recognise. Also giving a brief overview of the psalms, proverbs and other praise writings and poetry.

### ○ Learning outcomes

- There are stories that are written to dispense wisdom.
- Which books other than the Law and the Prophets feature in the Old Testament.
- How do we use these books in our learning and in our Worship.

### ○ Materials Needed

A few giant dice.

Tub of celebrations of similar wrapped sweets.

Traffic signals accompaniment printout.

Physical bibles.

### ○ Video - 5 mins

Week 4 - Vic Manzano

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## Start with prayer...

### ○ Bible Passage - 5 mins

The Bible passage can be read aloud from the front by the session leader or by one of the young people. Alternatively you may want young people to read a verse each around a circle or do something completely different, that's fine.

It might be fun to start with a game of **Bible cowboy**. You will need every young person to have a physical Bible. Every young person stands up with a Bible balanced on their head and takes the cowboy duel stance. The Bible reference is read out or placed on a screen where everyone can see it. When the leader shouts DRAW it's a race to be the first person to find the passage and bring their Bible to the front to prove it.

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# Proverbs

## 3:1-18



### ○ Icebreaker - 15 mins

Everyone sits in a circle - if you have a particularly large number of young people you may want to split them into multiple smaller groups.

Each person starts with 5 sweets placed in front of them. A dice is introduced to the circle which they start rolling and passing around. When someone rolls a six they get to take a sweet from someone else in the circle - anyone they like.

As the game moves on you can introduce new rules to mix things up. Here are some examples, but you can make up your own.

- Give one young person their own dice
- Tell one young person they can take a sweet on a 1 or a 6
- Tell one young person they must give away a sweet if they roll a 3
- Give one young person an extra sweet from the tub every time the dice makes it all the way around the circle

At the end of the game ask if it was fair. Use the opportunity to talk about the wealth inequality in the world and how different people have different advantages, but God loves us the same.

Let the young people decide what to do with the sweets, they can share them equally, or each keep what they won in the game.



Large dice are preferable, but make sure you don't go too over the top. Large enough to read easily from a distance, small enough to be able to roll them fairly quickly.

## Week 4 - other OT Writings

### ○ Discussion - 15 mins

*In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.*

**What Old Testament stories do you know that have taught you or encouraged you?**

*Perhaps split everyone up into pairs or smaller groups and get them to share some of the Old Testament stories they know. Bring them back together and hear which ones came up.*

**How can we look for God revealing himself in the Old Testament**

*Try to think about Jesus not as an after thought but as part of God's plan from the beginning. Where do we see signs and prompts of Jesus as Messiah?*

**Spend a few minutes looking through the book of proverbs. Find a word of wisdom that is relevant to you and share it with the group.**

**What makes good advice more than just good advice and instead good news?**

*Most people would agree that the Bible contains a lot of good wisdom and teaching. What makes the Bible more than just a book of Good teaching and wise words? Think about how the Bible nurtures deeper relationship with God.*

**How do you share your faith with others, what's your story?**

*In a world where everybody can think and believe whatever they want, stories and personal experience break through a barrier that many people have up against religious faith.*

### ○ Creative Worship - 15 mins

Life is like a journey. Sometimes we get things wrong, but if we stay close to God then he will draw us on and find us a new route. Like a sat nav in a car, if you go the wrong way it will direct you on a new route to get to where you need to go.

Print out and cut up the traffic signs sheet. Ask each young person to pick a sign which they feel represents where they are on their journey with God. Depending on your group they may want to share why they chose the sign they did.

Pray at the end that they would be given opportunities to put their trust in God.

### ○ Takeaway - 5 mins

Encourage every young person to give something to charity this week.

Take something they no longer use or need to a charity shop or make a monetary donation to a good cause.

# Week 5 - The GOSPELS

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## Week 5 - The Gospels

### ○ Aim

To understand that the Gospels are all about Jesus and as Christians Jesus is the lens through which we should read the whole Bible. Jesus changed lives and still does today.

### ○ Learning outcomes

- What are the Gospels.
- Jesus is the messiah prophesied in the Old Testament.
- Jesus was not an after thought but part of God's plan from the beginning.
- God wants to guide us and do relationship with us.
- Jesus means we no longer have to jump through hoops to be in God's presence or to receive His Spirit.

### ○ Materials Needed

Duct tape (gaffa tape).

Blindfolds.

Effervescent tablets or Alka seltzer (any tablet that will fizz when you put it in water).

Bowl of water.

Bible passage handouts - accompaniment sheet.

### ○ Video - 5 mins

Week 5 - Jonny Lewis

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**Start with prayer...**

### ○ Bible Passage - 5 mins

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It might be fun to start with a game of **Bible cowboy**. You will need every young person to have a physical Bible. Every young person stands up with a Bible balanced on their head and takes the cowboy duel stance. The Bible reference is read out or

## Week 5 - The Gospels

placed on a screen where everyone can see it. When the leader shouts DRAW it's a race to be the first person to find the passage and bring their Bible to the front to prove it.

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# John 1:35-51



## ○ Icebreaker - 15 mins

Blindfolded minefield!

Every member of the group must get from one side of the room to the other without stepping on or brushing past any mines! The mines are balls made from gaffa tape, rolled with the sticky bit on the outside!

Members of the group wear blindfolds and try to navigate across the room with just verbal instructions from other members of the group.

You can do this in teams and turn it into a race.



I have heard it suggested that this game can instead be played with pieces of lego as mines and players navigate the minefield barefoot. I will leave it up to you to decide if this is appropriate for your group.

## ○ Discussion - 15 mins

*In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.*

**In John 14:6 Jesus says 'I am the way, the truth and the life, nobody comes to the father except through me.' What did Jesus really mean by this?**

## Week 5 - The Gospels

**What does it mean to give your life to Jesus or to give part of your life over to Him?**

*It could mean giving something up or it could mean allowing God to use your gifts to bring praise to Him.*

**How do you pray?**

*Do you ever just do conversation with God? Does He ever talk back to you? What can you do to listen to what God is saying to you? God speaks through the Bible but will speak in many other ways too.*

**Gospel means good news, what is the good news in the Gospels?**

*Jesus is the messiah, he is the one that means we can now be in relationship with God without the fear of death. You may want to talk a little about the holy of holies and the rabbi that would wear a rope to enter. The rituals that Jews had to go through to be clean enough to enter God's presence. Jesus has removed the gap between a holy God and an unholy people.*

**How does God guide us?**

*Encourage people to share stories of how God has guided or supported them through something in their life.*

### ○ Creative Worship - 15 mins

Put out a bowl of water and enough effervescent tablets or alca-seltzer tablets for every young person. When they place the tablet into the bowl of water it will fizz and dissolve.

Invite the young people to come forward and to take a tablet. Give them a minute or two to think of what skills and gifts they have and how God might use them.

When they have thought of something, get them to place it into the water and watch it fizz. As they do encourage them to pray in their hearts that God would take and use this gift for his kingdom.

### ○ Takeaway - 5 mins

Get the young people to take one of the bible passage takeaways. Encourage them to place this in their wallet or put it somewhere they will see it. The passage is John 1:14 which reminds us that God became man in Jesus. He is the word made flesh which we meet with through the Holy Spirit as we read the Bible.

# Week 6 - The NT Letters

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## Week 6 - The NT Letters

### ○ Aim

To understand what other books make up the New Testament, where they come from and what they're good for. For young people to feel they are a part of something thousands of years old that goes right back to Jesus and the first apostles.

### ○ Learning outcomes

- Christians are called to live differently.
- We are worshipping all the time.
- What we focus our hearts on is what we worship.
- We are transformed by the Holy Spirit.
- The church is God's hands and feet here on earth.
- We ARE the church.

### ○ Materials Needed

Variety of building materials including: string, newspaper, tape, spaghetti, rubber bands, cocktail sticks and anything else you can find that could be used for building.  
LOTS of marshmallows.

Paper face masks or paper plates and large rubber bands/string for making face masks.  
Scissors.

Pens/pencils/crayons.

Camera/camera phone.

Self adhesive foil sheets - available on amazon or ebay or from your local craft shop.

### ○ Video - 5 mins

Week 6 - Paul Feesey

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**Start with prayer...**



## Week 6 - The NT Letters

### ○ Bible Passage - 5 mins

The Bible passage can be read aloud from the front by the session leader or by one of the young people. Alternatively you may want young people to read a verse each around a circle or do something completely different, that's fine.

It might be fun to start with a game of **Bible cowboy**. You will need every young person to have a physical Bible. Every young person stands up with a Bible balanced on their head and takes the cowboy duel stance. The Bible reference is read out or placed on a screen where everyone can see it. When the leader shouts DRAW it's a race to be the first person to find the passage and bring their Bible to the front to prove it.

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# Romans 12:1-2



### ○ Icebreaker - 15 mins

Problem solving challenge.

Using any of the materials provided to you, create a structure that will hold as many marshmallows off the ground as possible.

Split the group into pairs or small groups. The group that builds the structure that holds the most marshmallows off the ground wins. Marshmallows should be held steadily, no precarious balancing acts. The structure should be free standing. Keep adding marshmallows until no more will fit, or until the structure collapses. If you think your group will be very good at this, give them more difficult materials to build with or limit bonding materials like tape.

## Week 6 - The NT Letters

### ○ Discussion - 15 mins

In black are questions to read out to start discussion, in red are some pointers for guiding your discussion.

#### **What is christian living?**

*Should christians live differently to the rest of the world? Do your friends that know you're a christian expect you to act differently to others? The Bible teaches that we will be transformed by God's Spirit and we will know by the fruits of the spirit. Read Galatians 5:13-end*

#### **What does it mean to worship God with every breath?**

*Letting our whole lives be pleasing to God. Being aware of all our words and our actions. Relationships require investment. The more time we spend with God the better we can know Him.*

#### **Why is church important?**

*For encouragement, discipleship, family and community. For teaching and questioning, for holding one another accountable. Discuss each of these things and see if you can come up with any more.*

*Perhaps talk about what church would have looked like in the first century, use the early chapters in Acts as a guide.*

### ○ Creative Worship - 15 mins

Make a face mask and decorate it/write on it characteristics of God that you would like more of in your life. It could be that you encourage the group to think of great people or some of their heroes and create a mask which shows some of their great strengths and characteristics.

Face masks can easily be made by cutting eye holes in paper plates, or you can buy pre made face masks of varying quality and price online.

Once the group have decorated their face mask ask if anybody would like to share what they have done.

Get a group photo with everyone wearing their masks.

### ○ Takeaway - 5 mins

Cut the self adhesive foil sheets up into smaller squares or rectangles, big enough to stick on the back of a mobile phone.

Have each young person take a piece and stick it to the back of their phone as a reminder that they are made in God's image and that by spending time with Him and in His word that they will be changed to be more like Him.

Pray to finish that God's Holy Spirit will continue to grow and shape these young people to be more like Him.

# The End

This is the end of the Year of the Bible Lent Course for youth. We hope it went really well and we would love to hear your feedback. what worked well and what didn't?

But most of all we'd love to hear any good news stories about the journey that young people have been on in the last six weeks.

Please drop us a line: [youth@chichester.anglican.org](mailto:youth@chichester.anglican.org)

I wait  
FOR YOUR  
word  
TO RENEW  
me