KID for Teens: Leader's Guide

# Reflecting Jesus - Experiencing God's Love

1

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session

## Leadership Personal Preparation:

Think about a time in your life when you felt especially loved by God in a direct way – i.e. not through the love and care of another person but perhaps through a scripture, an answer to prayer, or some other spiritual experience. What happened? Why did you feel so loved? What difference did it make to your life? If the Holy Spirit invites you to do so, be ready to tell the group about your experience at some time during the session. Otherwise, use your experience of God's love to inspire you as you lead out in today's session.

## You will need:

- One Box and one Ring-binder per person
- Paper and Marker pens for Icebreaker
- Items for Mission Possible Relay (see over)
- Copies of Word Search studies - enough for one study per group
- Copies of Combined Word Search Sheet – one per group to take home
- Pens
- Drinks and cups
- Family Discussion Cards for Family Focus Time – copy the sheet onto thin card and cut it apart. Provide one card per family
- Print out 'The Father's Love Letter'– one per person for Family Prayer Time. If you should need this in some other language for your group then you can download it in over 50 different languages on www.fathersloveletter.com
- 1 business envelope per person - plus a few extras of the Love Letter and envelopes for visitors
- One copy per person of 'The Father's Love Letter' Question Sheet
- CD player and CD of soft worship music
- If possible, a copy of 'The Father's Love Letter' on DVD. www.trinityvision.co.uk If you use a copy you will need a DVD player, projector and screen
- One set of Journal Pages per participant for Jesus and Me (JAM) session

## By the end of the session, the group members will:

- Know that God is love and that everything that is loving comes from God's heart
- Feel the effect of God's love in their lives
- Respond by thanking God for his love

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**Welcome and Prayer – 5 mins**

*Introduce the series* and say how often the sessions will be and how long each session will last (75-90 minutes). Explain that there will be a variety of activities each week and perhaps some interesting surprises! Introduce the team if necessary.

*Introduce the theme of today's session*, say: 'today we will be exploring God's love. This is at the very heart of his relationship with us and our relationship with him. As Christians, we want to become like Jesus and we need to remember that Jesus, in turn, came to earth to show us God's love. Understanding God's love for us, and for those around us, is the very starting place for becoming more like him'.

**Icebreaker – 7 mins**

*You will need:*

1. Plain paper – enough for 1 sheet per person
2. Marker pens – one per person
3. A prepared example of the icebreaker using your own name. e.g. Jane Foster and God loves us joyfully and forgivingly. (A4 size)

Instruct participants to write their first and last names on the paper in fairly big letters. Then write one way you feel about God's love that begins with the first letter of your first name and another way you feel about God's love that begins with the first letter of your last name. Show them the one you have prepared about yourself.

Give the group time to write their names. Ask families to help each other think of descriptions of God's love that begin with their initials.

When the families are ready, say: 'Now you have one minute to go around the room and introduce yourself to as many people as possible, giving your full name and two ways in which God loves us.'

*Feedback questions:*

- What new or interesting responses to God's love did you encounter during the introductions?
- What was the most unusual feeling anyone wrote down?

What new or interesting responses to God's love did you encounter during these introductions?

**Mission Possible – 15 mins**

*You will need:*

1. A roll of thick plain wallpaper – the kind used to line walls before they are painted.
2. Thick coloured marker pens
3. Sticky tack for sticking the paper to the wall
4. A large, empty wall
5. Coloured tape or chalk etc to make an easy-to-clean line on the floor

*To do:*

- Fix the wallpaper to the wall and draw large heart shapes (50 cm diameter) at equal distances along the paper (50 cm apart). One heart for each family attending the session. (Draw more hearts than you think you will need, just in case).
- Draw a line in chalk – or tape a line - along the floor a few metres in front of the 'heart' wall.

**Play Mission Possible – God's love relay – 7 mins**

Ask each family to stand in a row behind the line on the floor. One person will stand with their toes behind the line and the rest of the family members will line up behind him or her.

Give the first person in each line a marker pen (felt pen). Invite them to use the pen to write their family's name underneath a heart and then return to their place to prepare for the start of the relay.

*Say:*

> "When I say 'One..two..three.. Go!' the first person in your line must run up to the heart on the wall and write one word to describe God's love. You can draw a quick picture if you prefer. Then run back to the end of your family line, giving the pen to the next runner. That person will then run up to the heart and add another description of God's love. Each person in your family must write something different. Keep going until I tell you to stop. You will have three minutes."

Start them off, allowing them to continue for three minutes. Then stop the relay.

Invite everyone to come forward and look at the hearts. Ask each family to read their descriptions to the rest of the group.

*Feedback Questions:*

- Ask them to count how many different descriptions they wrote on their heart
- Which family wrote the most?
- Which are the most frequent descriptions and which ones are more unusual?

**Word Search – 25/35 mins**

*You will need:*

1. Word Search Sheets
2. Sheets of paper

- Divide the participants into three groups (a mix of adults and teens in each group) and give each group one of the three different Word Search Sheets to study and explore
- As part of their exploration, ask them to create a mime, drama, picture or verbal report about an aspect of God's love
- Let them know, clearly, how long they have to study and prepare

*Coming Together:*

- Call everyone back into one group
- Invite each small group to show or perform what they have created – watch the time on this
- When completed, ask people to find a partner. Invite them to share together one new insight they have had into God's love during the session today
- Give each participant a copy of the Combined Word Search Sheet to take home. These can be used during family worships or for TAG time.

**Family Focus – 10/15 mins**

*You will need:*

1. Family Discussion Cards – one per family

- Invite families to get a drink and then gather in their family group
- Give each family a Family Discussion Card and allow them time to discuss, as a family, the statements on the card. Encourage full participation and sharing – but don't force it, if someone is uncomfortable speaking out.

**Family Prayer Time – 15 mins**

*You will need:*

- An envelope addressed to each participant containing a copy of 'The Father's Love Letter'.
- CD or soft worship music
- DVD with player, projector and screen – if using the DVD
- 'The Father's Love Letter' Question Sheet – one per person
- Personal ring-binders

*Either:*

a) Allow them time to read their letter while a CD plays, or

b) Show the DVD. As an alternative you could find someone to read the letter aloud in a warm and sensitive manner.
After it has been read or viewed, allow some quiet time for the words and ideas to sink in. Then invite the family groups to hold hands in a circle and pray one sentence each, thanking God for different aspects of His love.
Give out a copy of 'The Father's Love Letter' Question Sheet to each person and encourage participants to put it in their personal ring-binder and use it at home for TAG time.

**Jesus and Me (JAM) session – 5 mins**

*You will need:*

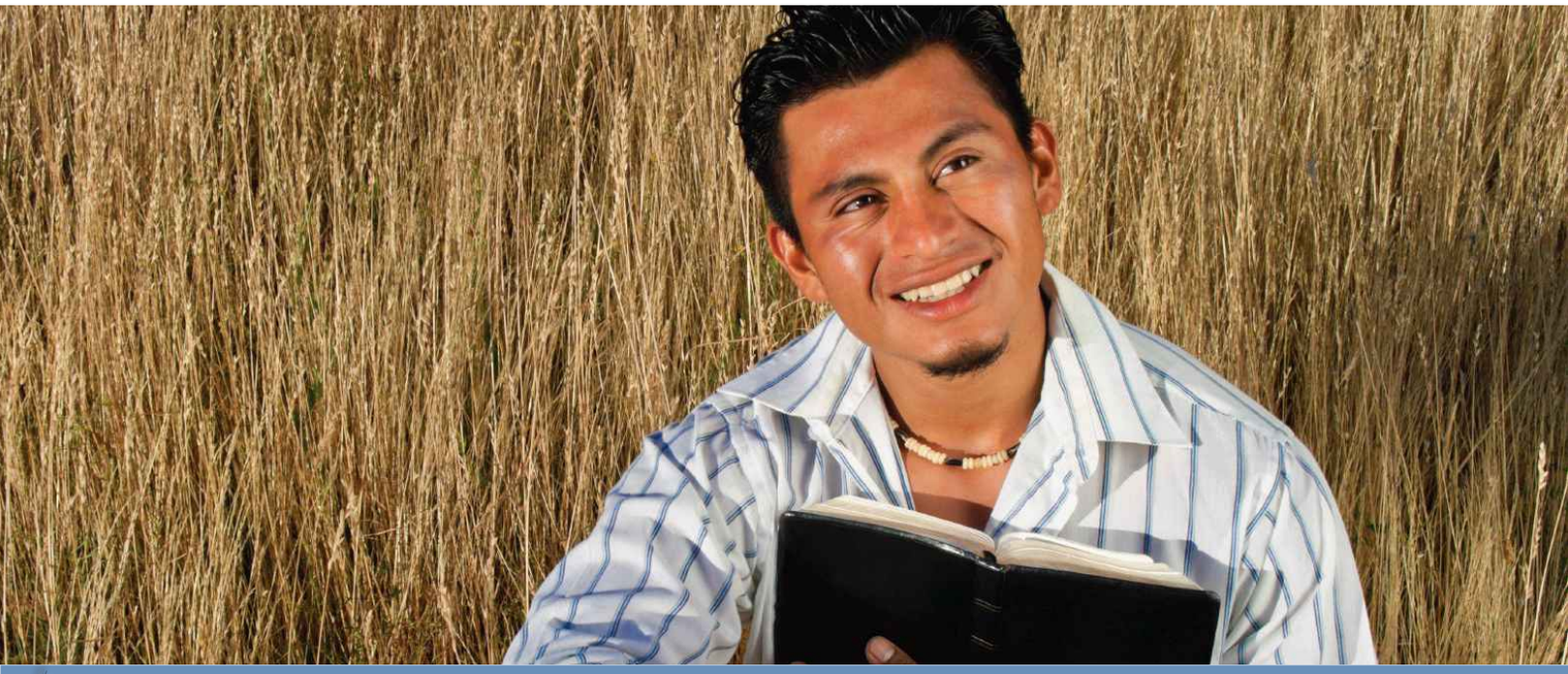
1. Jesus and Me Journal page for Session One – one per person
2. CD player and soft music
3. Personal ring-binders

- Give each participant a copy of the Journal page for Session One
- Allow 5 minutes for them to begin this activity
- Play some reflective music
- Encourage them to place the Journal pages in their personal ring-binder and to complete the questions and work on the ideas throughout the week – either as part of Family Worship or TAG time

**Take-away Menu**

Encourage each participant to take away the various handouts from the Session and keep them either in their boxes or their ring-binders.

**Closing Prayer**



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# My Child,

| | |
|---|---|
| Psalm 139:1-3 | You may not know me, but I know everything about you. I know when you sit down and when you rise up. I am familiar with all your ways. |
| Matt 10:29-31 | Even the very hairs on your head are numbered. |
| Genesis 1:27 | For you were made in my image. |
| Acts 17:28 | In me you live and move and have your being. For you are my offspring. |
| Jeremiah 1:4-5 | I knew you even before you were conceived. |
| Eph. 1:11-12 | I chose you when I planned creation. |
| Psalm 139:15-16 | You were not a mistake, for all your days are written in my book. |
| Psalm 71:6 | I determined the exact time of your birth and where you would live. |
| Psalm 139:13-14 | You are fearfully, wonderfully made. I knit you together in your mother's womb. |
| Psalm 71:6 | And brought you forth on the day you were born. |
| John 8:41-44 | I have been misrepresented by those who don't know me. |
| 1 John 4:16 | I am not distant and angry, but am the complete expression of love. |
| 1 John 3:1 | And it is my desire to lavish my love on you, simply because you're my child and I'm your Father. |
| Matthew 7:11 | I offer you more than your earthly father ever could. |
| Matthew 5:48 | For I am the perfect father. |
| James 1:17 | Every good gift that you receive comes from my hand. |
| Matt 6:31-33 | For I am your provider and I meet all your needs. |
| Jeremiah 29:11 | My plan for your future has always been filled with hope. |
| Jeremiah 31:3 | Because I love you with an everlasting love. |
| Psalm 139:17-18 | My thoughts toward you are countless as the sand on the seashore. |
| Zephaniah 3:17 | And I rejoice over you with singing. |
| Jeremiah 32:40 | I will never stop doing good to you. |
| Exodus 19:5 | For you are my treasured possession. |
| Jeremiah 32:41 | I desire to establish you with all my heart and all my soul. |
| Jeremiah 33:3 | And I want to show you great and marvellous things. |
| Deut. 4:29 | If you seek me with all your heart, you will find me. |
| Psalm 37:4 | Delight in me and I will give you the desires of your heart. |
| Philippians 2:13 | For it is I who gave you those desires. |
| Ephesians 3:20 | I am able to do more for you than you could possibly imagine. |
| 2 Thess. 2:16-17 | For I am your greatest encourager. |
| 2 Cor. 1:3-4 | I am also the Father who comforts you in all your troubles. |
| Psalm 34:18 | When you are broken-hearted, I am close to you. |
| Isaiah 40:11 | As a shepherd carries a lamb, I have carried you close to my heart. |
| Rev. 21:3-4 | One day I will wipe away every tear from your eyes, and I'll take away all the pain you have suffered on this earth. |
| John 17:23 | I am your Father. I love you even as I love my son, Jesus. |
| John 17:26 | For in Jesus, my love for you is revealed. |
| Hebrews 1:3 | He is the exact representation of my being. |
| Romans 8:31 | He came to demonstrate that I am for you, not against you. |
| 2 Cor. 5:18-19 | And to tell you that I am not counting your sins, Jesus died so that you and I could be reconciled. |
| 1 John 4:10 | His death was the ultimate expression of my love for you. |
| Romans 8:31-32 | I gave up everything I loved that I might gain your love. |
| 1 John 2:23 | If you receive the gift of my son Jesus, you receive me. |
| Romans 8:38-39 | And nothing will ever separate you from my love again. |
| Luke 15:7 | Come home and I'll throw the biggest party heaven has ever seen. |
| Eph. 3:14-15 | I have always been, and will always be Father. |
| John 1:12-13 | My question is…Will you be my child? |
| Luke 15:11-32 | I am waiting for you. |

*Love, Your Dad -*
*Almighty God*

Handout: Lesson 1: Experiencing God's Love: Family Prayer Time: Downloaded from www.fatherslovelettter.com
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Handout: Word Search:

# Experiencing God's Love - A

## Read Psalm 103 together.

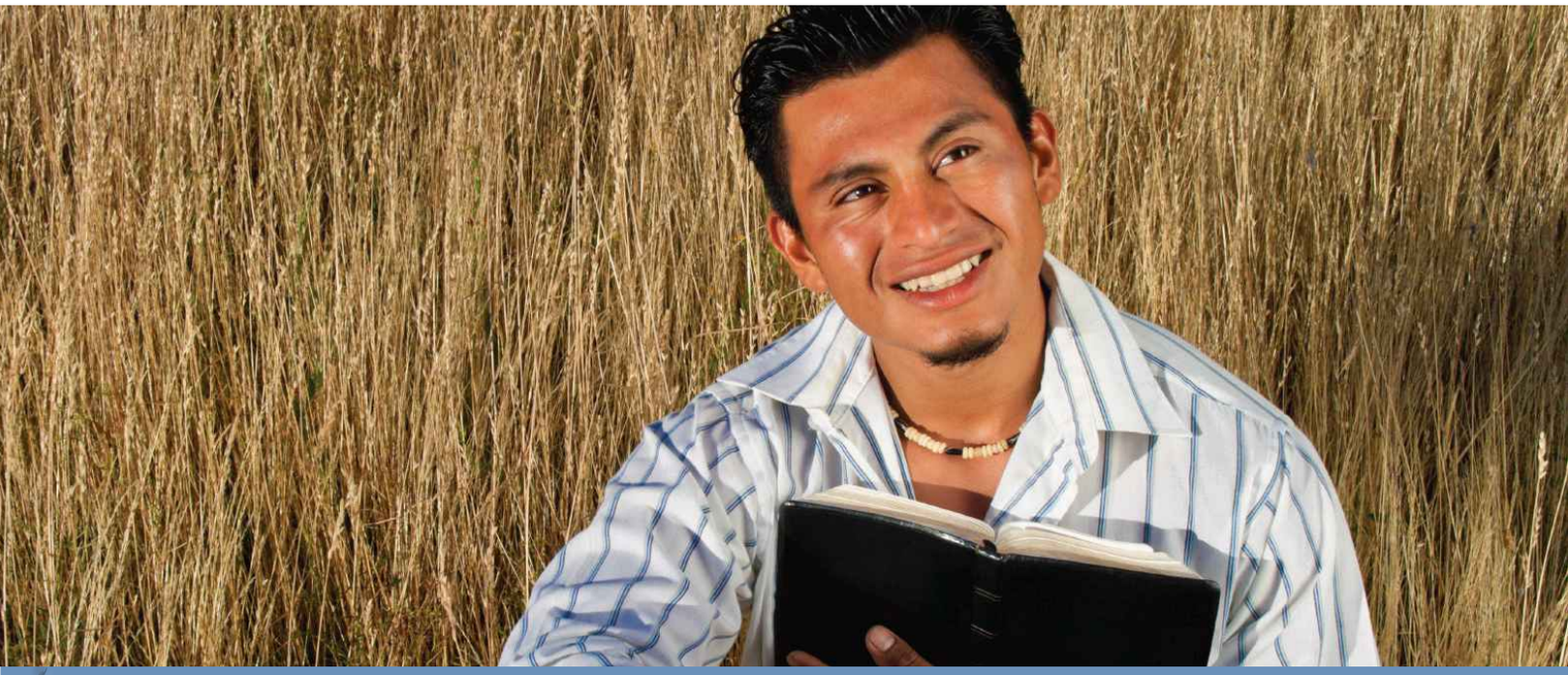
Take it in turns, going clockwise around the group, to read 4 verses each. If someone would rather listen than read they can indicate that by touching the Bible of the person to their left. That person will then continue the reading.

After you have read Psalm 103 as a group, search and find all the things God does to show his love for us that are described in this chapter. Together make a list of them using the blank paper in your ring-binder.

E.g. God forgives us, heals us, etc.

As a group, choose one of the verses or sentences in the chapter that describes how God loves us and develop a brief mime, sketch, drawing, or even a collection of objects that would help demonstrate this quality to the rest of the group.

Be prepared to perform or show this, at the end of the Word Search time.



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Handout: Word Search:

# Experiencing God's Love - B

## Read 1 Corinthians 13:4-8 together.

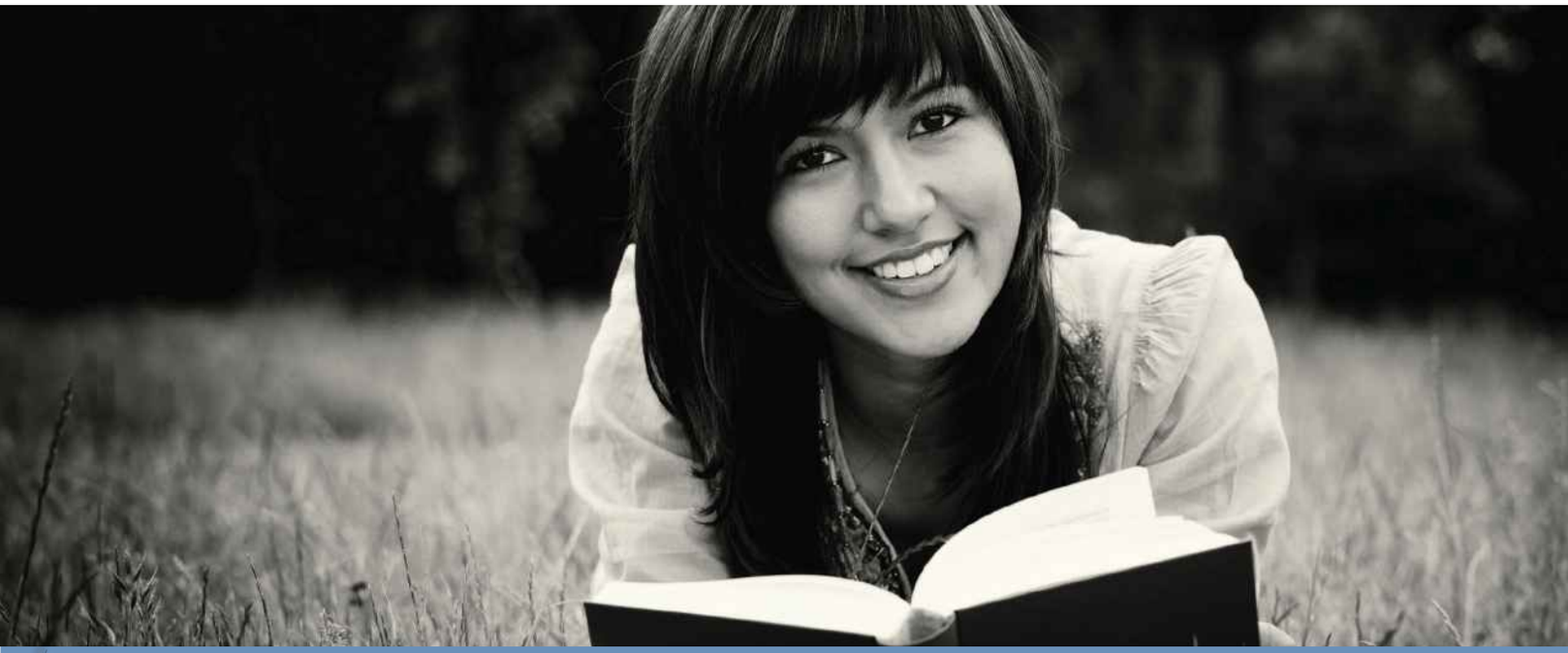
Take it in turns, going clockwise around the group, to read 1 verse each. If someone would rather listen than read, they can indicate that by touching the Bible of the person to their left. That person will then continue the reading.

After you have read 1 Corinthians 13:4-8 as a group, continue working as a group and make a list of all the things God does to show his love for us, that are described in these verses. Use the spare paper in your ring-binder

E.g. God forgives us, is patient with us, etc.

As a group, choose one of the phrases in the chapter that describes how God loves us, and develop a brief mime, sketch, drawing, or even a collection of objects that would help demonstrate this quality to the rest of the group.

Be prepared to perform or show this at the end of the Word Search time.



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Handout: Word Search:

# Experiencing God's Love - C

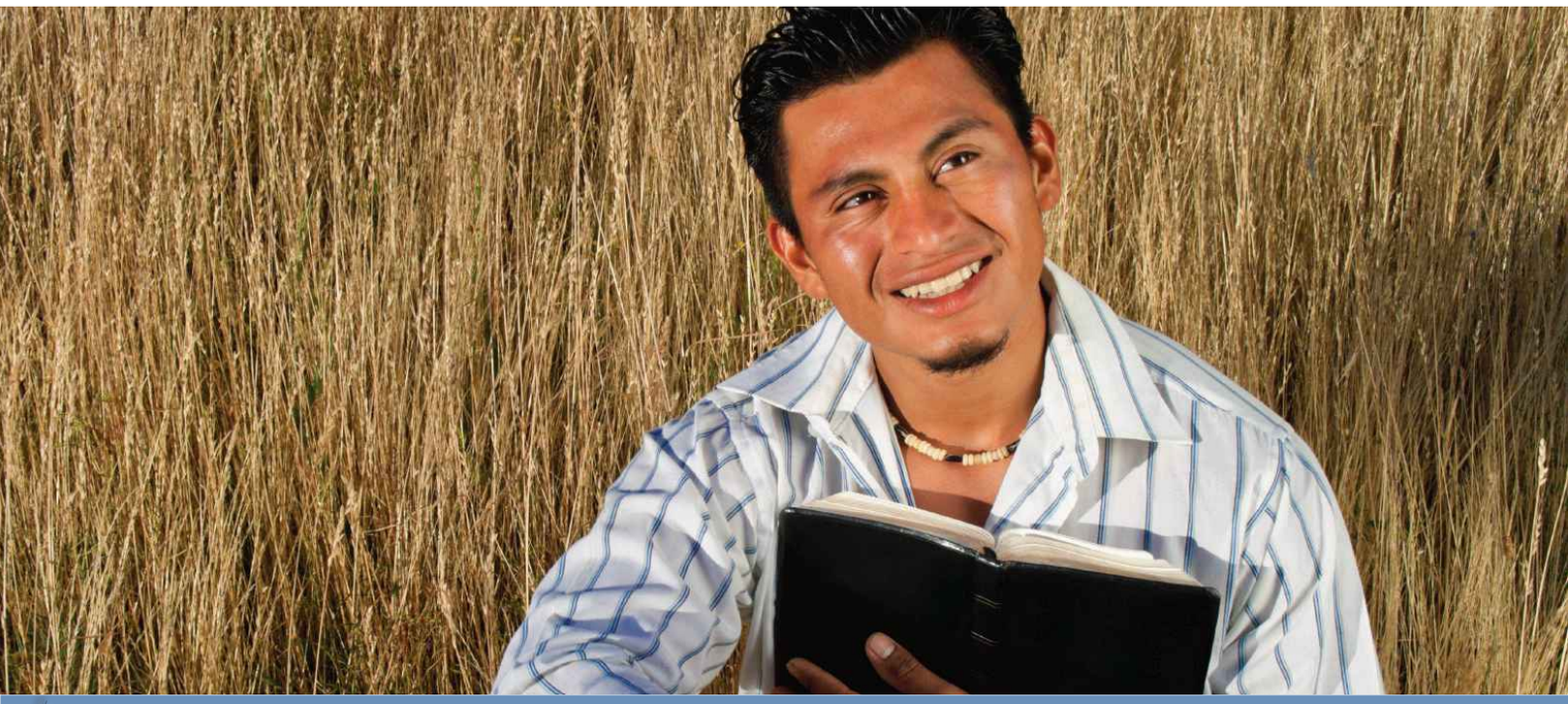
## Read 1 John 4:7-12, 16-21 together.

Take it in turns, going clockwise around the group, to read a few verses each. If someone would rather listen than read, they can indicate that by touching the Bible of the person to their left. That person will then continue the reading.

After you have read the passage as a group, take two sheets of paper. On one sheet of paper write everything you can learn from these verses about God's love for us. On the other sheet write everything you can learn from the passage about how God's love for us affects our relationship with him and our relationships with those around us.

Then work together to create a brief mime, sketch, drawing, or even a collection of objects that would help to demonstrate one important theme from this passage.

Be prepared to perform or show what you have created to the rest of the group at the end of the Word Search time.



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# Handout: Summaries of Word Search Session 1: Experiencing God's Love

## Word Search A

Read Psalm 103.

Search and find all the actions described in this chapter, that God does to show his love for us. Make a list of them.

E.g. God forgives us, heals us, etc.

Choose one of the verses or sentences in the chapter that describes how God loves you and develop a brief mime, sketch, drawing, or even a collection of objects that would help demonstrate this quality. Then share your ideas with your family.

## Word Search B

Read I Corinthians 13:4-8.

Make a list of all the things God does to show his love for us that are described in these verses. Make a list of them together.

E.g. God forgives us, is patient with us, etc.

As a group, choose one of the phrases in the chapter that describes how God loves us and develop a brief mime, sketch, drawing, or even a collection of objects that would help demonstrate this quality to the rest of the group.

## Word Search C

Read 1 John 4:7-12 and 16-21 together.

Take it in turns, going clockwise around the group, to read a few verses each. If someone would rather listen than read, they can indicate that by touching the Bible of the person to their left. That person will then continue the reading.

After you have read the passage as a group, take two sheets of paper. On one sheet of paper write everything you can learn from these verses about God's love for us. On the other sheet write everything you can learn from the passage about how God's love for us affects our relationship with him and our relationships with those around us.

Then work together to create a brief mime, sketch, drawing, or even a collection of objects that would help to demonstrate one important theme from this passage.

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Lesson 1 -

## Family Discussion Card

One occasion when I felt especially loved by God was when...

One aspect of God's love that I have especially experienced today has been...

Something new I learned about God today was...

One thing I would like to do to share God's love with others would be...

Lesson 1 -

Family Discussion Card

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Something new I learned about God today was...

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Lesson 1 -

Family Discussion Card

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Something new I learned about God today was...

One thing I would like to do to share God's love with others would be...

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Handout: The Father's Love Letter:

# Experiencing God's Love

## Read through the 'Father's Love Letter' again.

Which sentence in the letter helps you to feel most loved by God today?

Write it here:

Look up the Bible verse on which that phrase or sentence is based and read it.

Write the verse here:

How does this idea from the 'Father's Love Letter' make you feel?

How do you want to respond to God after reading it?

## Other ideas:

- Write a thank you letter to God for all the ways he has loved you since before you were born.
- Use the best craft supplies you have to make a thank you card for God, or a card that expresses your love for him.
- If God came to your home today, what special thing would you do to show your love for him? Why not show him your love anyway by doing that special thing for another human being? Read Matthew 25:40

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# Experiencing God's Love

## God's love in the Bible

Re-read the passages that were explored in the Word-Search this week:

- Psalm 103
- 1 Corinthians 13:4-8
- 1 John 4:7-12; 16-21

After looking at these passages again, what new ideas have you had about God's love for you?

Which one of the ways that God loves you, do you like the best?

Which one of the ways that God loves people, do you think is the most important?

## Other ideas:

- Make a collection of pictures and objects that help you to understand God's love. Perhaps a stone could remind you that his love is forever, a cotton ball could remind you that his love is soft and gentle, a seed could remind you that his love will grow in your life and bear fruit, a candle could remind you that his love will light up your whole life...Keep the items in a gift bag, heart-shaped box, basket, jar, or even in a shadow box frame (deep picture frame that can hold objects and not just pictures).
- Make or draw something that expresses what you feel about God's love – a picture, PowerPoint presentation, sculpture, piece of music, song, etc.
- Explore the internet to look for images of God (not Jesus). Look for one that helps you to understand more about his love for you.

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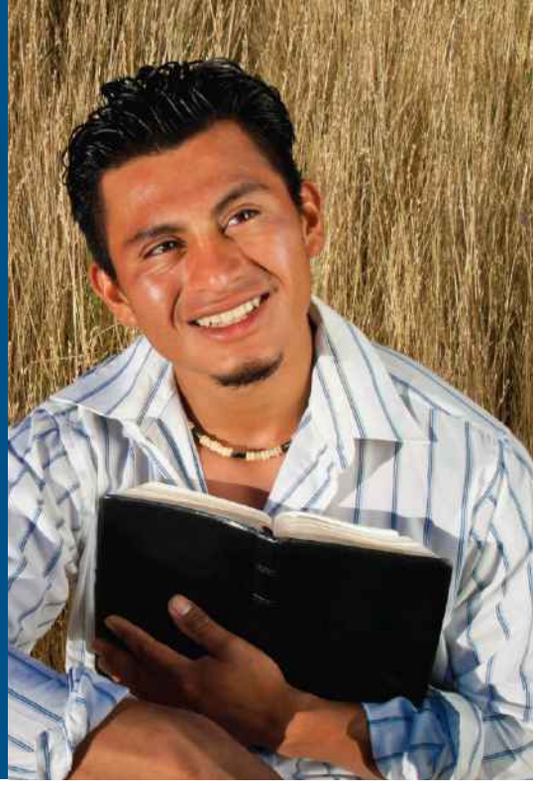
KID for Teens: Leader's Guide

# Reflecting Jesus - Experiencing God's love through the life of Jesus 2



## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about a time in your life when you experienced God's love through another human being. What happened? Why did you feel so loved? What difference did it make to your life and to your relationship with the person who cared for you?

If the Holy Spirit invites you to do so, be ready to tell the group about your experience at some time during the session. Otherwise, use your memory of experiencing God's love through someone else, to inspire you as you lead out in today's session.

## You will need:

**Icebreaker:**
- Weird activity cards

**Mission Possible:**
- Several old magazines and newspapers per family
- Glue-sticks
- Scissors
- Large sheets of white paper – A3 will do if necessary
- Marker pens
- Sticky tack for sticking the posters to the wall
- A large, clear wall

**Word Search:**
- Copy the different Word Search studies so that you have enough for one study per group
- Pens
- Copy a combined Word Search study pack for each person to take away with them

**Family Focus Time:**
- Drinks and cups
- Family Discussion Cards - 1 card per family

**Praying Together:**
- Plain paper
- Pens

**Jesus and Me (JAM) Session:**
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- Enough coins of a small denomination for each person.
- Choose coins that have a person's head engraved on one side.

## By the end of the session, the group members will:

- Know that a life that reflects Jesus is a life that helps others to experience God's love
- Feel excited about the opportunity to channel God's love into the lives of the people around them.
- Respond by sharing God's love with others.

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# 2

## KID for Teens: Leaders Guide:

# Reflecting Jesus II

**Welcome and Prayer – 5 mins**
Welcome the group. Check that participants have brought their personal ring-binder.
Introduce the theme of today's session.

## Say:

"Today, we are going to look at the life of Jesus, together. Jesus came to this earth to help us understand and experience God's love. We can also help others to experience God's love when we are kind, thoughtful, generous, patient and unselfish, etc."

**Opening Prayer**

**Icebreaker - 7 mins**

*You will need:*

1. Weird Activity Cards - one per person

- Instruct your participants to find a partner. Whoever has the next birthday will be the person who starts.
- Say: 'when I say 'Go!' you will have one minute to describe a simple activity that you can do easily, such as cleaning your teeth, sending a text message, making breakfast, etc. Just explain the steps you would usually take to complete the task. After one minute I will say 'Stop!' Then you can swap over and let the other person describe a familiar activity, for one minute.' Give each pair a chance to describe a simple activity to each other.
- Now give each person a weird activity card. Ask them not to look at it until you tell them to.
- Say: 'It doesn't matter if you've never tried doing the weird activity written on your card. Just guess or make it up as you go along. After one minute you'll swap over and your partner will try to describe their weird activity to you.
- You can look at your cards now! You have one minute to describe how to do the activity on your card!'
- Time the group and tell them when to swap over so that each person has a turn at describing a weird activity.

### Feedback Questions:

- Which activity was the easiest to explain to someone else? Why was it so easy?
- Which activity was the hardest to describe? What made it so challenging?
- If you wanted to help someone learn a new skill, or understand a new idea, what would you have to do first?
- Why do you think Jesus was sent to this earth to show us God's love?
- How did he help us to understand and experience God's character?

# KID for Teens: Leaders Guide:
# Reflecting Jesus II

**Mission Possible – Advertising God - 15 mins (including feedback time)**

*You will need:*

1. Several old magazines and newspapers per family
2. Glue-sticks
3. Scissors
4. Large sheets of white paper – A3 will do if necessary
5. Marker pens
6. Sticky tack for sticking the posters to the wall
7. A large, empty wall

- Give each family a stack of old magazines and newspapers, scissors, glue-sticks, marker pens and a large sheet of white paper. Give them a small piece of sticky tack so that they can stick their poster onto a large wall when they have finished. Make sure you have a empty wall on which the posters can be stuck.
- Say: 'These days we often hear the word 'Media'. It's used to describe a whole variety of communication methods. Mostly, it refers to all the different ways employed by companies and organisations to help us understand their important messages, or to advertise themselves and their products. Jesus was God's way of helping humans to understand the vital message of his loving character and the gift of salvation, which is the 'product' that he wants to offer each one of us.
- Work with your family to make a poster that could advertise God's love to the people in your community.
- Think about their interests and needs and the things that would help them to be attracted to God.
- Cut words and images out of the newspapers and magazines, and add extra words and pictures using the marker pens.
- You have just seven minutes to create a poster and stick it on the wall for everyone to see!'
- Allow seven minutes for families to make their posters and stick them on the wall. Count down the final ten seconds, aloud, to encourage them to finish quickly.

## Feedback Time:

- Give each family time to comment on their poster and why they chose their design.

- Ask: 'What did you learn about communicating God's love to others by doing this activity together?'

**Word Search – 25/35 mins**

*You will need:*

1. Copies of the different Word Search studies so that you have enough for one study per group
2. Pens
3. A Word Search study pack for each person to take away with them

- Divide the participants into three smaller groups and give each group one of the 3 different Word Search studies to explore.
- Allow twenty minutes for the study time. If you have a very large group, break them into groups of 4-5 and hand out an equal number of the different studies. When you come back together, ask them to be prepared to summarise their discoveries with the whole group, through a mime, drama, picture or verbal report.
- Let them know, clearly, how long they have to study and prepare.
- After twenty minutes call people back to the larger group.
- Invite each group, through whatever means they have chosen, to share what they discovered about the ways Jesus loved people. Make sure they also share the ideas they have, about how they can share his love with others in their community.
- Give each participant a copy of all the Word Search sheets to take away. These can be used during family worships during the week. They can also be used by individuals as part of their personal time with God.

**Family Focus Time – 10/15 mins**

*You will need:*

1. Drinks and Cups
2. Family Discussion Cards

- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

# KID for Teens: Leaders Guide:
# Reflecting Jesus II

**Family Prayer Time – 15 mins**

*You will need:*
1. Plain Paper
2. Pens

- Invite each person to take a sheet of paper and a pen and draw a very simple picture of themselves in the middle of the page.
- Ask them to add their name to the top of the page, so that everyone knows whose picture it is, just in case it's hard to tell whose is whose!
- Pass the pictures around the circle and ask each person to write a short blessing or a sentence prayer on everyone else's sheet of paper.
- Then return the sheets to their owners.
- Allow a few minutes for each person to quietly read their prayers on their own.

**Jesus and Me (JAM) session – 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of Journal Pages per participant

- Allow 5 minutes for them to begin this activity and play some reflective, peaceful Christian music during this time. They can finish working on this at home if necessary, and reflect on it during the week. Encourage them to place the pages in their personal ring-binder.

**Take-away Menu**

*You will need:*
1. Enough coins of a small denomination for each person.

- Give each person a small coin with a head engraved on it. Say: 'just as the coin shows the likeness of a queen, head of state or famous person, so we can show the likeness of God when we show love to each other.'
- Invite each person to keep the coin to remind them to show God's loving likeness to the people around them. Or, they can give their coin to charity as a way of sharing God's love with others.

**Closing Prayer**

"Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen."
*- Ephesians 4:29*

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| | |
|---|---|
| Preparing a rocket for take-off | Cutting a kangaroo's toenails |
| Shearing the wool from an angora goat | Preparing to ride on an elephant |
| Handling a poisonous snake | Playing a didgeridoo (a very long Australian wind instrument) |
| Piloting a hot air balloon | Flying a glider |
| Ringing a tune on the church tower bells | Growing orchids |
| Learning to walk a tight-rope | Preparing for a parachute jump |
| Checking to see if a giraffe has a sore throat | Escaping from a wild bear |

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# Aspects of Jesus' Love - A

## Saying loving and kind things.

One of the ways in which Jesus showed God's love was by saying loving and kind things to those around him, especially those who were sad, sick and confused.

Explore some of the times when Jesus said loving and kind things to people.

## Read John 12:1-8.

Who was Jesus talking to?

What aspect of God's love do you think this person most needed to experience?

Summarise what Jesus said (verses 7-8) in your own words.

What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

## Read Luke 19:1-6

Who was Jesus talking to?

What aspect of God's love do you think this person most needed to experience?

Summarise what Jesus said (verse 5) in your own words.

What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

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Handout: Word Search: Reflecting Jesus II

# Aspects of Jesus' Love - A

## Read John 8:1-11

Who was Jesus talking to?

What aspect of God's love do you think this person most needed to experience?

Summarise what Jesus said (verses 10-11) in your own words.

What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

## Read John 19:25-27

Who was Jesus talking to?

What aspect of God's love do you think this person most needed to experience?

Summarise what Jesus said (verses 26-27) in your own words.

What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

Make a list of other stories you can remember, where Jesus says kind things to people:

## Read Ephesians 4:29

Write it in your own words here:

How can other people experience God's love through the words we say?

Write five ways we can use our words to share God's love with others (use the back of the page if necessary):

1.

2.

3.

4.

5.

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# Aspects of Jesus' Love - B

## Touching people in caring ways.

One of the ways in which Jesus showed God's love was by touching people. Explore some of the times when Jesus touched people in kind and caring ways.

### Read John 13:1-12

What did Jesus do?

What kind of love was being expressed (acceptance, forgiveness, care, etc)?

### Read Mark 10:13-16

What did Jesus do?

What kind of love was being expressed (acceptance, forgiveness, comfort, care, etc)?

### Read Mark 1:40-45

What did Jesus do?

What kind of love was being expressed (acceptance, forgiveness, comfort, care, etc)?

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Handout: Word Search: Reflecting Jesus II

# Aspects of Jesus' Love - B

## Read Romans 12:10

Write it in your own words here:

How can other people experience God's love through our caring touch?

Write five ways we can use physical touch to share Gods love with others:

1.

2.

3.

4.

5.

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# Aspects of Jesus' Love - C

## Doing thoughtful and helpful things.

One of the ways in which Jesus showed God's love was by doing thoughtful and helpful things for others.
Explore some of the times when Jesus helped others by doing kind and thoughtful things.

### Read Matthew 14:14-21

Who was Jesus helping?

Why do you think he chose to help in this particular situation?

Summarise what Jesus did in your own words.

What kind of love was being expressed (acceptance, forgiveness, care, etc)?

### Read John 2:1-11

Who was Jesus helping?

Why do you think he chose to help in this particular situation?

Summarise what Jesus did in your own words.

What kind of love was being expressed (acceptance, forgiveness, care, etc)?

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Handout: Word Search: Reflecting Jesus II

# Aspects of Jesus' Love - C

## Read Matthew 8:23-27

Who was Jesus helping?

Why do you think he chose to help in this particular situation?

Summarise what Jesus did in your own words.

What kind of love was being expressed (acceptance, forgiveness, care, etc)?

## Read Galatians 6:2

Write it in your own words here:

How can other people experience God's love through the kind things we do for them?

Write five of your ideas below:

1.

2.

3.

4.

5.

Write a list of other stories you can remember where Jesus did kind things for people:

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Handout: Word Search: Reflecting Jesus II

# Combined Word Search Sheet

## Saying loving and kind things:

One of the ways in which Jesus showed God's love was by saying loving and kind things to those around him, especially to those who were sad, sick or confused. Let's explore some of the times when Jesus said loving and kind things to people.

### Read John 12:1-8.

Who was Jesus talking to?
What aspect of God's love do you think this person most needed to experience?
Summarise what Jesus said (verses 7-8) in your own words.
What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

### Read Luke 19:1-6

Who was Jesus talking to?
What aspect of God's love do you think this person most needed to experience?
Summarise what Jesus said (verse 5) in your own words.
What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

### Read John 8:1-11

Who was Jesus talking to?
What aspect of God's love do you think this person most needed to experience?
Summarise what Jesus said (verses 10-11) in your own words.
What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?

### Read John 19:25-27

Who was Jesus talking to?
What aspect of God's love do you think this person most needed to experience?
Summarise what Jesus said (verses 26-27) in your own words.
What kind of love was Jesus expressing (acceptance, forgiveness, care, etc)?
Make a list of other stories you can remember where Jesus says kind things to people

### Read Ephesians 4:29. Write it in your own words.

How can other people experience God's love through the words we say?
Write five ways we can use our words to share God's love with others (use the back of the page if necessary).

## Touching people in caring ways:

One of the ways in which Jesus showed God's love was by touching people.
Let's explore some of the times when Jesus touched people in kind and caring ways.

### Read John 13:1-12.

What did Jesus do?
What kind of love was being expressed (acceptance, forgiveness, care, etc)?

### Read Mark 10:13-16.

What did Jesus do?
What kind of love was being expressed (acceptance, forgiveness, comfort, care, etc)?

### Read Mark 1:40-45.

What did Jesus do?
What kind of love was being expressed (acceptance, forgiveness, comfort, care, etc)?

### Read Romans 12:10

Write it in your own words.
How can other people experience God's love through our caring touch?

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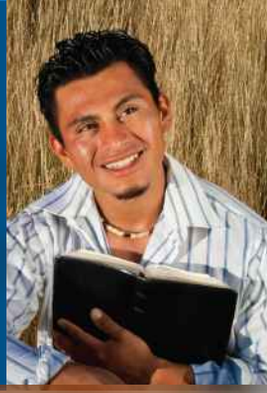
Handout: Word Search: Reflecting Jesus II

# Combined Word Search Sheet



Write five ways we can use physical touch to share God's love with others.

## Doing thoughtful and helpful things

One of the ways in which Jesus showed God's love was by doing thoughtful and helpful things for others.

Let's explore some of the times when Jesus helped others by doing kind and thoughtful things.

### Read Matthew 14:14-21

Who was Jesus helping?
Why do you think he chose to help in this particular situation?
Summarise what Jesus did in your own words.
What kind of love was being expressed (acceptance, forgiveness, care, etc)?

### Read John 2:1-11

Who was Jesus helping?
Why do you think he chose to help in this particular situation?
Summarise what Jesus did in your own words.
What kind of love was being expressed (acceptance, forgiveness, care, etc)?

### Read Matthew 8:23-27

Who was Jesus helping?
Why do you think he chose to help in this particular situation?
Summarise what Jesus did in your own words.
What kind of love was being expressed (acceptance, forgiveness, care, etc)?
Write a list of other stories you can remember where Jesus did kind things for people.

### Read Galatians 6:2

Write it in your own words.
How can other people experience God's love through the kind things we do for them?
Write five of your ideas below or on a separate sheet.

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Lesson 2 -

## Family Discussion Card

One occasion when I felt especially loved by another person was...

If I could have been one of the people Jesus cared for when he was on earth, I would like to have been...

I am glad Jesus came to show us God's love because...

One thing I would like to do to help other people experience God's love, would be...

I think Jesus came as a human baby because...

Lesson 2 -

Family Discussion Card

One occasion when I felt especially loved by another person was...

If I could have been one of the people Jesus cared for when he was on earth, I would like to have been...

I am glad Jesus came to show us God's love because...

One thing I would like to do to help other people experience God's love, would be...

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Lesson 2 -

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Lesson 2 -

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One thing I would like to do to help other people experience God's love, would be...

I think Jesus came as a human baby because...

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2

## Handout: Jesus and Me Journal Lesson 2

# God's love through Jesus

Imagine you were a person who met and knew Jesus when he lived on this earth.

Think about the stories you know about Jesus. Which is your favourite story? Write it in your own words, below. Or draw a picture of the story if you prefer.

Which character in this story would you most like to have been?

Take a few moments to imagine how this person experienced God's love through Jesus.

List some ways in which Jesus showed God's love to this person.

1.

2.

3.

How might Jesus show this kind of love to you, in your life today?

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## Handout: Jesus and Me Journal Lesson 2

# God's love through Jesus

Look up the following verses and write their main points in your own words:

Romans 12:9-21

1 John 3:16-20; 4:7,8

Matthew 25:31-45

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## Handout: Jesus and Me Journal Lesson 2

# God's love through Jesus

What practical thing could you do to show God's love to another person?

Choose a person you know and find a way, through your actions, to show them God's love this week.

Write or draw what you did.

What difference do you think your actions made to their life?

What difference did showing God's love to this person make to your own experience of God?

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KiD
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Trans-European Division

KID for Teens: Leader's Guide

# Reflecting Jesus - Staying Connected

3

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about a time in your life when your connection with Jesus made a powerful difference to you. Perhaps you can also remember a time when you weren't so connected with Jesus and something in your life suffered because the link was broken. What happened? What difference does being connected to God make to your life? if the Holy Spirit invites you to do so, be ready to tell the group about your experience at some time during the session. Otherwise, use your experience of being connected to Jesus, to inspire you as you lead out in today's session.

## You will need:

**Icebreaker:**
- One ball of string for each group of two or three families

**Mission Possible:**
- A small TV that plugs into an electrical wall socket
- A mobile phone
- A plant, especially one that looks like a grape vine
- A flip chart with paper and thick marker pens for each group

**Word Search:**
- Copy the different Word Search studies so that you have enough for everyone to have their own copy of their group's study
- Pens
- Copy a combined set of Word Search studies for each person to take away with them

**Family Focus Time:**
- Family Discussion Cards - 1 card per family
- Drinks and cups

**Praying Together:**
- One ball of string for each family

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- A length of electrical cable cut into short lengths - enough for each person to have a piece

## By the end of the session, the group members will:

- Know the four ways that they can connect with Jesus so that they can keep close to him and be disciple by him.
- Feel their personal need to build a closer connection with Jesus.
- Respond by acting on at least one idea that will help them to increase their connection with God during the next week.

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# 3 KID for Teens: Leaders Guide: Staying Connected

**Welcome and Prayer – 5 mins**

*Check that participants have brought their personal ring-binders*

## Say:

"Did you know that the more closely connected you are to God, the more clearly your life will reflect the character of Jesus?

A kettle can only do what it has been created to do when it is plugged into an electric socket. It cannot function as a kettle without the power flowing through its cable. If we are truly to reflect Jesus, we need to be connected with him so that his power can flow into our lives.'"

**Icebreaker - 7 mins**

*You will need:*

1. One ball of string for each group of two or three families

- Divide the large group into smaller groups of 2-3 families.
- Give each of these smaller groups a ball of string.
- Ask the groups to stand in a circle with one person holding the ball of string.
- The string holder asks a simple question like: 'What's your favourite dessert?' and then throws the ball of string to someone, keeping hold of the end of the string.
- The next person asks another general question and throws the ball again, keeping hold of the string as he does so.
- As more questions are asked the group discovers more about each other and the string creates a web, connecting the different group members together.
- Allow the groups enough time to make a strong web with their string.
- When everyone is 'tied' together, stop the activity and ask the groups to think of all the different ways that the people in their group are connected – by the string, knowing more about each other, being related, going to the same church, living in the same town, loving each other, etc.
- Then ask one person in each group to roll up their ball of string as you will need them for the prayer activity later.

**Mission Possible - 15 mins**

*You will need:*

1. A small TV that plugs into an electrical wall socket
2. A mobile phone
3. A plant, especially one that looks like a grape vine
4. A flip chart with paper and thick marker pens for each group

- Divide the participants into three groups.
- Give one of the groups the TV, one the mobile phone and the other the vine to consider.
- Give each group a flip chart and a set of marker pens. If you don't have enough flip charts, give each of the groups a sheet of flip chart paper and let them use a table, or the floor, as a hard surface.
- Ask them to think of all the ways the object they have been given is similar to, and different from, a healthy and positive Christian life.
- Ask them to nominate a scribe to write down all of their ideas.
- Give them 5 minutes to think of as many ideas as they can.
- Ask everyone to return to the larger group.
- Invite one person from each group to present the collected ideas that were inspired by each object.
- After each group has made their presentation, give them some time to compare the different items they have been given. Ctd...

# KID for Teens: Leaders Guide:
# Staying Connected

- How are the TV and phone similar?
- How are the TV and phone different?
- How are the TV and phone different to the vine or plant?

Affirm the groups for their creative thoughts and draw out some of the following ideas as they make their presentations:

## The TV

If you are watching television and someone accidentally pulls the plug out of the socket, the picture disappears immediately.
If you want sound and a picture, you have to have continuous power that stays at a constant level.
The plug is very important because it connects the power supply to the television. Without the power the TV is completely useless.
The TV can only show what is transmitted by the television station.
The transmissions don't change the TV in any way.

## The Mobile Phone

Living as a Christian is not like running on batteries.
Your mobile phone runs on rechargeable batteries; you have to charge the batteries before the phone will work.
Once the battery goes flat, you have to plug the phone back into the mains charger, or it will stop working.
Some Christians think that life with God is like that – you can charge your batteries with God in the morning by praying and reading the Bible, and then let them run down during the day.
Some think that when your spiritual battery runs flat, you can wait and recharge it whenever you need it. But that can be a dangerous way of thinking about your life. You could have an emergency and have no power to deal with it.
Mobile phones help us to stay connected with other people who are important to us. We can talk to them at any time and in any place, just as we can pray to God wherever we are.

## The Vine Plant

Jesus is the vine and we are the branches.
When we are connected to him, his nature is able to flow into us, and we will automatically bear fruit - because his character is now inside us.
We have to be connected at all times, because the moment we are disconnected, we cut ourselves off from fresh power.
When there is a 'power cut', we face the danger of trying to live like Christians without Christ.
Being a branch on his vine is more exciting than being like a plug-in TV which is just a processor of wireless impulses.
A vine is alive and changing, growing and fruiting. The images the TV transmits have no effect on the TV at all. It is dead.
But the vine is alive and that makes a huge difference to our ever-changing, vibrant life, when we remain connected with Jesus.

**Word Search – 25 mins**

*You will need:*

1. Copies of the different Word Search studies so that you have enough for everyone to have their own copy of their group's study
2. Pens
3. Copy of a combined set of Word Search studies for each person to take away with them

- Give each family paper, pens and a copy of one of the Word Search study sheets. You can give each family more than one section or each section to more than one family, depending on how many families are present.
- **Say**: 'We're going to explore a Bible passage to help us understand more about how we can be connected to God. I will give each family a different section. Read the introduction and then discuss the section you've been allocated. After 7 minutes we'll come back together and share what we've discovered.'
- After 7 minutes, bring the group back together again and look at the numbered sections in turn.
- Invite the groups to feedback the most important thoughts that came out of their family discussions.
- Write their main points on a flip chart where everyone can see them and think about them.

**Family Focus - 15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards - 1 card per family

- Let the families re-assemble into their groups, collecting a drink on their way.
- Give each family a discussion card to pass around their circle. Each person can discuss a topic or answer one of the questions from the card. If they would prefer not to speak, they can pass it to the next person.

**Family Prayer Time – 15 mins**

*You will need:*

1. One ball of string for each family

- Give each family a ball of string and ask them to stand in a circle as a family.
- Ask them to hold onto the string each time they throw it to another person, so a web is created (as in the icebreaker game).
- During the first round of throwing the string around the family (so that each person has a turn) each person needs to say a prayer sentence starting with 'I praise you God because...'
- The second time they need to say a sentence starting with 'I'm sorry God that I...'
- The third time they need to say 'Thank you God, for...'
- The fourth time they need to make a prayer request 'Please God...'
- When everyone has had a turn at each of the sentences the family can say 'Amen' together and roll up their string.
- If anyone is shy about praying, they can pray their sentence silently for a moment or two and then throw the ball of string to the next person.

# KID for Teens: Leaders Guide:
# Staying Connected

**JAM Session (Jesus and Me) – 5 mins**

*You will need:*

1. One set of the Journal Pages for each person to take away

- Give each person the journal pages for Session 3.
- Allow 5 minutes for them to begin this activity and play some reflective, peaceful Christian music during this time. They can finish working on this at home if necessary, and reflect on it during the week.
- Encourage them to keep these pages in their ring-binders.

**Take-away Menu – 5 mins**

*You will need:*

1. A length of electrical cable cut into short lengths – enough for each person to have a piece

- **"If we really abided in His love, we would come away feeling so nourished, so cherished, so liked, that we would rush back to him whenever we could."**
  *- Bruce Wilkinson, The Secrets of the Vine*

- Give each person a short piece of electrical cable. Explain that this cable is to remind them to stay connected to Jesus.
- The cable, representing our ability to connect with Jesus, is there all the time. But a cable is useless without the object that needs the power at one end, and a plug and power source at the other end.
- As you hold your section of cable, pray silently and ask the Holy Spirit to show you one way that you can be more closely connected to Jesus this week.
- Encourage them to keep their piece of cable in their spiritual journey box-file.

**Closing Prayer**

3

## Handout: Word Search:

# Staying Connected - A

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

Why do we need to be connected to Jesus?

What are some of the differences, that being connected to Jesus might make to our lives? (verse 8) Write down all your ideas:

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# Handout: Word Search:
# Staying Connected - B

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

## In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

One way in which we stay connected to the mind of Jesus is through studying the Bible.
Why do you think studying the Bible, and especially the life and teachings of Jesus, is so important for a healthy spiritual life?

Look at the times in John 15:1-17 where Jesus uses the term "words" or "commands". What do you think he's trying to tell the disciples by using these words? Write your ideas below:

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# Handout: Word Search:
# Staying Connected - C

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

We stay connected to the heart of Jesus when we keep talking and listening to him.

What three terms does Jesus repeatedly use to describe our closeness to God in the following verses of John 15?

**9-10**

**11**

**14-15**

Why do you think he chose these different terms to describe our closeness to God?

Can you think of any other ways of describing this relationship that Jesus might have used if he was talking today?

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## Handout: Word Search:

# Staying Connected - D

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

We stay connected to the will of Jesus when we give up what we want to do - so that we can do what he wants us to do.

How many times is the word "if" used in John 15:1-17?

What do you think Jesus meant by using the word in this way?

Why is it so hard to let go of the things we want to do?

List some of the dangers of holding on to our own desires:

Why might we struggle with the idea of giving up our cherished activities so that we can do what Jesus wants us to do?

List some of the gifts that will come naturally to us when we do the things that Jesus wants us to do:

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## Handout: Word Search:

# Staying Connected - E

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

We stay connected with Jesus when we help him by loving and serving others.

What does Jesus say we must be willing to do when we serve others? (verses 12-13)

How convenient or easy do you think such service is in the way we live our lives today?

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# Handout: Word Search: Combined
# Staying Connected

Jesus describes our relationship with him as branches of a grape vine. His character can only flow into our lives when we're connected to him.

In John 15:1-17, Jesus reveals four connection points—points where we remain connected to him so that his character can continually flow into us.

Why do we need to be connected to Jesus?

What are some of the differences, that being connected to Jesus might make to our lives? (verse 8) Write down all your ideas:

We stay connected to the mind of Jesus through studying the Bible.

Why do you think studying the Bible, and especially the life and teachings of Jesus, is so important for a healthy spiritual life?

Look at the times in John 15:1-17 where Jesus uses the term "words" or "commands". What do you think he's trying to tell the disciples by using these words? Write your ideas below.

We stay connected to the heart of Jesus when we keep talking and listening to him.

What three terms does Jesus repeatedly use to describe our closeness to God in the following verses: 9-10, 11, 14-15

Why do you think he chose these different terms to describe our closeness to God?

Can you think of any other ways of describing this relationship, that Jesus might have used if he was talking today?

We stay connected to the will of Jesus when we give up what we want to do - so that we can do what he wants us to do.

How many times is the word "if" used in John 15:1-17?

What do you think Jesus meant by using the word in this way?

Why is it so hard to let go of the things we want to do?

List some of the dangers of holding on to our own desires:

Why might we struggle with the idea of giving up our cherished activities so that we can do what Jesus wants us to do?

List some of the gifts that will come naturally to us when we do the things that Jesus wants us to do:

We stay connected with Jesus when we help him by loving and serving others.

What does Jesus say we must be willing to do when we serve others? (verses 12-13)

How convenient or easy do you think such service is in the way we live our lives today?

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Lesson 3 -

## Family Discussion Card

When did you feel most closely connected to God? How did you feel and what happened?

What object or image helps you best, to understand the importance of staying connected with Jesus?

What difference do you think it would make to the world, if everyone stayed closely connected to Jesus?

What one thing would you like to do to improve your connection with Jesus?

Lesson 3 -

Family Discussion Card

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3

## Handout: Jesus and Me Journal Lesson 3

# Power Cut

Imagine that you have to live your life without any electricity for a month:

How would your life be different?

What would you miss the most?

After taking the time to think about the effect of living without electricity for a month, imagine what it would be like to live without the power of God for a month?

How would your life be different?

What would you miss the most?

What insights into your spiritual life has this exercise given you?

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3

Handout: Jesus and Me Journal Lesson 3

# Bible Study

## This week, spend some time each day looking at one or two of these questions based on John 15:1-17.

According to this Bible passage, what is the purpose of the vine and what does this mean for you?

How many times is the word “remain” used? To those of us who want to be his disciples what is Jesus trying to teach here?

It is possible to know the words of Jesus but still not be connected to him.
How is this possible, and how would you help someone in this situation?

Verse 8 says: ‘when we bear fruit, the Father is glorified.’ What does this mean?

Based on this passage, what would be your own definition of a disciple of Jesus?

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# 3

## Handout: Jesus and Me Journal Lesson 3
## Evaluating my Connection to Jesus

To help us strengthen our connection with Jesus in the future, and bear good fruit, it can be helpful to, every so often, evaluate our life with God. As always, we will ask the Holy Spirit to guide us in this process , because without him, we will not be able to see our spiritual condition clearly.

Take time to pray for the wisdom of the Holy Spirit as you think about your answers to the following questions:

What am I already doing that keeps me connected to the power of Jesus?

What else could I do that would improve my power connection to Jesus?

Do I need to talk to someone about something I have discovered?

What do I need to do in the future to strengthen my connection to Jesus?

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3

## Handout: Jesus and Me Journal Lesson 3

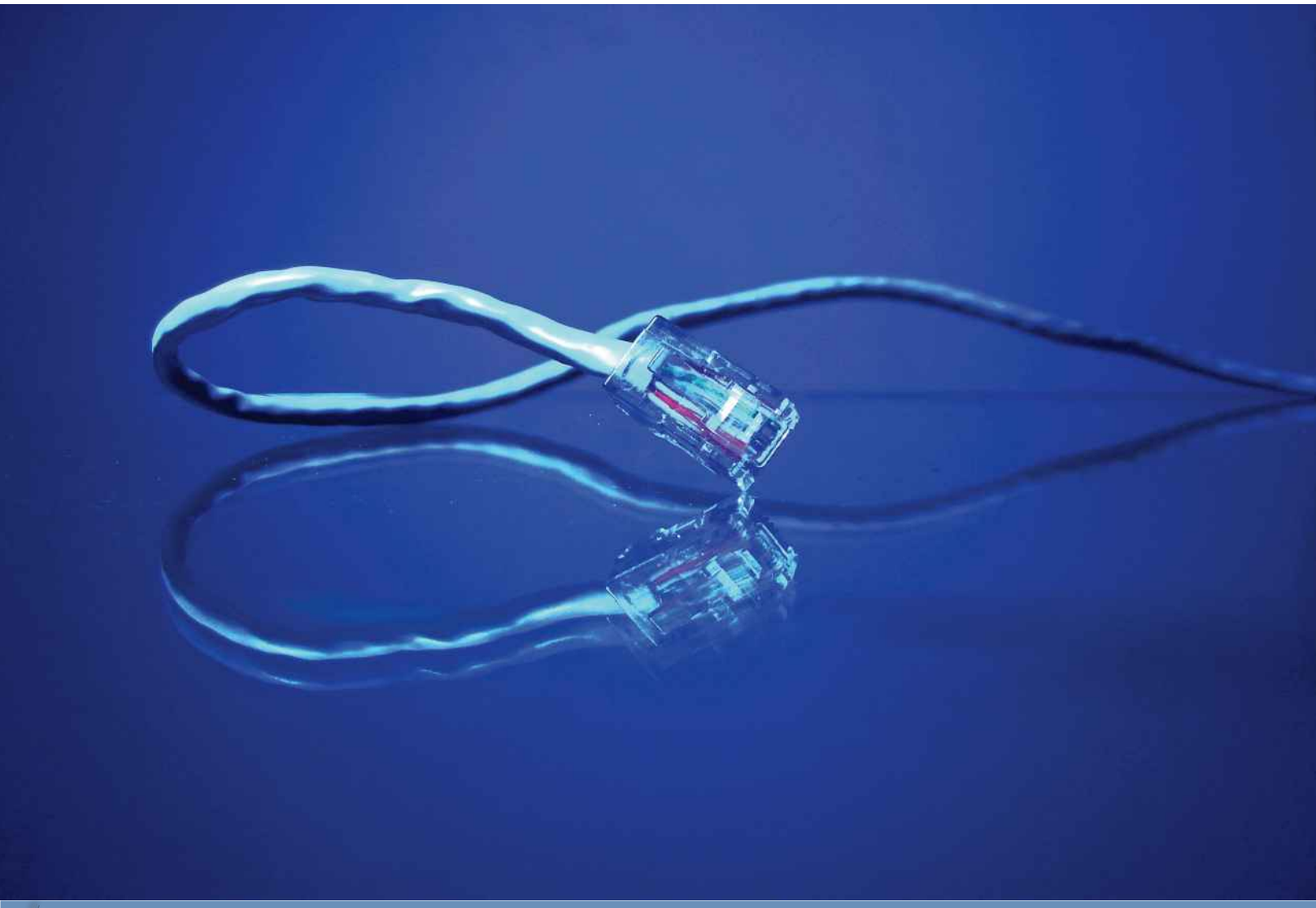
# Connection Experiment

As I have thought about my connection with Jesus I have felt inspired to do something different this week to increase my connection with him.

I am choosing to:

Signed: _____ Date: _____

At the end of the week, reflect on your connection experiment and write something about the difference your choice has made to the way Jesus is being reflected in your life.



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KID for Teens: Leader's Guide

# The Master Makeover

4

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about one way in which you have become a new creation since you have accepted Jesus. Perhaps a part of your character was transformed, or your thoughts, or attitudes. Or maybe the Holy Spirit has given you fresh gifts to use.

If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise, use the inspiration of your personal story to fill you with enthusiasm for today's session.

## You will need:

- Marker pens and felt pens

**Icebreaker:**

- A string of fairy lights with push-in bulbs. (See activity for more detail).
- Small envelopes – one per person

**Mission Possible:**

- Lay out the following items on tables so that families can easily find whatever they need for the activity.
- A collection of all kinds of interesting, clean
- and attractive junk and recycled materials
- Disposable cups, plates, bowls and straws, etc
- Containers filled with coloured paper, tissue paper, fabric scraps, pipe cleaners, etc
- Scissors – 1 or 2 pairs per group
- Staplers – 1 per group
- (Or ask families to bring scissors and staplers from home)

**Word Search:**

- Copies of the four different Word Search studies (A B C D). See activity for more details
- Two packs of larger-sized sticky notes in different colours.
- A flip chart with flip chart pad
- Draw a large, simple shape of a person (like a gingerbread person) on the flip chart paper or on a large piece of wall paper. Above the drawing of the person-shape write 'My New Identity in Jesus'.
- Copies of the Combined Word Search studies enough for one set per person

**Family Focus Time:**

- Cups and pure water or pure juice
- Family Discussion Cards - 1 card per family

**Praying Together:**

- Attractive thank-you cards (one per family)

**Jesus and Me (JAM) Session:**

- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Small pieces of mirror or mirror tile - one per person

## By the end of the session, the group members will:

- Know that when they choose to be friends with Jesus, they become a part of everything he is – his life and his identity.
- Feel the desire to experience a spiritual makeover - a free gift from Jesus.
- Respond by accepting a wonderful new identity through connecting with Jesus.

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# 4 KID for Teens: Leaders Guide: The Master Makeover

**Welcome and Prayer – 5 mins**

(If you have any posters of butterflies, a butterfly farm kit, or books about butterflies, you could use these during your introduction, or whilst people are arriving and settling down, you could play a DVD of butterflies).

## Say:

"We can see the power of transformation in God's creation when we watch tiny eggs hatch into caterpillars which turn into chrysalises and then into butterflies. Each of the creatures seem to have a different identity as it grows through its life-cycle. It is the miracle of God's re-creational makeover that transforms an egg into a clumsy, creeping, caterpillar. Another miracle turns the caterpillar into a dead-looking chrysalis, and then into a beautiful fluttering butterfly! If God can do that with a tiny insect, just think how he can transform you and me into the amazing people he created us to be!
Today we are going to explore how being connected to Jesus enables us to have a whole new identity."

**Icebreaker - 7 mins**

*You will need:*

1. Fairy lights with push-in bulbs. Make sure that there is at least one bulb per person. If you have a very large group use two or more identical strings of lights so that it doesn't matter into which string the bulbs are inserted.
2. Small envelopes – one per person
3. Place one bulb in each small envelope and hide these around your meeting room before the session.

- Tell the group that you have hidden small bulbs in envelopes all around the room.
- Invite everyone to search for one bulb and then come back to the centre where the string of empty sockets has been placed on a table. Do not plug the sockets into the electricity just yet.
- When everyone has found a bulb invite them to pair up with a friend.
- Ask them to tell each other: 'One way in which I would like to be transformed by Jesus is...' and then complete the sentence.
- After each person has spoken, they can push their bulb into one of the empty sockets.
- When everyone has finished speaking, and all the bulbs have been inserted into the sockets, plug in the string of lights and watch how a small piece of glass and wire can be transformed by light when the electricity flows through it. If the lights have any special effects, then run one or two of these to show that when we are all connected to Jesus, and when we all work in harmony, the effect is beautiful and amazing.
- Ask one or two people to share their thoughts about how being connected with Jesus gives us a new identity.

# 4 KID for Teens: Leaders Guide:
# The Master Makeover

**Mission Possible - 15 mins**

*You will need:*

1. A collection of all kinds of interesting, clean and attractive junk and recycled materials
2. Disposable cups, plates, bowls and straws, etc
3. Containers filled with coloured paper, tissue paper, fabric scraps, pipe cleaners, etc
4. Scissors – 1 or 2 pairs per group
5. Staplers – 1 per group (Or ask families to bring scissors and staplers from home)

- Lay out all the items on tables so that families can easily find whatever they need for the activity. Show the families the variety of junk that you have provided.
- Give families 5 minutes to work together to create something 'beautiful' or 'useful' from the heap of junk. (Or you could suggest that they create a caterpillar, chrysalis or butterfly from the materials you have provided.)
- Alert the groups when they have one minute left, so that they can work towards having a finished product.
- After 5 minutes of activity call the group back together and let each family show what they have made and explain what it is.

## Mission Possible Feedback

- From being involved in this activity, what did you learn about becoming a new creation?
- What did you learn about how Jesus can transform you into a new creation?

**Word Search – 25/35 mins**

*You will need:*

1. Copies of the four different Word Search studies (A B C D) so that you can evenly distribute the different studies between the pairs of participants - if you have twenty participants you need to have 10 copies of the studies – perhaps 3 A, 2 B, 3C, and 2 D so that you have a fairly even spread of topics.
2. Two different colours of larger-sized sticky notes – enough for everyone to have at least one sticky note of each colour – stick one of each colour to each of the Word Search study sheets.
3. Decide which colour will be for the 'I am' text summaries and which colour will be used for the 'I have' text summaries.
4. Provide extra sticky notes in the colour you have chosen for the 'I am' verse summaries – enough for each pair to have at least one sticky note in this colour.
5. Pens
6. A flip chart with large drawing of a simple shape of a person with heading 'My New Identity in Jesus'.
7. Marker pens
8. Copies of Combined Word Search studies – one set per person

- Prepare for the study by inviting the whole group to look up Romans 8:37-39 (Nothing can separate me from God's love) and 1 Thessalonians 1:4 (I am loved and chosen by God) and to work together in pairs to create a written summary that combines the meaning of the two texts. They can also find an object to illustrate the meaning, or draw a diagram or simple picture.
- Ask them to write or draw their summaries on the same colour sticky note that you are using for the 'I am...' text summaries.
- Invite them to come forward and stick their summaries inside the person drawn on your flip chart paper.

# KID for Teens: Leaders Guide:
# The Master Makeover

**I am loved - Pair Studies**

- Ask people to find a partner and give each pair one of the studies (A B C or D).
- Ask the pairs to spend five minutes looking up their texts and writing them in their own words on the sticky notes. They can start their sentences with 'I am...because' or 'I have...because'.
- They can also choose to draw a simple picture or diagram to illustrate the theme of their 'I am' and 'I have' verses.
- Or they can find an object that will illustrate the message of their verses.
- When everyone has completed the task and written or drawn on their sticky notes or found an object, invite them to come forward, one at a time, and read aloud what they have written, or show what they have drawn or found. Then let them stick their 'I am' notes inside the outline of the person and their 'I have' notes outside the outline.
- Objects can be collected in two piles on a table next to the flip chart.
- Finally, gather the group around the flip chart and objects for a time of discussion.

**Discussion Questions:**

- *Why do we need Jesus to give us a new identity?*
- *How do we connect to him so his power can change us from the inside?*
- *When you think about being transformed into a new creation, what scares you and what excites you?*
- *How do you think Jesus feels when we choose to be connected with him so he can give us a new identity?*

- Give each participant a copy of the combined set of Word Search sheets to take away.

**Family Focus – 10-15 mins**

*You will need:*

1. Drinks and cups for refreshments
2. Family Discussion Cards

- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card to pass around their circle. Each person can discuss a topics or answer one of the questions from the card. If they would prefer not to speak, they can also pass it to the next person.

**Praying together - 15 mins**

*You will need:*

1. Thank you cards and pens

- Invite each person to write a thank you note to Jesus.
- Ask them to consider the different things that they are, or have, when they are connected to Jesus. They can look back over their Word-Search sheet to remind them of these gifts.
- Ask each person to choose the one that is most meaningful to them at this moment in time, and to write a grateful sentence or two, for that specific gift, in the card.
- Let each family take their cards home as a prayer reminder.

**JAM Session (Jesus and Me) – 5 mins**

*You will need:*

1. One set of 'Jesus and Me' Journal Pages per participant

- Give each person the journal pages for Lesson 4.
- Play some reflective, peaceful Christian music, allowing them 5 minutes to begin this activity. They can finish working on this at home if necessary, and reflect on it during the week.

**Take-Away Menu (optional)**

*You will need:*

1. Small pieces of mirror

- Give each person a small piece of mirror tile or a small mirror.
- This is to remind them that the purpose of letting Jesus give us a spiritual makeover is so that we will reflect his image of love to the people around us.

**Closing Prayer**

# Word Search - My identity in Jesus - A

Find and read the following texts.

In your own words write or draw a summary of their main **combined** message in the spaces provided. Or you can choose to find an object that illustrates this message.

Then write or draw the summary of the 'I am...' texts on one coloured sticky note and a summary of the 'I have...' texts on the other sticky note (your group leader will tell you which coloured note to use).

## I am provided for

Hebrews 4:14-16

Romans 8:31-32

Summarise the overall message of these two texts with a sentence or a drawing:

## I have a new purpose

To glorify God by helping others to understand him and see who he really is - *John 15:8*

To help others to experience God's love through my kindness, thoughtfulness, forgiveness and generosity - *Ephesians 2:10*

Summarise the overall message of these two texts with a drawing or a sentence:

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# Word Search - My identity in Jesus - B

Find and read the following texts.

In your own words write or draw a summary of their main **combined** message in the spaces provided. Or you can choose to find an object that illustrates this message.

Then write or draw the summary of the 'I am...' texts on one coloured sticky note and a summary of the 'I have...' texts on the other sticky note (your group leader will tell you which coloured note to use).

## I am secure and safe

Ephesians 1:7-8

Romans 8:1-2

Ephesians 1:13

Summarise the overall message of these three texts with a sentence or a drawing:

## I have a new family

John 1:12

Romans 12:5

Summarise the overall message of these two texts with a drawing or a sentence:

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# Word Search - My identity in Jesus - C

Find and read the following texts.

In your own words write or draw a summary of their main **combined** message in the spaces provided. Or you can choose to find an object that illustrates this message.

Then write or draw the summary of the 'I am...' texts on one coloured sticky note and a summary of the 'I have...' texts on the other sticky note (your group leader will tell you which coloured note to use).

## I am valued

Deuteronomy 14:2

2 Corinthians 3:18

Summarise the overall message of these two texts with a sentence or a drawing:

## I have new responsibilities

2 Corinthians 5:20

1 Peter 2:9

1 Corinthians 3:9

Summarise the overall message of these three texts with a drawing or a sentence:

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# Word Search - My identity in Jesus - D

Find and read the following texts.

In your own words write or draw a summary of their main **combined** message in the spaces provided. Or you can choose to find an object that illustrates this message.

Then write or draw the summary of the 'I am...' texts on one coloured sticky note and a summary of the 'I have...' texts on the other sticky note (your group leader will tell you which coloured note to use).

## I am empowered (God gives me the skills)

John 17:20-22

Philippians 4:13

Summarise the overall message of these two texts with a sentence or a drawing:

## I have a new future

Romans 8:28

1 Peter 1:3-4

Summarise the overall message of these two texts with a drawing or a sentence:

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Look up the different sets of texts and write them in your own words in the spaces provided. You can also draw something that illustrates the verses for you, or find an object that helps you to summarise their meaning.

# I am...

**1: I am loved**
Nothing can separate me from God's love.
*Romans 8:37-39*

I am loved and chosen by God.
*1 Thessalonians 1:4*

**2: I am secure and safe**
I am forgiven because God is full of grace towards me.
*Ephesians 1:7-8*

God doesn't condemn me for my past sins. *Romans 8:1-2*

His Holy Spirit marks me as special to God. *Ephesians 1:13*

**3: I am valued**
I am God's treasured possession.
*Deuteronomy 14:2*

I am being transformed and I am becoming more like God.
*2 Corinthians 3:18*

**4: I am empowered**
God lives in me as Jesus lives in the Father and the Father lives in Jesus.
*John 17:20-22*

I can do everything that is in God's plan for me because he will give me the ideas, the strength, and the courage.
*Philippians 4:13*

**5: I am provided for**
I have a direct connection to God and I can tell him everything I need.
*Hebrews 4:14-16*

The God who died to save me will also provide everything else I will ever need, because he loves me so much.
*Romans 8:31-32*

# I have...

**6: I have a new purpose**
To glorify God by helping others to understand him and see who he really is.
*John 15:8*

To help others to experience God's love through my kindness, thoughtfulness, forgiveness and generosity.
*Ephesians 2:10*

**7: I have a new family**
I am a child of God and a member of heaven's family.
*John 1:12*

I am a member of God's family on earth, his church.
*Romans 12:5*

**8: I have new responsibilities**
I am an ambassador for God's kingdom.
*2 Corinthians 5:20*

I am a royal priest for God.
*1 Peter 2:9*

I am a co-worker with God.
*1 Corinthians 3:9*

**9: I have a new future**
Everything in my life works together for good.
*Romans 8:28*

I have an inheritance in heaven.
*1 Peter 1:3-4*

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Lesson 4 -

## Family Discussion Card

What transformations in nature fill you with a sense of wonder?

What changes would you most like Jesus to make in your life?

One of the challenges of letting Jesus transform you might be...

Describe a transformation by Jesus that you have seen in your life, or someone else's life.

Lesson 4 -

Family Discussion Card

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# 4 Jesus and Me: Journal Lesson 4:
# The Master Makeover: Who am I?

Where do you get your identity from? What makes you the person you are? Is it who you know, what you know, what you can do, what you wear, what you have?

When we choose to follow Jesus and become a Christian we are 'born again'. This means we become a new person; the person God believes us to be, not the person other people believe us to be.

On the next page is a short survey to help you explore your identity in Jesus. It is helpful to think about the questions carefully and answer them honestly, because sometimes it is hard for us to understand how wonderful our life is when we have this new identity from God.

If you find some things about yourself hard to accept, don't worry, this is quite normal. It's very helpful to wonder why Jesus' truth about you is so hard to believe at times. Ask yourself what is preventing you from seeing yourself as God sees you, and having the identity he wants you to have. Once you understand what might be getting in the way, you can ask God to help you and you can be sure that he wants to answer your prayers.

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# 4 Jesus and Me: Journal Lesson 4: The Master Makeover: Who am I?

Look at the statements below and place an x on the line to show what you really think about yourself. Be as honest as you can be and then pray that God will help you to grow towards the identity he has already provided for you.

| | | |
|---|---|---|
| **I feel most loved when:** I know I am loved by friends or family | _____ | I know that God loves me |
| **I feel most secure when:** I know I am accepted unconditionally by God | _____ | Other people like me |
| **I feel valued when:** Other people think I am really special | _____ | God thinks I am really special |
| **I feel most confident when I rely on:** God's power | _____ | Myself |
| **The one who is going to take care of me is:** Me | _____ | God |
| **The purpose of life is to:** Honour God | _____ | Enjoy myself |
| **The most important responsibilities in life are:** Those that have to do with God's kingdom | _____ | Looking after my own needs |
| **When I think about the future:** I know God is working everything out for my good at all times | _____ | I feel scared |
| **I live mostly by:** | | |
| Faith | _____ | What I can see |
| An experience of God | _____ | The theory of God |
| Giving up things for God | _____ | Getting things for myself |
| Obeying God | _____ | Knowing about God |
| Relying on Jesus | _____ | Doing things myself |
| Serving others | _____ | Serving myself |
| A relationship with God | _____ | Following rules |

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4

# Jesus and Me: Journal Lesson 4:
# The Master Makeover: Who am I?

## My time with God

Each day choose one of the texts on the Word Search sheet for this week and spend time thinking about what that verse means to you personally.

Write down how you feel about your new identity in Jesus, or what you would like to do in response to who you are and what you have in Jesus.

Look back over your answers. Are there any questions or answers that have surprised you about your identity? Anything you need to do? Anything else you want to ask someone about or discover for yourself? Anything you need to pray about?

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Kids In Discipleship
Trans-European Division

KID for Teens: Leader's Guide

# Reflecting Jesus: The Big Picture 7

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about an occasion when something happened in your life that didn't make sense at the time, but, later on, you could see how God had perfectly arranged the events as part of his overall plan for your life.

If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

## You will need:

- Marker pens/felt pens and pencils
- Paper

**Icebreaker:**

- Large Jigsaw puzzle of the world (or a nature scene or Bible Story scene). Must have enough pieces for one per person. (See activity for further information).
- Copy a set of the Jigsaw Icebreaker questions for each pair of people.

**Word Search:**

- Copies of group Bible study sheets for each person in each of the seven groups to have their own study sheet.
- Make large posters or jigsaw shapes, each printed with the number and title of one of the seven pieces of the Big Picture.
- Purchase tiny, brightly-coloured sticky notes in four colours - yellow, green, orange and pink – enough for each person to have one of each colour.
- Make one copy of the Combined Bible study sheets for each person

**Family Focus Time:**

- Drinks and cups for refreshments during the Family Focus time.
- Copy the Family Time Line instruction and prayer cards onto card and cut them apart. You will need one card for each family.
- 1 metre from a roll of white drawing paper (from a children's educational toy and craft shop – try the Early Learning Centre in the UK). Alternatively, use a length of wall lining paper.

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- A4 sheets of red acetate cut into A5 pieces (or smaller if necessary)
- Scissors

## By the end of the session, the group members will:

- Know that their lives are an important part of God's bigger picture and his plan for the entire universe.
- Feel a confident trust in God as they understand the plan of salvation, and their special place in it.
- Respond by participating with the Holy Spirit in God's plan of re-creating them in his perfect and loving image.

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# 7 KID for Teens: Leaders Guide:

# The Big Picture

**Welcome and Prayer – 5 mins**

## Say:

"The Bible was written by more than 40 people over 1500 years. The authors were shepherds, kings, fishermen, doctors, peasants, poets, songwriters and government officials. But together they tell one story. Just as a picture on your computer is made up of thousands of tiny coloured dots, so all the parts of the Bible story build up a bigger, clearer and more colourful picture of God and his character.

When we start to understand the bigger picture of the way God is working to make our messy world and our lives as beautiful and perfect as they were in the beginning, then we can also begin to make sense of our place in God's eternal plan. Understanding our place in God's plan gives our lives an amazing sense of purpose and beauty. Our trust in God grows when we realise how perfectly God is working through us, even when we make mistakes, and even though we don't know everything the future holds for us."

**Icebreaker**

- Find a large jigsaw of the world (or a jigsaw of a nature or Bible story picture) that has at least enough pieces for every person in your group to have one piece each. If possible, look for a large-scale floor jigsaw with a design that isn't too childish. Try looking in educational children's toy shops, or a Christian book shop that sells children's jigsaws.
- Alternatively, find a coloured picture of the world on the Internet, or in a book, and enlarge it to A3 on a colour copier.
- Copy it onto a sheet of A3 card (or copy it onto A3 paper and then stick the paper onto a sheet of card). Turn the card over and draw a jigsaw-type design on the back of the card that will give you at least one piece of jigsaw for each person in the group. To help you plan the layout, start by drawing a faint pencil grid of the number of squares you need for your group. Then draw the jigsaw shapes using the grid as a guide. Cut the picture apart along the lines you have drawn.

**Icebreaker Activity - 12 mins**

*You will need:*

1. Jigsaw - prepared as per instructions on left
2. A set of the Jigsaw Icebreaker questions for each pair of people.
3. Paper
4. Pencils
5. Pens

- Give every person in the group a piece of jigsaw, a sheet of blank paper, and a pencil.
- Ask them to pair up with someone else and guess the design that will be on the completed jigsaw based on the two pieces of jigsaw that they have. Ask them to draw their 'guessed' design.
- Then invite everyone to come together to make the jigsaw.

- When the jigsaw has been completed ask people to show their 'guessed' designs and to compare them with the completed jigsaw.

- Ask the group members to return to their original partner.
- Distribute the Jigsaw Icebreaker questions – one copy per pair – and ask them to discuss the questions together.
- After they have discussed the questions in pairs, invite some group feedback.

# 7 KID for Teens: Leaders Guide:
# The Big Picture

**Word Search – 35/45 mins**

*You will need:*

1. Paper
2. Pencils
3. Pens
4. Scissors
5. Copies of group Bible study sheets for each person in each of the seven groups to have their own study sheet.
6. Large posters or jigsaw shapes, each printed with the number and title of one of the seven pieces of the Big Picture.
7. Tiny, brightly-coloured sticky notes in four colours, yellow, green, orange and pink, enough for each person to have one of each colour.
8. A copy of the Combined Bible study sheets for each person

**Say:** 'The Big Picture of God's work in the world can be divided into seven smaller (but still very big) jigsaw pieces. We are going to break into seven groups and explore one of the different jigsaw pieces. Then we will bring our discoveries back to the main group and creatively present them to everyone else.'

- Hand out the work sheets.
- (If you are working with only a few people – give each small group two or three of the seven studies and ask them to write a summary of each study on a large sheet of paper or card that has been cut like a jigsaw piece. Remind them to number and title their piece so that you can easily arrange them in the correct order. Then stick them on the wall where everyone can walk around and read the description of each jigsaw piece in the bigger picture of God's plan of salvation.)

**Coming together**

- Call people back to the larger group. Invite each group to share their insights and presentations about their 'puzzle pieces' in whatever way they wish.
- As they do so, stick seven large sheets of paper along a wall, each one printed with the number and title of a puzzle piece (it is neatest if this can be printed on a computer so that it looks tidy and professional). For extra interest you could cut these out of large sheets of card, to make seven interlocking puzzle pieces, and then add the printed titles.

- *(Optional) After every group has presented their discoveries, give each person four different-coloured mini sticky notes in yellow, green, orange and pink (or use different coloured star stickers or felt pens). Ask them to stick their sticky notes onto one of the seven big puzzle pieces according to the way they would answer the following questions. Stress that there are no correct answers because they are just about their personal thoughts today:*
  - Yellow - Which of the puzzle pieces of God's Big Picture do I like the most?
  - Green - Which puzzle piece do I think is the most important one?
  - Orange - In which of the puzzle pieces do I see myself, personally, today?
  - Pink - Which of the puzzle pieces do I think could most easily be left out of the picture?
- This part of the activity is about personal reflection and you do not need to draw attention to the responses or discuss them as a group.
- Transition to the Family Focus time.

**Family Focus Time - 10/15 mins**

*You will need:*

1. Drinks and cups for refreshments during the Family Focus time.
2. Family Time Line and Prayer instruction cards - one per family.
3. 1 packet of marker pens for each family
4. 1 metre of white drawing paper

- Request everyone to re-assemble into their family groups, collecting a drink and activity supplies on the way.
- Give each family a 1m length of white paper; a packet of felt-pens and a Family Time Line instruction card.
- Give the families ten minutes to create a simple time-line for their life as a family over the last year. Invite them to mark the times when God guided them in special ways, answered their prayers or encouraged them. They can also add the celebrations and the sad times and the ways in which God comforted them. It is up to them to include whatever they like on their time-lines, but every person in each family group needs to be involved in the activity.
- Let them take their time-lines home with them.

**Family Prayer Time - 10 mins**

- Invite each person in the family to thank God for one of the moments in the last year that has been included on their time-line.
- Ask God to help you see your family life from his perspective.
- Thank God for walking alongside your family in the past year.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*

1. One copy per person of the journal pages

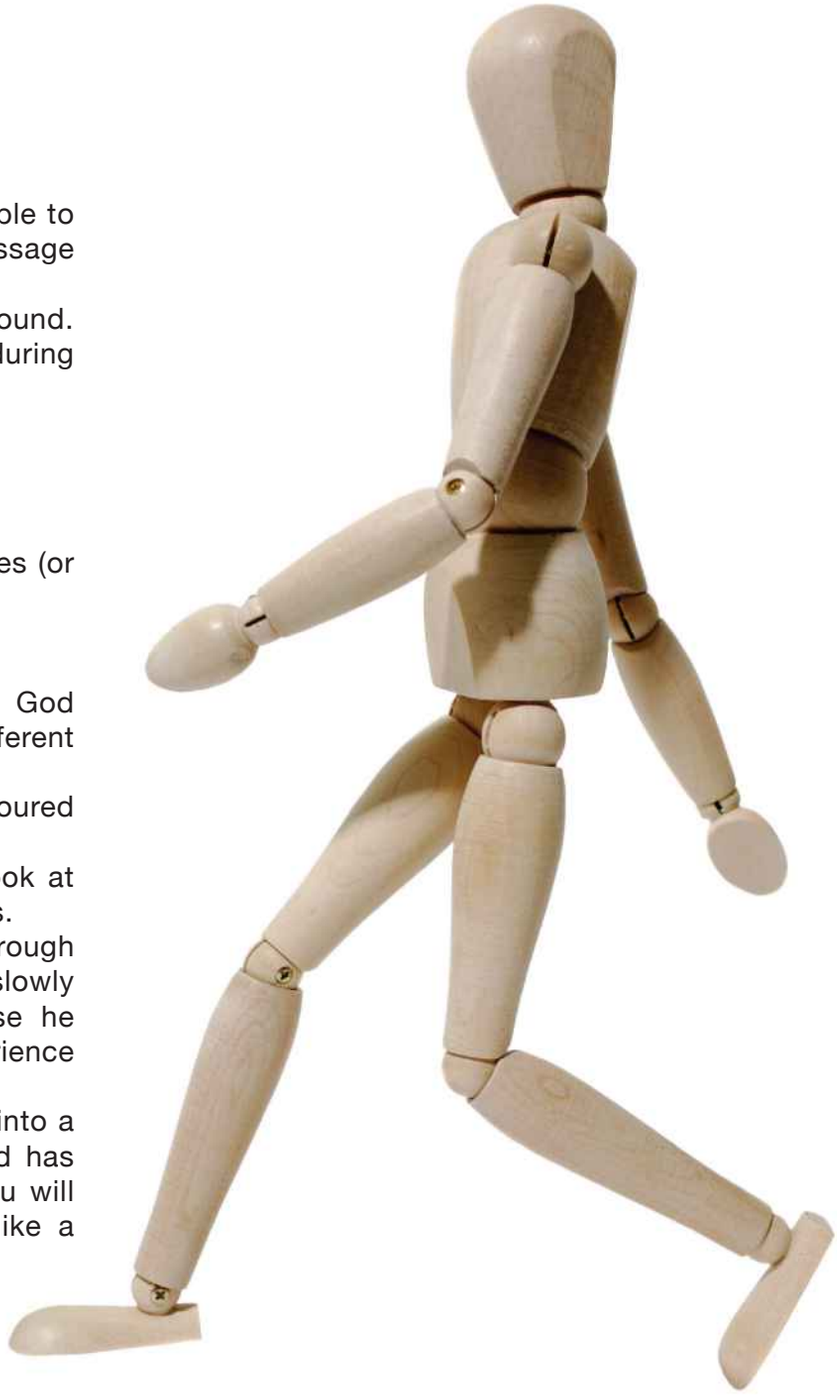
- Give out the journal pages and invite people to spend a few moments reading the Bible passage and starting on one of the activity ideas.
- Play some soft praise music in the background.
- Encourage them to follow up the activity during the week.

**Take-Away Menu**

*You will need:*

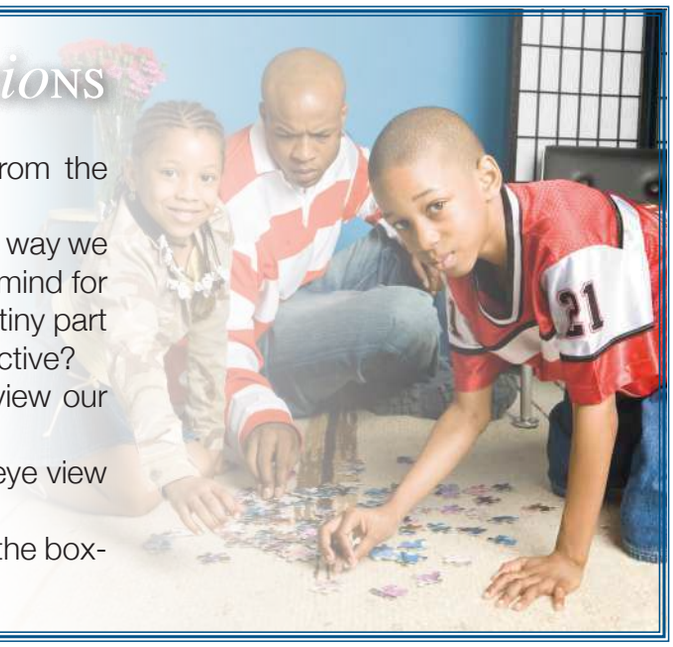
1. A4 sheets of red acetate cut into A5 pieces (or smaller if necessary)
2. Scissors

- In conclusion, remind the group that God looks at the world and eternity from a different perspective than we do.
- Give each person an A5 piece of red-coloured acetate (OHP film).
- See how everything changes when we look at the world through a different coloured lens.
- God looks at us and his plans for eternity through the lens of his magnificent love. He is slowly working things out for the best because he wants as many people as possible to experience his love and love him and others in return.
- Take your piece of red acetate and cut it into a shape that will help remind you that God has a different perspective to you. Maybe you will choose a heart shape, or a long strip like a bookmark, or the shape of an eye.
- Keep the shape in your Bible or faith box.



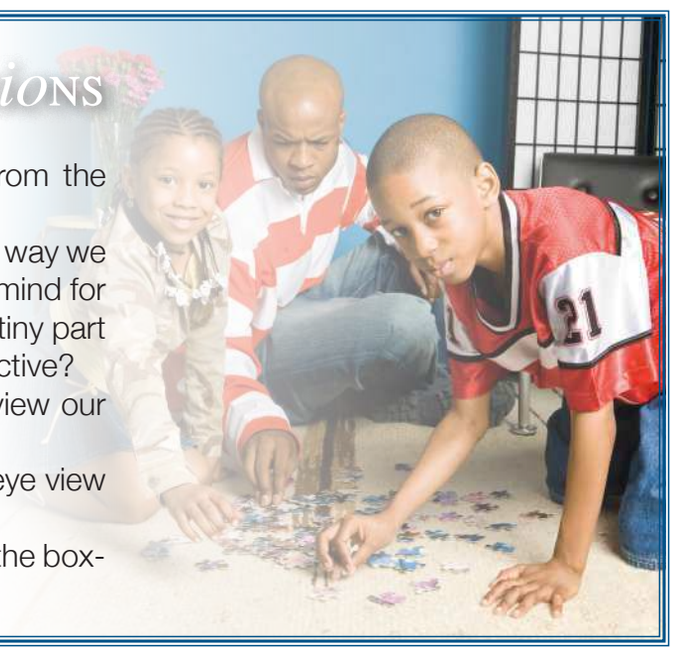
**Closing Prayer**

## Icebreaker Jigsaw Questions



1. How was your 'guessed' picture different from the completed jigsaw?
2. What can we learn from this activity about the way we try to guess at the bigger picture God has in mind for the universe, even though we can only see a tiny part of the overall picture from our human perspective?
3. What mistakes might we make if we don't view our lives and world from God's perspective?
4. What are the advantages of having a God's eye view of eternity?
5. How can we discover more of the picture on the box-lid of God's universal and eternal jigsaw?

## Icebreaker Jigsaw Questions



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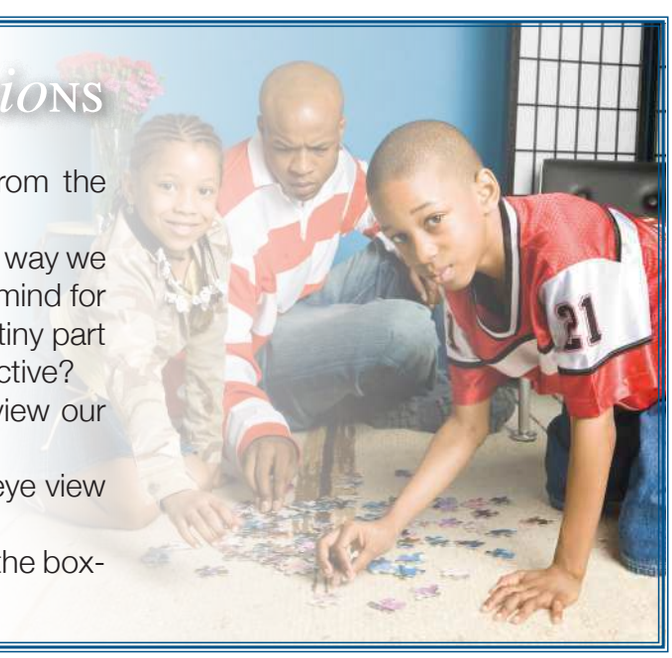

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# The Fall of Satan and his Angels from Heaven

*Satan wanted to be like God. Because of his pride, Satan started a war in heaven to try and overthrow God and his government. Satan and one third of the angels had to leave heaven because they chose to live in ways that broke God's law of love. God created human beings in his own image (to look like him) and with his own character (to love like him) because he wanted to share his love with us. When Satan saw God's love for the people he had created, Satan became even more angry and proud. He decided to take revenge on God by hurting the human race as much as he possibly could, and by destroying the beautiful and perfect things that God had created. Satan and his angels are invisible to us, but they are at work all around us. We can see the terrible effects of their actions every day.*

Look up the following verses and summarise them in your own words in the spaces provided:

Isaiah 14:12-15

Ezekiel 28:14-17

Revelation 12:7-9

Ephesians 6:10-12

What have you learned about God's character by exploring this piece of the puzzle?

How would you like to present your discoveries to the rest of the group (as a mini-drama, a picture, a diagram, by reading your Bible verse summaries, etc)?

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KID for Teens: Handout: The Big Picture

# Word Search - Puzzle Pieces

## Creation

*God wanted human beings to be like him, so he created us to look like him and to have his character of perfect love. God enjoyed making our world and everything he made was exquisitely beautiful. At the end of every day of creation, when he looked back at what he had made, he was completely delighted. God described everything that he had created as 'good'. The whole universe shared in God's happiness as he carefully made a special place for us to live.*

Look up the following verses and summarise them in your own words in the spaces provided:

Genesis 1:26-27

Genesis 1:31

Job 38:4-7

Psalm 104

What have you learned about God's character by exploring this piece of the puzzle?

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# Word Search - Puzzle Pieces

## The Fall of Man

*Soon after creation, Eve went to the Tree of the Knowledge of Good and Evil. She disobeyed God and went there even though God had told her not to go anywhere near the tree. He knew that eating the fruit could unlock a terrible kind of poison on the earth, the poison of sin. While she was looking at the tree Satan, disguised as a beautiful and persuasive creature came and tempted her to disobey God and eat the fruit of the tree. Once Adam and Eve had disobeyed God they suddenly became ashamed of their nvaked bodies. Their sin had broken God's character of perfect love in their hearts. The glory that had once covered them in pure light had disappeared. They were beginning to experience the effects of their disobedience, they were beginning to die. When God came to visit them he found them hiding in the bushes, afraid and ashamed. With great sadness in his heart he killed an animal to help Adam and Eve understand what it meant to die, and then he made them clothes from the animal's skin, to help cover their shame.*

How could they, and all their children, be rescued from the effects of their sin?

Genesis 3:1-12

What have you learned about God's character by exploring this piece of the puzzle?

How would you like to present your discoveries to the rest of the group (as a mini-drama, a picture, a diagram, by reading your Bible verse summaries, etc)?

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# Word Search - Puzzle Pieces

## Salvation

*Whenever there is sin, death has to follow: sin = death. This is a natural law of the universe, and because we have all sinned, this natural law condemns us to die forever. But God loved us so much that he sent the part of himself that is Jesus to die in our place, and to break the power of the natural law, that sin = death. Jesus took the punishment that we deserve and he broke the law of death for all of us who trust that he died on the cross in our place.*

*God's heart was broken when sin separated us from him. He longs to be fully together with us again, just as he was when Adam and Eve were first created. He is so happy when any of us choose to trust in his plan of salvation – to trust in the death of Jesus for our sins - that there is a celebration in heaven!*

*As soon as we choose eternal life rather than eternal death, we invite God to begin working in our lives straight away. Gently and carefully he recreates in each one of us his loving image and thoughts, slowly developing the character that Adam and Eve lost in Eden. He works patiently and slowly, like an artist restoring a valuable old painting. But we are worth far more than an old picture! Just as God clothed Adam and Eve in the skin of a dead animal, he is re-clothing us. But this time he is dressing us in the pure righteousness and perfection of Jesus; the clothing of heaven.*

Explore the following verses:

- Isaiah 53:4-6
- Romans 6:23
- Romans 3:21-24

What have you learned about God's character by exploring this piece of the puzzle?

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# Word Search - Puzzle Pieces

## Judgement

*Nobody can tell who is truly saved except God. Satan has tried to accuse God of being unfair and unjust ever since he battled against God in heaven. So God wants to hold an open judgement of his character, where the whole universe can see that the choices and plans that he made are right, good and fair. It is our trust in Jesus that saves us, but Jesus also makes it clear that we are judged according to the way we are open to the work of the Holy Spirit in our lives. Once we accept the gift of Jesus' salvation, we also choose to be part of the Holy Spirit's process of transforming our characters, so that the perfect image of God can be re-created in our lives.*

Look up the following verses and summarise them in your own words in the spaces provided:

Romans 14:10-12

Daniel 7:9-10

Matthew 25:31-46

Ephesians 6:10-12

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# The Second Coming

*Jesus promised us that he would come back to earth, and that he would come in person, just as he came here more than 2000 years ago. But this time the event will be so spectacular that everyone will see him return. When he comes, everyone who has been growing the character of God in their lives will be transformed, in 'the twinkling of an eye'. At that moment they will find themselves re-created with God's perfect character and re-clothed with his glory, just like Adam and Eve at the moment of their creation.*

Look up the following verses and summarise them in your own words in the spaces provided:

John 14:1-3

Acts 1:9-10

Matthew 24:24-27

1 Corinthians 15:35-55

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KID for Teens: Handout: The Big Picture

# Word Search - Puzzle Pieces

## The Destruction of Satan and his followers, and the Re-creation of the Earth

*After 1000 years with Jesus in heaven, we will judge Satan and all the angels and humans who chose to follow him. When their judgement has been announced, God will destroy the earth with fire, to purify it completely. Then he will re-create it, in just the way he intended it to be when he created earth the first time. Then we will live on the earth again, peacefully, perfectly and safely. All our relationships will express the loving character of God, and we will grow more like Jesus, every day, forever and ever.*

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Revelation 20:7-15

Revelation 21:1-5

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# 7 KID for Teens: Handout: The Big Picture
# Word Search - Combined Studies

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# KID for Teens: Handout: The Big Picture
# Word Search - Combined Studies

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Lesson 7 -

## Family Time-Lines

You have ten minutes to create a simple time line of your life as a family over the last year. Mark the times when God guided you in special ways; answered your prayers or encouraged you. Add your celebrations and your sad times and the ways in which God comforted you. You can include whatever you like on your spiritual time-line. Involve everyone in your family in this activity.

## Praying together

Invite each person in the family to thank God for one of the moments in the last year that has been included on your time-line. Ask him to help you see your life as individuals, and as a family, from his perspective.

Thank him for walking alongside you all during the past year.

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7

# Jesus and Me: Journal Lesson 7
# The Big Picture

## Read Revelation 21-22

Then imagine you are looking at your life, now, from God's perspective.

Choose one or two of the following options:

Write a letter to yourself from God summarising his hopes for you. Write some words encouraging you to invite the Holy Spirit to work with you to re-create an area of your character that needs some careful restoration.

Draw one picture or diagram of a life lived without God and another picture or diagram of a life in harmony with God.

Imagine that you are God, looking down on your life from his perspective, through his love-tinted glasses. Write or draw what he might be seeing when he looks at you with love and grace today, as his precious son or daughter.

Create a time line of your personal life. Mark out each year and its significant events. Plot your closeness to God, and plot his closeness to you (he is always right there with you). Add stars for celebrations, answers to prayers, and moments of wonder and happiness. Add a symbol of your choice for the sad, lonely, challenging and difficult moments. Add Bible promises that encouraged you along the way. Look for the ways that God has been working in your life all along and thank him for those times. Pray about the parts of your life that still feel sad, hurt or confusing and ask him to show you where he is in those parts, too. Know that you can always trust him.

Make a collection of objects, pictures or poetic verses that illustrate the seven different puzzle pieces in God's Big Picture jigsaw:

1. The Fall of Satan from Heaven
2. The Creation of the Earth
3. The Fall of Man
4. God's Plan of Salvation through the death and resurrection of Jesus
5. The Judgement
6. The Second Coming
7. The Destruction of Satan and the Re-creation of the Earth

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KID
Kids In Discipleship
Trans-European Division

KID for Teens: Leader's Guide

# Reflecting Jesus: Exploring Forgiveness 8

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.
4. Find someone to act as a priest in the Sanctuary.

## Leadership Personal Preparation:

Think about a time when you sinned and were forgiven. Think how bad you felt after you had sinned and how wonderful it felt to know that you have been forgiven again. If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

## *You will need:*

- Marker pens/felt pens

**Family Focus Time:**

- Family Discussion Cards - 1 card per family

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Tub of bubbles - one per person

For simplicity, the preparation for the different forgiveness experiences will be included with each activity. It is vital that you include the Sanctuary activity. Then include as many of the other activities as is practical. You will need to provide activities for those waiting their turn to enter the Sanctuary, as well as for those who have been through the Sanctuary.

It is helpful to provide enough instruction cards and materials for more than one person to do an activity at a time, so think about the size of your group when you plan this special event. Play some soft, worshipful music in the background so that people feel comfortable in the quietness.

## By the end of the session, the group members will:

- Know that God's gift of forgiveness is freely available to us when we ask for it.
- Feel the peaceful happiness in their lives that comes from being totally forgiven by God.
- Respond by accepting God's gift of forgiveness on a daily basis so that they can grow more like him every day.

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Trans-European Division

# 8 KID for Teens: Leaders Guide:
# Exploring Forgiveness

**Special Note**

This is a totally different session from the previous ones. Forgiveness will be experienced by walking through the stages of the Sanctuary service and also by exploring other activities that demonstrate different aspects of forgiveness. These experiences, like the Sanctuary process, are living parables of God's forgiveness; object lessons if you like, that can help the group members to deepen their understanding of God's forgiveness and what it can mean in their lives.

God knows that we learn best when we are actively involved in the learning process and he used this knowledge when he created the design for the tabernacle and its services. God used the different things that were available to the children of Israel in the wilderness when he wanted to teach them about his plan of salvation. In the 21st Century we can add other activities, from the materials we have around us today, to help us understand his plan of salvation.

The best gift of forgiveness is the miraculous restoration of our relationship with him. There really is nothing that can separate us from his love. He has done everything he can to save us. Now we need to do our part by recognising our need for forgiveness and following the simple steps he's provided for us to follow.

**Welcome and Prayer – 5 mins**

## Say:

"Today our session will be very different from the previous ones. We want to understand the process of forgiveness and how we can receive the gift of forgiveness that God has given us through the death of Jesus on the cross. He was willing to be an obedient sacrifice so that we could become pure and sinless again, just like him.

So today we will walk through the tabernacle service, one at a time. While we are waiting for our turn, or after we have been through the process, we can explore a variety of activities to help us understand some different aspects of forgiveness.

Feel free to try the different activities. Don't just read the cards; get involved, just as the Israelites would have become actively involved in the tabernacle service.

We will have 40 minutes of time to explore the activities and then we will meet in our family groups to talk about our experiences.

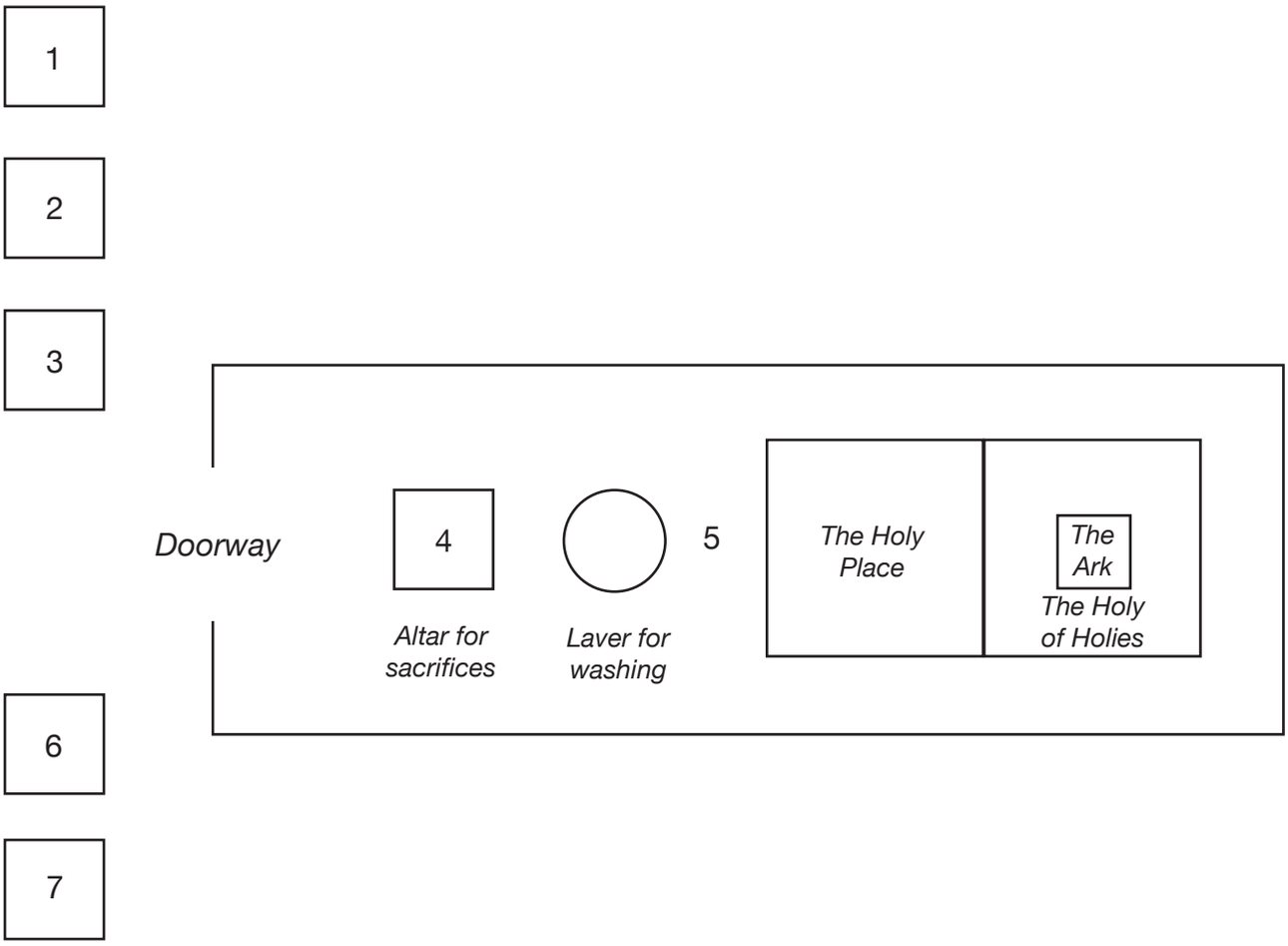
All of us make mistakes; hurt others; hurt God; and break God's commandments in lots of ways, every day. Every time we sin we cut ourselves off from God. Forgiveness is a special gift from God that takes away our sins and brings us close to him again. His forgiveness makes us sinless again, so that we can keep on becoming more like him."

**Pray, mentioning the session goals.**

# KID for Teens: Leaders Guide:
# Exploring Forgiveness

**Forgiveness Activities - 50 mins**

Set up one room, or part of a larger room, as a Tabernacle Sanctuary according to the diagram below. Each number represents the space or table where each part of the process takes place – see numbered activity and instruction cards below.




**1. I recognise my sin**

- Provide a copy of the Ten Commandments in an attractive, contemporary format – to illustrate that they are still relevant today.
- Make copies of the instruction card (see photocopiable handout) and place them on a table with the Ten Commandments.

**2. I remember that God loves me**

- Provide a stack of cosy quilts or blankets.
- Provide a copy of the instruction card (see handout).

**3. I decide to trust in God's forgiveness**

- Provide a stack of pictures of perfect calves and sheep, in colour if possible. You can find these on the Internet. Adjust the pictures so that each one fills an A4 sheet of paper.
- Provide an instruction card.
- Place these items near to the door of the room or space that you have designated as a tabernacle.

**4. I repent of my sin and offer my sacrifice**

- Provide a small table covered in red cloth for an altar.
- Place a red marker pen on the table.
- Provide an instruction card.

**5. I place my faith in Jesus to take away my sin**

- Provide a person to be the priest who will accept the scraps of red paper and take them into the Holy Place. The paper scraps are then placed on the floor before the curtain of the Holy of Holies. This would have been done out of the sight of the participants, so the priest must tell each person what he will do with their red scrap of paper.
- Provide an instruction card.

**6. I thank God**

- Set up a table and chair where people can sit down and write.
- Provide a selection of attractive thank you cards and quality writing pens so that participants can write a thank you card to God.
- Provide an instruction card.

**7. I respond and choose to act differently in the future.**

- Prepare a card for the participants to read.

**Confessing different things**

Collect together the following things:

- Something to represent God – such as a Bible, or a picture
- A selection of dolls representing people of different nationalities
- A mirror
- A globe
- Printed signs saying 'I am sorry for hurting God', 'I am sorry for hurting other people', 'I am sorry for hurting myself', 'I am sorry for hurting the world'
- Set the four different sets of items around the four sides of a table. Place the appropriate signs next to each group of objects.
- Copy an instruction card.
- Place the instruction sign in the middle of the table. Make more than one instruction sign if you have a larger group or if you think it would be useful.

**Pray-dough confessions**

Buy a large bucket of white 'Model Magic' (This is made by Crayola and is available from good craft and toy shops and www.bakerross.co.uk)
If you can't find Model Magic, make a large batch of white play-dough according to the following recipe.
Place an instruction card on the table, alongside a bowl of play dough or modelling materials.
Cover the dough with cling-film (plastic wrap) so that it doesn't dry out.

**Play Dough**
2 cups plain white flour
1 cup table salt
2 tablespoons oil
2 cups water
2 tsp cream of tartar – this is important for helping to preserve the dough

Add everything to a heavy bottomed pan. Heat gently and keep mixing well until everything turns gooey. As soon as the mixture starts to come away from the sides of the pan, it's ready. It's important to cook this mixture just right or it will be too runny or too stiff. Knead well, and leave to cool. Keep in a plastic bag in an airtight container, and it will last for months. If you need a larger quantity, make it in several batches of the same recipe as larger amounts are hard to stir well.

# Other Creative Prayers for Forgiveness

**Salty Prayer**

- Fill a dish with free-running salt, sand, or small grains.
- Copy the instruction card.
- Place all these items on a small table.

**Bubble Prayer**

- Provide some individual bubble tubs with wands.
- Copy the instruction card.
- Place all these items on a small table.

**Washed Away Prayer**

- Prepare some small squares of white cotton fabric. They can be torn or cut.
- Provide some special water-soluble ink pens from sewing supply stores.
- Fill a medium-sized bowl with water.
- Copy an instruction card.
- Place all these items on a small table.

*Alternatively – If you do this activity outside you can invite group members to choose a dirty stone. Then they can wash the stone clean again as a symbol of the way in which God washes us clean from our sins.*

**Patchword Cross**

- Cut a flat, thick cross-shape from stiff board or wood
- Provide glue sticks, pencils, and scissors.
- Provide a memo-block with different coloured square paper sheets.
- Copy an instruction card.
- Place all these items on a small table.
- After the activity you can cover the cross-shape with the clear adhesive film to protect the pattern that has been created and to prevent people from lifting the papers to see what others have written.
- You could also keep the cross as a special decoration in the room where you meet for worship.

**White Heart**

- Create a heart-shaped object - at least 15cm in diameter and paint it with black acrylic paint so that the colour won't come off with the damp glue.
- Provide a pile of white paper.
- Provide a pot of PVA glue (or other glue suitable for using on your chosen heart) and some glue brushes.
- Copy an instruction card.
- Place all these items on a small table.

**Wipeable Confessions**

- Cut clear acetate (OHP film) into people-shapes (use a shape-cutting system if available).
- Punch a hole in the top of each person-shape with a hole-punch.
- Cut coloured thread or thin ribbon into 20cm lengths.
- Provide some water-erasable acetate (OHP) pens.
- Provide some permanent acetate (OHP) pens.
- Fill a large bowl with water.
- Provide sheets of paper towel or a packet of 'wet-wipes'.
- Copy an instruction card.
- Place all these items on a small table.

# Exploring Forgiveness

**Family Focus - 15 mins**

*You will need:*

1. Family discussion card - one per family

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give them a family discussion card to help them talk about their experiences, what they learned during the Sanctuary experience, and which prayer activity helped them to understand most about forgiveness.
- As every activity has been prayer-focussed, families do not need to pray together at this time unless they wish to.

**JAM session (Jesus and Me) - 5 mins**

- Give out the journal pages.
- Provide some time for the participants to begin working on their journal pages whilst you play soft music.
- Encourage them to follow up the activity during the week.

**Take-Away Menu**

*You will need:*

1. Tub of bubbles - one per person

- Give each person a tub of bubbles to take away to remind them that God has washed away all their sins.
- Repeat the Bubble Prayer exercise together in case someone missed it earlier.

**Closing Prayer**

Instructions: Station 1

# I recognise my Sin

Before I can be forgiven I have to identify a sin and realise that I have disobeyed God.

When we sin it separates us from God. He is still there, where he has always been, and he is still loving us and waiting for us to come back to him. But whenever we sin it is like taking a big step backwards, away from his love, and away from a close relationship with him.

Sit down and spend a few moments looking at the Ten Commandments. God gave us his law so that we could learn how to love him and love others.

Think of one way in which you have disobeyed God in the past week and broken one of the commandments.

Keep your sin in mind as you walk through the Sanctuary experience.

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# 8 KID for Teens: Exploring Forgiveness: Station 1: The Ten Commandments

## I

You shall have no other gods before me.

## II

You shall not make for yourself an image in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them; for I, the LORD your God, am a jealous God, punishing the children for the sin of the parents to the third and fourth generation of those who hate me, but showing love to a thousand generations of those who love me and keep my commandments.

## III

You shall not misuse the name of the LORD your God, for the LORD will not hold anyone guiltless who misuses his name.

## IV

Remember the Sabbath day by keeping it holy. Six days you shall labor and do all your work, but the seventh day is a sabbath to the LORD your God. On it you shall not do any work, neither you, nor your son or daughter, nor your male or female servant, nor your animals, nor any foreigner residing in your towns. For in six days the LORD made the heavens and the earth, the sea, and all that is in them, but he rested on the seventh day. Therefore the LORD blessed the Sabbath day and made it holy.

## V

Honor your father and your mother, so that you may live long in the land the LORD your God is giving you.

## VI

You shall not murder.

## VII

You shall not commit adultery.

## VIII

You shall not steal.

## IX

You shall not give false testimony against your neighbor.

## X

You shall not covet your neighbor's house. You shall not covet your neighbor's wife, or his male or female servant, his ox or donkey, or anything that belongs to your neighbor.

# Instructions: Station 2

## I remember that God loves me

Wrap yourself in this large quilt, throw or blanket, and sit quietly. Think about God's love for you, which he wraps around you like this warm blanket. He loves you so much that he sent Jesus to die for your sins. He has already done his part to forgive you.

Think about how much God loves you. Remember that holding onto your sin stops you from fully experiencing God's love. God doesn't stop loving you because you have sinned, but your sin puts up an umbrella over your life so that you can't feel his love pouring down on you.

Before you trust in someone, you need to know that the person loves you and that they want the best for you. God wants you to become like Jesus. Accepting his forgiveness means that you can become sinless again.

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KID for Teens: Exploring Forgiveness:

# Instructions: Station 3

Because I have experienced God's love for me, and I know I can trust him, I choose to mend my relationship with him. I believe that he has the power to forgive me for my sin. He wants to break down every barrier in my relationship with him because I am his child. In Old Testament times I would have to go and choose an animal without any imperfections and take it to the tabernacle. There it would be sacrificed as an offering for my sins.

## I have to take a very active part in the process:

- I admit my sin and my need for forgiveness.
- I trust in God's power to forgive me.
- I choose a perfect animal.
- I lead the animal towards the tabernacle, and as I do so everyone around me knows that I have sinned and that I am asking for forgiveness.
- I enter the entrance to the tabernacle – the door to forgiveness.

Choose a picture of a perfect bull or sheep and enter the door to the tabernacle.

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KID for Teens: Exploring Forgiveness:

# Instructions: Station 4

## I repent of my sin and offer my sacrifice

I stand before God and tell him I am sorry for the sin I committed. To remind me that sin always kills, I have to kill the animal I have brought with me. It is tied to the altar and I place my hand on its head and confess my sin. Then I lean my whole body-weight onto the animal and cut its throat with a knife. I have to stand and watch the life flow out of its body as it slowly dies, knowing an innocent animal is suffering because of my sin. When I understand the full horror of my sin, and the pain and death it causes, I want to behave differently in the future. Just as the animal died on the altar in Old Testament times, so Jesus died on the cross for my sins and for all the sins that I have ever committed.

- Take your picture of the bull or sheep and slowly tear it in half, illustrating how the animal died on the altar.
- Place the torn paper on the altar.
- Tear off a corner of the picture.
- Colour it red with the marker pen, to represent a drop of blood.
- Keep it safe for the next activity.

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# Instructions: Station 5

## I place my faith in Jesus to take away my sin

My sin has now been confessed onto the animal. The priest, representing Jesus, takes the animal's blood that symbolically carries my sin. He drips it inside the tabernacle in front of the veil that separates the Holy Place from the Most Holy Place.

Give your tiny scrap of torn paper to the 'Priest'. This represents the blood. The Priest will take it and put it on the floor in front of the veil.

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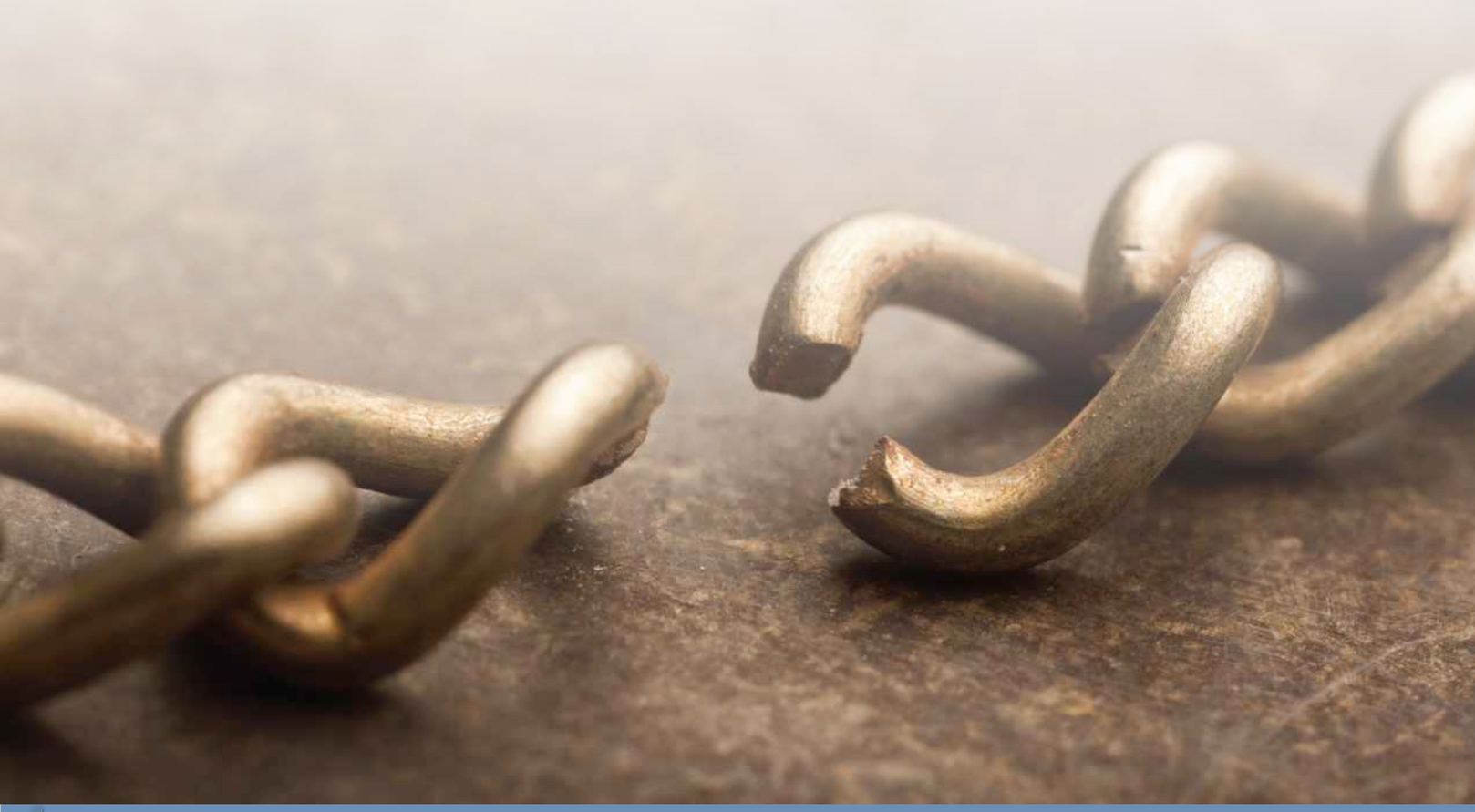
## Instructions: Station 6

# I thank God

The sin that was powerful enough to destroy me has been taken away and I am free again! That is something worth thanking God for!

Thank God for forgiving you. Choose one of the 'thank you' cards on the table and write a letter to God thanking him for his love and his forgiveness. Take the card away with you to remind you of the amazing gift of God's forgiveness.



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# Instructions: Station 7

## I respond and choose to act differently in the future

Now my sin has been forgiven and it has been completely destroyed.

The results of my sin have been so devastating that I want to stop making the same mistake. I want God to transform my behaviour because I know that he is working to save me.

I choose to live in ways that keep me connected to God, not separated from him by my sin.

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# Salty Prayer

- Use your finger to write a word in the salt (or draw a symbol instead) that represents something you want to ask God to forgive.
- As you pray for forgiveness, tilt and swirl the dish so that the word or symbol disappears.
- Remember that your sin cannot be found again, just as the shape you drew in the salt can never be found again.
- Thank God for taking away your sins.

# Bubble Prayer

- Think for a while about your sins that need to be forgiven.
- When you are ready, take a tub of bubbles.
- Pray quietly and tell God that you are giving all of your sins to him so that he can forgive them.
- After you have prayed, blow a stream of bubbles.
- The bubbles represent you letting go of your sins and giving them to God.
- Just as the bubbles pop and disappear forever, so God takes care of your sins and makes them disappear without a trace.
- How far has the Lord taken our sins from us? Farther than the distance from east to west! Psalm 103:12 CEV.

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# Washed Away Prayer

- Take a square of white cotton fabric.
- Write a few words or symbols on the fabric with the water-soluble pen. Use pictures or words that represent the things you want to say sorry for.
- Place the fabric square in the bowl of water.
- Pray a prayer for forgiveness and then remove the piece of fabric from the water. The fabric should be completely white again.
- Praise God for washing our stained lives and making them whiter than snow!

# Wipeable Confessions

- Take one of the clear acetate 'people' shapes.
- Use one of the water-erasable pens and write words, or draw shapes that illustrate some things you have done that you want to ask God to forgive.
- As you pray for forgiveness, dip your plastic person in the bowl of water, and wipe the person clean with a piece of paper towel, or a wet-wipe.
- Dry the plastic person and use the permanent pen to write 1 John 1:9 on the shape.
- Tie a length of thread or ribbon through the punched holes so that you can hang it up or use it as a bookmark.
- Take the plastic person home and place it somewhere where it will remind you that God can make you clean again when you ask him for forgiveness.

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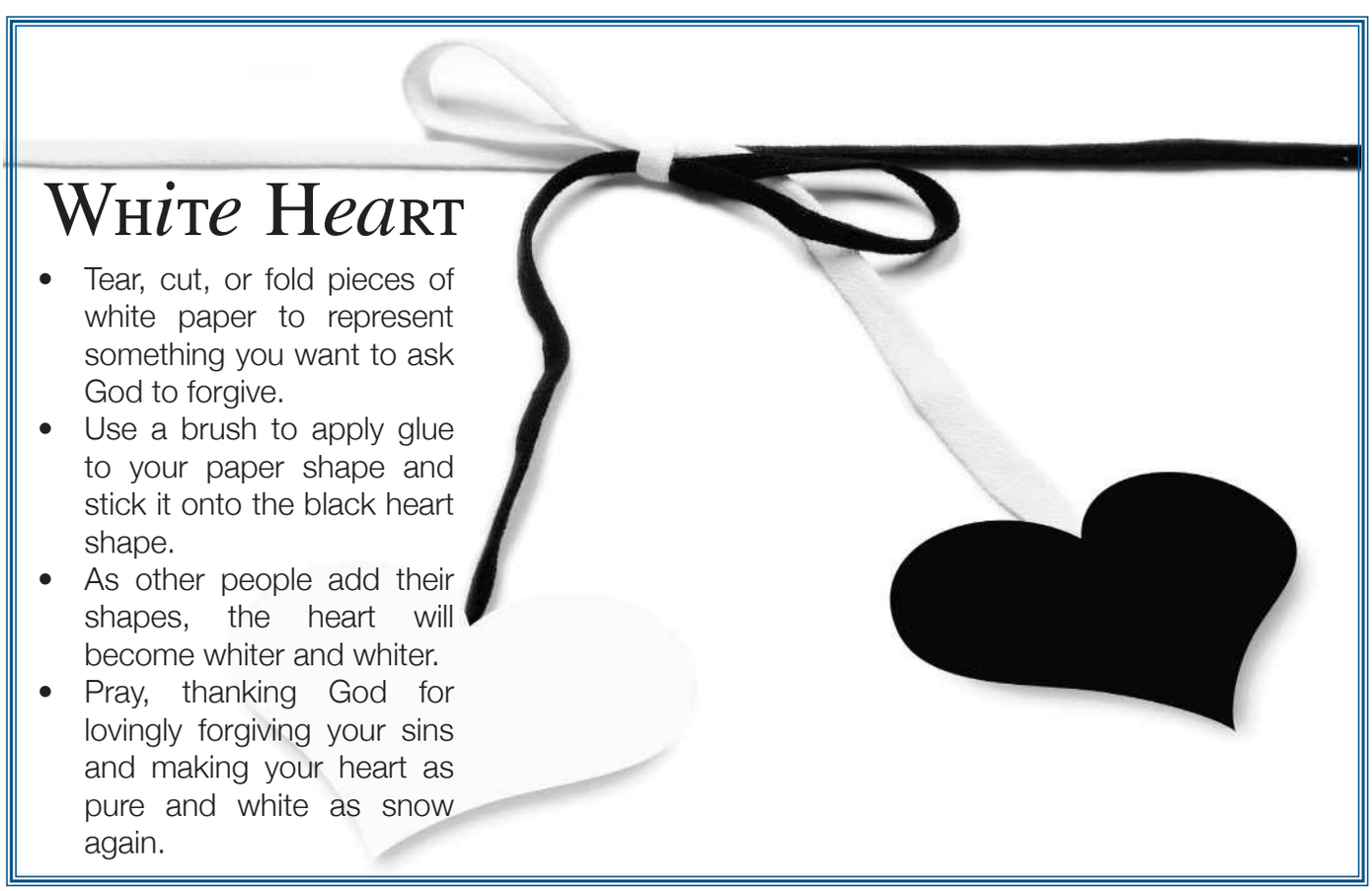
# Patchwork Cross

- Take a few squares of coloured paper. Cut the paper into different shapes, if you wish.
- Write a few words (or draw a picture) on one side of a paper sheet, to illustrate a sin that you have committed.
- Take your papers to the cross, spread glue on the written or drawn side of the paper and stick the papers, words or pictures, written side down, onto the cross shape.
- As different people stick their papers onto the cross, it will become covered with a colourful patchwork.
- Remember that God has covered you with His beautiful blanket of grace and love, through the sacrifice of Jesus on the cross, so that our sins can never be seen.

# White Heart



- Tear, cut, or fold pieces of white paper to represent something you want to ask God to forgive.
- Use a brush to apply glue to your paper shape and stick it onto the black heart shape.
- As other people add their shapes, the heart will become whiter and whiter.
- Pray, thanking God for lovingly forgiving your sins and making your heart as pure and white as snow again.

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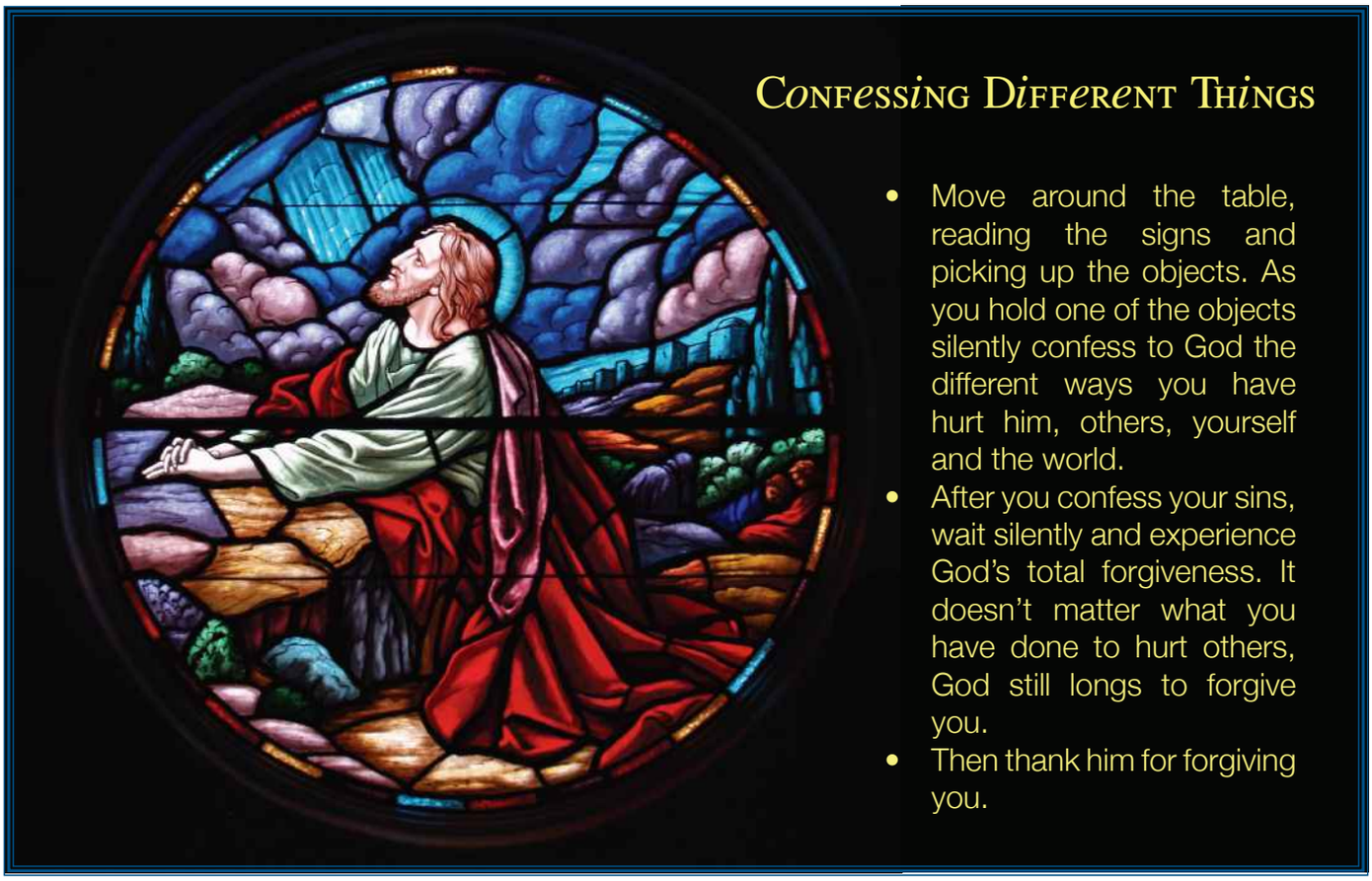

## Confessing Different Things

- Move around the table, reading the signs and picking up the objects. As you hold one of the objects silently confess to God the different ways you have hurt him, others, yourself and the world.
- After you confess your sins, wait silently and experience God's total forgiveness. It doesn't matter what you have done to hurt others, God still longs to forgive you.
- Then thank him for forgiving you.

## Pray-Dough Confessions

- Take a ball of play-dough (pray-dough).
- Think about something you have done in the past week that you realise was wrong and then admit that you need God's forgiveness for that wrong in your life.
- Shape the ball of dough into something that represents your sin.
- Hold the shape in your hand and pray silently - telling God what you have done wrong; saying you are sorry for your sin; and asking for His forgiveness.
- As you pray for forgiveness, squeeze the shape you have made between your hands, and form it into a heart. This heart is to remind you of God's love for you, a love that longs to forgive you and wants to help you feel better again.
- Let the heart dry out and keep it safe to remind you how much God loves you and will always forgive your sins.

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# I am sorry for hurting others

# I am sorry for hurting the world

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Lesson 8 -

## Family Discussion Card

My favourite part of the Sanctuary process was...

The forgiveness prayer that was most meaningful for me was...

The best part about being forgiven is...

Something else that has really helped me to understand God's forgiveness is...

One way I can share God's love with others, through the process of forgiveness is...

Lesson 8 -

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# 8 Jesus and Me: Journal Lesson 8:
# Exploring Forgiveness

Choose your favourite or most helpful verses about feelings. Write them in the table below. Use a concordance or the Internet to help you find the verses you need.

Think of other feelings you have that you enjoy, or that bother you from time to time, and add them to the list, too.

| | |
|---|---|
| Love | 1 Corinthians 13, 1 John 4 |
| Anger | |
| Happiness | |
| Fear | |
| Disappointment | |
| Delight | |
| Feeling overwhelmed | |
| Contentedness | |
| Worry | |
| | |
| | |

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# 8

## Jesus and Me: Journal Lesson 8:
# Exploring Forgiveness

Which activity from today's session most helped you to understand the process of forgiveness?

What was the most important point you learned today?

Read Psalm 51:1-17. This is a Psalm that David wrote after he had an affair with Bathsheba and then arranged for her husband to be killed in a battle.

Rewrite these verses in your own words.

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8

# Jesus and Me: Journal Lesson 8:
# Jesus and Forgiveness

Read the following stories of times when Jesus forgave people or talked about forgiveness. Then choose one or two of the following ideas and put them into action.

| Text | The story of: |
|---|---|
| Matthew 9:1-8 | |
| Matthew 18:21-35 | |
| John 8:1-11 | |
| Luke 7:36-50 | |
| Luke 23:32-43 | |

Which story do you like the best?

Which one is closest to your experience?

Create something that illustrates your favourite forgiveness story, such as a tableau (arrangement of objects), drama sketch, song, poster, photo-series, PowerPoint, poem, etc.

How could you explain the process of forgiveness to someone who has been badly hurt by someone they loved? What might help them and what might be difficult for them to understand?

Use a concordance to help you explore the different verses about forgiveness throughout the Bible. Choose your favourite verse about forgiveness and memorise it.

Make something to help a child understand the process of forgiveness.

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KID for Teens: Leader's Guide

# Believing the Invisible 9

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about a time when you trusted God and your faith was rewarded. How did the experience change your life? How did it strengthen your faith? If the Holy Spirit invites you to do so, be ready to tell your story during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

## You will need:

- Pencils, crayons, marker pens (felt tips)

**Icebreaker:**

- 'Everyday Faith' cards. Copy these onto thin card and cut them apart so that there is one per person and some spares.
- Table

**Mission Possible:**

- A blindfold or scarf for each family
- Create a circuit of at least six different obstacles – such as objects to walk around, under, through and over (make sure the course is as safe as possible, but still interesting to negotiate.)

**Word Search:**

- Copies of Word Search studies - 1 study per person
- 'People of Faith' cards. One character card per person. Copy them onto thin card and cut them apart.
- Blank paper

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Praying Together:**

Make Egg shapes using:

- Plain typing paper
- Pencil
- Scissors
- Egg Shapes: Fold a sheet of typing paper into quarters and draw onto the paper, the biggest egg shape that will fit in the space. Cut out enough eggs for everyone, with a few extra spares.

**Jesus and Me (JAM) Session:**

- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Large seeds such as pumpkin seeds - one per person.

## By the end of the session, the group members will:

- Know that God honours our faith when we take the positive risk of trusting him completely.
- Feel a desire to trust him with all of our doubts, questions, uncertainties and futures.
- Respond by trusting a loving God who is working everything out for our best.

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9

KID for Teens: Leaders Guide:

# Believing the Invisible

**Welcome and Prayer – 5 mins**

## Say:

"Every day we put our trust in all kinds of objects and people. Often we trust in these everyday things without a moment's hesitation. The more often we do something safely, the easier it is to trust the experience. We are more likely to trust an expert than a beginner; a tested machine rather than a new invention; or our logic more than our feelings. Today we are going to explore what it means to have faith and trust in God.

Believing in a God we can't see can be one of the biggest challenges to our faith. So how will we deal with it?"

**Ice Breaker - 7 mins**

*You will need:*

1. 'Everyday Faith' cards, face down on a table

**Say:** "There are lots of cards on this table. On each card is written an object or experience from everyday life that needs a certain amount of faith or trust.

Pick up any card and find a partner.

Tell each other how much faith you think you need when using that object or when you are involved in that experience. Use a scale of 0-10, where 0 means that you don't need any faith and 10 means that the object or experience requires you to exercise lots of faith.

Remember that the amount of faith needed will be very different for each one of you and that's fine. Just say how much faith you think it takes you and why you think it takes that much faith."

- Allow 3 minutes for the group to mingle and speak to each other.
- Then ask two or three people to share their thoughts about the ways in which we continually exercise our faith in our everyday lives.

**Mission Possible - 15 mins**

*You will need:*

1. A blindfold or scarf for each family
2. A circuit of at least six different obstacles – such as objects to walk around, under, through and over (make sure the course is as safe as possible, but still interesting to negotiate.)

- Give each family a blindfold and ask them to guide one of their family members through the obstacle course.
- Stress the importance of safety and taking care of each other.
- More than one family can use the course at a time as they can follow each other around the obstacles.
- If someone does not wish to participate they can observe what happens and still share their thoughts.

## Feedback Questions:

- What did you learn about faith from being involved in the obstacle course, blindfolded?
- What enables you to trust another human being?
- What helps you to trust in God?

# KID for Teens: Leaders Guide:
# Believing the Invisible

**Word Search - 25/35 mins**

*You will need:*

1. 'People of Faith' cards – one character per person
2. One Word-Search study for each person.
3. Blank paper
4. Pencils

- For this Bible study, divide your large group into separate parents' and teens' groups.
- Aim to keep each group smaller than eight people.
- Appoint a group leader, for each small group, who will guide the group members through the questions and write down their ideas and responses.

## Coming Together:

- Call everyone back to the larger group.
- Ask each group to share a special insight that emerged from their study.
- Then invite each group to read out their definition of faith.
- If you have time, work together as a large group and create a definition of faith that incorporates the ideas of all the smaller groups.

**Family Focus – 10/15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a family discussion card to pass around their circle. Each person can discuss a topic or answer one of the questions from the card. They can also pass it to the next person if they would prefer not to speak.

**Family Prayer Time - 15 mins**

*You will need:*

1. Egg shapes - one per person, plus spares.

- Give each person a piece of paper cut into the shape of an egg.

**Say:** 'Eggs take a while to develop, just as our prayers of faith sometimes take a while to be answered.'

- Ask each person to write their own, private, short prayer of faith on their egg-shaped piece of paper.
- When everyone in the family has finished writing their egg-prayers, place all the eggs face down in the middle of the group.
- Invite one person to pray for all the egg-prayers of faith that have just been written.
- Ask God to answer your egg-prayers and to hatch your hopes.
- Keep your egg-prayers in your journals, or tucked between the pages of your Bible.
- Check occasionally to see if they have hatched!
- Notice any signs that your prayer is making a difference and write your observations and thoughts on the back of the egg-prayer.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*

1. Large seeds such as pumpkin seeds - one per person

- Give each person a large seed, such as a pumpkin seed. **Say:** 'Jesus said that if we have faith as big as a seed, we can move mountains'.
- Invite group to think of different ways they can encourage their faith to grow, like a seed, into a huge plant.
- Suggest that they keep their seed in their spiritual memory box file or they can plant it and watch it grow.

**Closing Prayer**

Photocopy these onto thin card (or paper) and cut apart.
Make sure that you have more than enough cards for everyone in the group.

| | |
|---|---|
| Flying in an aeroplane | Riding in a lift |
| Buying a second-hand car | Using electricity |
| Riding on a roller-coaster at a fair-ground | Drinking water from a tap |
| Having a blood transfusion | Abseiling down a rock-face |
| Giving a lift to - or accepting a lift from - a stranger | Believing that astronauts have really landed on the moon |

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Photocopy these onto thin card (or paper) and cut apart; one per person.

| | |
|---|---|
| **Noah**<br>Built a boat on dry land | **Esther**<br>Had the courage to stand against powerful men |
| **Rebekah**<br>Agreed to marry a man she had never met | **Peter**<br>Walked on water |
| **Mary**<br>Agreed to be the mother of Jesus | **Abraham**<br>Left his country to follow God |
| **David**<br>Battled with Goliath the giant | **Jairus**<br>Believed Jesus could heal his daughter |
| **Elijah**<br>Trusted God to honour his sacrifice in front of the Baal prophets | **Moses**<br>Trusted God to feed his people in a desert |

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9

KID for Teens: Handout: Believing the Invisible

# Word Search: Faith

Work in twos. Choose a card with the name of a Bible character written on it. Tell your partner what you think helped this person to have amazing faith in God.

1. How does the author of Hebrews describe faith? *Hebrews 11:1-2*

2. How do we know that God made the world and everything in it? *Hebrews 11:3*

3. What two things do we need to do, so that we can receive the reward that God offers us? *Hebrews 11:6*

4. Read the rest of Hebrews 11 from verse 7 onwards. What do you think verse 39 means?

# Wonder about this...

- Which person in the Faith List is your favourite character?
- Which person in the Faith List is most like you?
- If you were to give a prize, to the person on the Faith List who showed the most faith, who would you choose to give it to?
- Who do you think least deserves to be in the Faith List? Why do you think they have been included?

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KID for Teens: Handout: Believing the Invisible

# Word Search: Faith

Work together as a group and write your own definition of faith.

## Faith is...

- When you think about trusting God with your life, what scares you and what encourages you?

- How do you think God feels when we choose to trust him?

- In your small group choose one encouraging thought or idea that arose from your discussion. Write it here:

- Share your thoughts with the other groups when you meet together again.

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Lesson 9 -

## Family Discussion Card

I acted in faith and something wonderful happened when...

One of the biggest challenges to having faith in God is...

If I had more faith in God my life would be different because...

If someone said it was stupid to believe in God, I would say...

Lesson 9 -

Family Discussion Card

I acted in faith and something wonderful happened when...

One of the biggest challenges to having faith in God is...

If I had more faith in God my life would be different because...

If someone said it was stupid to believe in God, I would say...

Lesson 9 -

Family Discussion Card

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Lesson 9 -

Family Discussion Card

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If I had more faith in God my life would be different because...

If someone said it was stupid to believe in God, I would say...

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# Write down your favourite definition of faith:

Name a Bible character who showed great faith.

How do you think their faith became so strong?

What did their faith enable them to do?

How does this person's faith inspire your faith today?

If someone like Paul were to write a Faith List that included your name, for what would you want to be listed?

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# 9 Jesus and Me: Journal Lesson 9
# Believing the Invisible: Egg Prayer

Eggs take a while to hatch, just as our prayers of faith sometimes take a while to be answered.

Here is a place to stick the egg-prayer that you wrote during your family prayer time, or you can write another egg-prayer in the egg-shape above.

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# Jesus and Me: Journal Lesson 9
## Believing the Invisible: What I Believe

Take some time to think about what you, personally, believe. This is not necessarily what your parents believe, or your church believes. This is what you believe, today.

- Choose the core, or basic beliefs, that you have as a Christian and write them in the first column.
- List the Biblical evidence for your beliefs in the second column
- Think about the life experiences you have had, that support these beliefs, and then list them in the third column.
- Think of the differences these beliefs make to the way you relate to others and how you show them God's love. Write these ideas in the fourth column.

| What I believe<br>Write out your beliefs in your own words | Bible Evidence<br>What Bible verses inspire these beliefs? | Life Experience Evidence<br>What evidence have you experienced in your own life that enables you to believe in this? | Life Difference<br>What difference does this belief make to the way you relate to other people and the ways in which you show them God's love? |
|---|---|---|---|
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Kids In Discipleship
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# Prayerfully look at the summary of your beliefs:

Where have your beliefs come from and what differences do they make to the way you live your life with others?

Are there any gaps in your beliefs? Are there things you have forgotten to include?

Are there areas where you need to develop your faith?

If you were to prioritise your beliefs, how would you list them in order of importance?

If you prefer, gather together ten objects that help to express what you believe, or find ten pictures that illustrate your beliefs.

Find a way to share one of your beliefs with a non-Christian in the next week. You could say: 'I know you don't go to church or anything, but I'd like to understand the things you do believe in and the difference they make to your life.' Then you may have a chance to share your beliefs and explain them.

Perhaps you could start a social network (Facebook etc) message, asking people to list their top ten beliefs.

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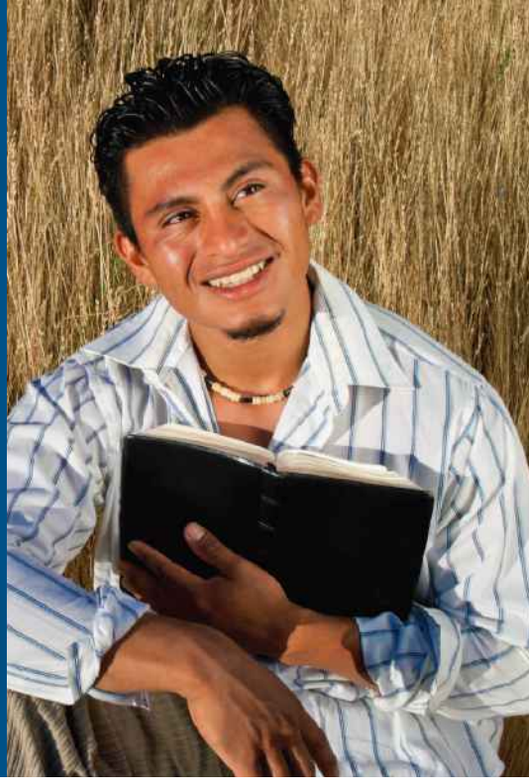
KID for Teens: Leader's Guide

# Promises, Promises 10



**Before you start:**

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about a time when you struggled to develop a character trait on your own, but, when you trusted God, he fulfilled his promise to help you. If the Holy Spirit invites you to do so, be ready to tell the group about your experience at some time during the session. Otherwise, use your experience of being connected to Jesus to inspire you as you lead out in today's session.

## You will need:

- Biros, pens, pencils, permanent marker pens
- Paper

**Icebreaker:**

- Thin card
- 'Bible Treasure Hunt Cards' copy master
- Copy both pages of 'Bible Treasure Hunt Cards' onto thin card and cut them apart. You need one per person. If you need more cards for a large group you can make extra copies. It will not matter if there are some duplicates.

**Mission Possible:**

- Blank Index cards – one per person
- Copies of the Mission Possible Activity sheet – one per family

**Word Search:**

- Word Search studies (include the Promise Process as an extra handout)
- Copy a combined set of 'Word Search' studies for each person. They will use one study during the session and can look at the other studies later if they wish.

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- Sheets of blank paper - one per person

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'JAM' Journal Pages per participant

**Take-away Menu (optional):**

- A small, sturdy, rectangular 'promise' box for each person (use old jars with lids, small gift boxes, or even tiny gift bags that can hold the promise cards)
- At least 20 small, blank business cards per person (or use strips of paper that can be rolled up and placed inside the box or jar)

## By the end of the session, the group members will:

- Know that every aspect of God's character is also a promise that he will help us to develop that trait in our own lives.
- Feel the hope, strength and comfort that comes when we know that God promises to help us reflect his character.
- Respond by accepting and believing the many promises God has made to us that will help us to develop a Christ-like character.

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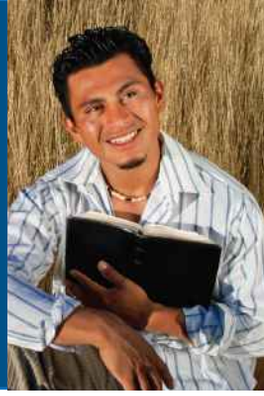
# 10 KID for Teens: Leaders Guide: Promises, promises



**Welcome and Prayer – 5 mins**

## Say:

"Would you like to be like God? Not in the sense of possessing all his power and glory, but having a character that reflects his characteristics. God wants to help us be like him, and he has promised to help us change if we are committed to growing spiritually with him.

If we try to become like God by ourselves, we will always fail. But we are not alone: God promises to help us in our journey towards reflecting his character."

**Ice Breaker - 7 mins**

*You will need:*

1. 'Bible Treasure Hunt Cards'
2. Pens

- Give each person a 'Bible Treasure Hunt Card' with a Bible verse on it. If you have a very large group it doesn't matter if you need to give out some duplicate texts.
- Ask them to look up the Bible texts and discover what God is promising in each of the verses.
- Then invite them to choose a word or phrase that best describes what God is promising and write it on the back of the card.
- Ask the group to line themselves up in alphabetical order of the promises they have written on their cards (ignoring the words 'a' or 'the'). Set a time limit for this depending on the size of your group – but make the time limit challenging and count down the last ten seconds to add to the excitement.
- When everyone has lined up alphabetically, ask each person to read what they have written on the back of their cards.

**Mission Possible - 15 mins**

*You will need:*

1. Blank Index Cards
2. Pens
3. Mission Possible Activity sheet – one per family.

- Give out the Activity sheet and ask the family to follow the instructions
- Allow 10 mins for the activity then form the larger group for feedback questions.

## Ask:

- When is it easy to keep a promise?
- What makes it hard to keep a promise?
- Can you guess how many promises there are in the Bible? (Let group members try to guess.)
- In the Bible there are over 1200 promises. Why might God enjoy making so many promises to us?

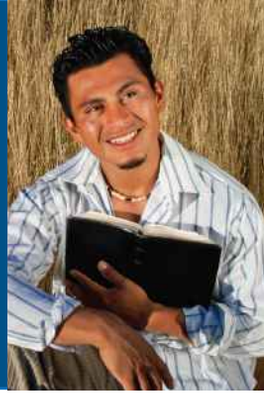
**Word Search - 25/35 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 set per person
3. A combined set of 'Word Search' studies for each person.

- Divide your large group into smaller groups for this study.
- Aim to keep each group smaller than eight people.
- Appoint a group leader for each small group who will guide the group members through the questions and write down their ideas and responses.
- Make sure all three studies are being explored.
- Encourage them to look at the Promise Process diagram and see how their study reflects the process, or enriches their understanding of the process.
- Ask groups to have a spokesperson ready to summarise their group's Bible study and the helpful ideas that arose from it.
- Call people back to the larger group after 15 minutes.

# 10 KID for Teens: Leaders Guide: Promises, promises



**Family Focus – 10/15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Re-assemble into family groups, collecting a drink on the way.
- Give each family a discussion card to pass around their circle. Each person can discuss a topic or answer one of the
- questions from the card. They can also pass it to the next person if they would prefer not to speak.

**Family Prayer Time - 15 mins**

*You will need:*

1. Sheets of blank paper – one per person
2. Pens

- Invite each person in the family to choose a Godly character trait that they would most like to develop in their life.
- Ask them to write their name and their chosen characteristic at the top of a sheet of paper.
- Pass the sheets of paper around the family group so that each person can write either a Biblical promise about that characteristic or a short sentence prayer for the named person.
- Give the sheets back to their original owners.
- Have a quiet time where each person thinks about what has been written on their paper and prays silently to God.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Journal pages for this week.
- Allow at least 5 minutes for everyone to make a start on the activity and during this time play some reflective, peaceful Christian music.

**Take-Away Menu (optional)**

*You will need:*

1. A 'promise' box for each person
2. At least 20 small, blank business cards per person, or use strips of paper
3. Pens

- Give each person a small box with some strips of paper or blank business cards.
- Ask them to create a promise box of their favourite promises. The verses listed in this week's lesson may be a helpful place to start.
- Suggest that whenever they need encouragement they can choose a verse from the box and find some special words from God.
- Or suggest that each person choose a couple of their favourite promises. Ask them to write out enough copies of their verse for everyone else in the group to have one to put in their promise boxes.
- Invite them to write their names on the back of the promises they have written. Then, whenever someone reads a promise, they can also pray for the person who chose the promise.

## Closing Prayer

# Promises

- Sit in your family groups.
- Collect enough index cards for each person in your family to have a card.
- Ask everyone in the family to write their name on one side of their card.
- Collect up the family's cards and shuffle them.
- Distribute the cards within the family group so that each person has a card with another family member's name on it. If they take a card with their own name on it they must swap with someone else. If there are only two of you in a family, just swap your cards!
- Ask each person to turn over the card they are holding so that the blank side is face up.
- Invite them to write a very small promise on the blank side of the card to the person named on the front of their card. It needs to be a promise that they would be willing and able to fulfil during the next week.
- The promise can be anything. The important thing is to be able to keep the promise. It could be 'I promise to wash up after dinner on Tuesday,' or 'I promise to pray every day this week that your leg will get better.' Each promise needs to be signed by the writer.
- Give your promise back to the person named on your card.
- Next week you will be asked whether you managed to keep your promises to each other – so be prepared!


# Promises

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- Collect enough index cards for each person in your family to have a card.
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- Give your promise back to the person named on your card.
- Next week you will be asked whether you managed to keep your promises to each other – so be prepared!


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Copy onto thin card and cut apart.

| | | | |
|---|---|---|---|
| John 10:10 | Revelation 2:10 | John 14:1-3 | Isaiah 62:1-2 |
| 1 John 5:14 | 2 Timothy 1:12 | John 15:3 | Zechariah 3:4 |
| Isaiah 51:3 | John 15:16 | 2 Timothy 4:18 | 1 John 3:1-2 |
| John 3:16 | Matthew 18:19 | John 15:4-5 | Ephesians 4:11-15 |
| 1 Corinthians 12 | Matthew 13:43 | 1 Peter 5:6-7 | Isaiah 42:16 |

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Copy onto thin card and cut apart.

| | | | |
|---|---|---|---|
| Hebrew 6:18-19 | 1 Peter 1:3-4 | Isaiah 35:10 | Jeremiah 24:7 |
| Romans 8:2 | John 14:27 | John 14:12 | Titus 3:5 |
| Hebrews 4:9,11 | Isaiah 57:18<br>1 John 1:9 | Romans 8:11 | Matthew 10:42 |
| John 6:35 | John 12:46 | Matthew 6:19-20 | Philippians 4:13 |
| Matthew 6:25-33 | Psalm 119:104 | 1 John 5:4 | James 1:5 |

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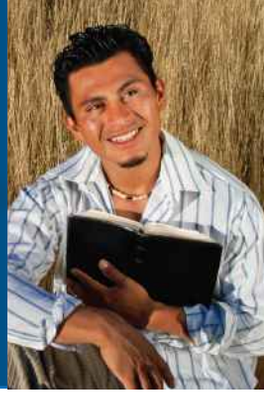
# 10 KID for Teens: Handout: Promises, Promises
# Word Search: A



Read aloud the Parable of the Seeds in Luke 8:4-15. Then discuss together:

What are the seeds?

What is meant by the seeds that fall by the road side? What are the ways in which this might happen today?

What is meant by the seeds that fall on rocky ground? What are the ways in which this might happen today?

What is meant by the seeds that fall amongst thorns? What are the ways in which this might happen today?

What is meant by the seeds that grew and produced hundreds more seeds?

How did these seeds grow so well?

What might their harvest seeds represent – people, character traits, talents & spiritual gifts, something else?

What other thoughts and ideas do you have about the seed story?

What is the most important message in this story for you? Where is your personal seed in the story?

What can we do, with God's help, to make sure the seeds that God has already sown in our hearts will grow strong and healthy and produce a harvest of good fruit?

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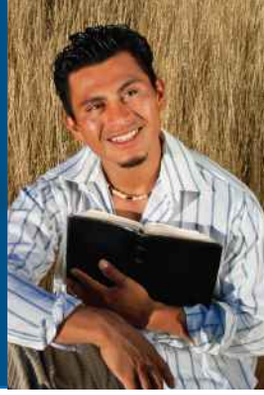
# 10 KID for Teens: Handout: Promises, Promises
## Word Search: B



What two things do God's promises do for us? Read 2 Peter 1:3-4

1.

2.

**2 Peter 1:5-7** What are some of the 'God qualities' that these promises can help us develop and grow?

**2 Peter 1:9** What happens if we stop growing?

**2 Peter 1:8** What happens when we are willing to grow and be transformed by God's promises?

List some of the things we can do to nurture our spiritual development and give God's promises the best possible opportunity to flourish.

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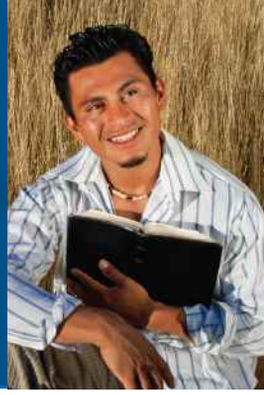
# 10 KID for Teens: Handout: Promises, Promises
## Word Search: C



God has already given us his promises – they are waiting for us to discover them and claim them - like buried treasure! He has also given us a 'map' and 'keys' for unlocking these incredible treasures. You can see this process at work in Abraham's story.

## Read Romans 4:16-21 and write down your discoveries.

| | |
|---|---|
| What was God's promise to Abraham? | |
| Why did God give Abraham the promise? | |
| Why didn't the promise depend on his obedience? | |
| How do we know we can trust in God's promises? | |
| Who else can benefit from the promise God made to Abraham? | |
| What makes us descendents of Abraham, as well? | |
| What did Abraham do, even when the promise looked impossible? | |
| How long did it take God to keep his promise to Abraham? | |
| What do we need to do to benefit from the promise made to Abraham? | |
| What has God done so that we could be part of his family? | |

What are the most important things we can learn from Abraham's story?

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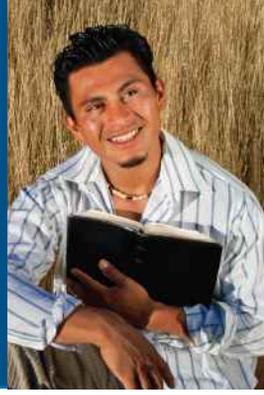
# 10 KID for Teens: Handout: Promises, Promises
# The Promise Process



God's promises provide the power for prayers.

Satan wants us to give up and lose faith in God's promises. He wants us to be discouraged and impatient rather than develop our faith in God.

Attack from Satan

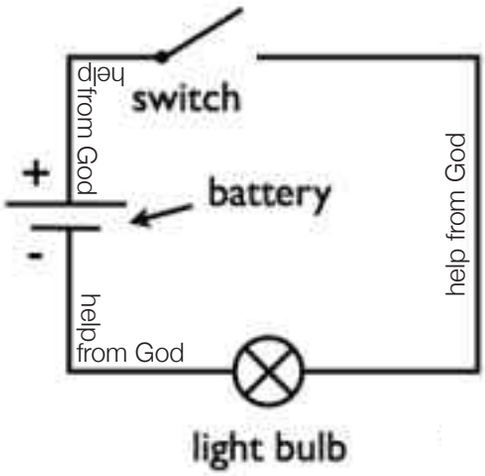
## 3

We have to keep trusting in the power-battery even when it seems dead or nothing is happening. We need to trust that God is waiting for the best possible time to flick the power switch of his promise in our lives.

Satan wants us to think that it's not important to develop a richer and more mature character. He wants us to be selfish and weak so he can manipulate us for his plans.

## 1

God promises to transform our characters and help us be amazing people – the power to change is already in his promise - like a fully-charged battery ready to be put in position and be switched on.




Our part in the transformation process is to believe that God will keep the promises he has made – then the powerful battery of God's promise is connected to the engine of our spiritual lives

The powerful prayers change us to reflect the character of Jesus.

Satan wants us to give up believing in God's promises. He tries to tell us that God isn't trustworthy, or that God has forgotten the promises he made to us. But Satan is lying.

Attack from Satan

## 2

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Lesson 10 -

## Family Discussion Card

The God-characteristic I would most like to develop in my life is...

A time when one of God's promises was fulfilled for me, or for someone else that I know, was when...

My favourite Bible promise is...

A promise that someone made to me and kept was...

Lesson 10 -

Family Discussion Card

The God-characteristic I would most like to develop in my life is...

A time when one of God's promises was fulfilled for me, or for someone else that I know, was when...

My favourite Bible promise is...

A promise that someone made to me and kept was...

Lesson 10 -

Family Discussion Card

The God-characteristic I would most like to develop in my life is...

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Lesson 10 -

Family Discussion Card

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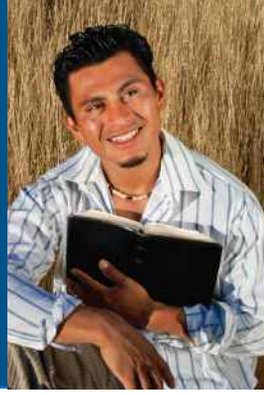
# 10 Jesus and Me: Journal Lesson 10
# Promises, Promises



Here are some of God's promises and their Bible references - choose the ones that you most need right now and read the promises for yourself.

A full and rewarding life. John 10:10
A crown of life. Revelation 2:10
A heavenly home. John 14:1-3
Answers to prayer. 1 John 5:14
Assurance. 2 Timothy 1:12
Cleansing. John 15:3
Clothing. Zechariah 3:4
Comfort. Isaiah 51:3
Companionship. John 15:16
Deliverance. 2 Timothy 4:18
Being a child of God. 1 John 3:1-2
Everlasting life. John 3:16
Fellowship of Jesus. Matthew 18:19
Fruitfulness. John 15:4-5
Gifts of the Spirit. 1 Corinthians 12
Glory after death. Matthew 13:43
God's protection. 1 Peter 5:6-7
Growth. Ephesians 4:11-15
Guidance. Isaiah 42:16
Hope. Hebrews 6:18-19
Inheritance. 1 Peter 1:3-4
Happiness. Isaiah 35:10
Knowledge. Jeremiah 24:7
Freedom. Romans 8:2
Peace. John 14:27
Power for service. John 14:12
Renewal. Titus 3:5
Rest. Hebrews 4:9,11
Restoration. Isaiah 57:18 & 1 John 1:9
Resurrection. Romans 8:11
Rich rewards. Matthew 10:42
Spiritual fullness. John 6:35
Spiritual light. John 12:46
Spiritual treasures. Matthew 6:19-20
Strength. Philippians 4:13
Everyday blessings. Matt 6:25-33
Understanding. Psalm 119:104
Victory. 1 John 5:4
Wisdom. James 1:5

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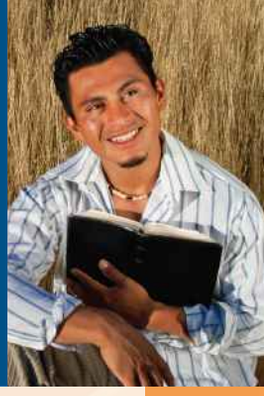
# 10 Jesus and Me: Journal Lesson 10
# Promises, promises: God delights in me!



Read Zephaniah 3:17 and write a list of 6 things God is doing for us:

1

2

3

4

5

6

What victories has God already won for you? List them and be encouraged by the way he has already worked in your life.

When God rejoices over you, what are three things in your life that you think he may be especially delighted about?

1

2

3

What are three characteristics that you would like God to help you develop further?

1

2

3

How is God refreshing you, loving you and giving you strength for your spiritual life?

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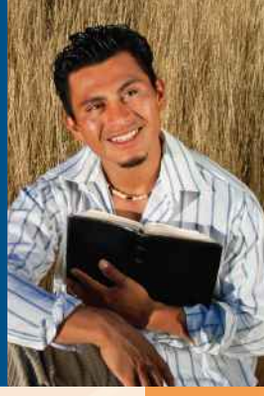
# 10 Jesus and Me: Journal Lesson 10
# God's Promises for Me



## Draw a picture of yourself in the space below or draw a stick person that represents you.

Spend a few moments looking at your life through God's eyes, the God who rejoices over you with singing. Look back over the list of promises that God has made to you. Using a black pen, write down around your picture, some of the special promises that God has already fulfilled for you.

Looking over the list again, which other promises do you think God would most like to see fulfilled in your life? Write these around your picture in a different colour.

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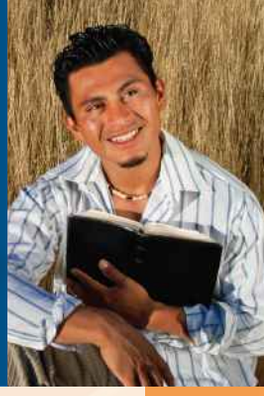
# 10 Jesus and Me: Journal Lesson 10
# God's Promises can transform my life



## Choose one of the promises that God would like to fulfil in your life, and write it in the central circle below.

Think about the difference that the fulfilment of this promise will make to your life and to your relationships. Write some of these ideas in the circles around the edge.

My relationship with my friends

My relationship with God

My future plans

A promise that God wants to fulfill in my life is:

and it will transform my life & my relationships with others

My ability to serve God in my local church

My ability to show God's love to others

My relationship with my family members

My ability to study and work well

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Kids In Discipleship
Trans-European Division

KID for Teens: Leader's Guide

# Feasting on God 11

## You will need:

- Biros, and pencils
- Sheets of plain paper and card in various colours

**Icebreaker:**

- A range of quality dried fruits (or box of chocolates)
- Cocktail sticks
- A tray
- Cling film
- In advance, place bite-sized, stone-free chunks of fruit onto the cocktail sticks.
- Cover with cling film until needed.
- (Or use a large box of chocolates with a selection of milk, white and dark chocolates with different fillings.)

**Word Search:**

- 5 Paper plates – plain, cheap ones that can be written on
- Permanent markers or pens that will write on the surface of the plate
- One Word-Search sheet per person
- Write one of the Word Search Bible references on the back of each of the paper plates. If you have a large group, make two or more sets of plates so that your small groups are not too big.

**Creative Meditation:**

- One copy of Psalm 103 in a modern translation for each person in the group
- Sheets of plain paper and card in various colours
- Glue sticks and double-sided sticky tape
- Collage scraps of all kinds – fabric, lace, paper scraps, stickers, wool, string, wooden shapes, pipe cleaners, beads, etc – use whatever you have available and will appeal to your group
- Scissors
- Crayons and felt pens
- Play Dough or modelling clay (see Internet for play dough recipes or purchase Crayola Model Magic if possible)
- Tables
- Arrange all the items neatly – in trays and boxes so they can easily be kept tidy. Place the items on tables so that everyone can access them easily without overcrowding.

**Refreshment break:**

- Cups and drinks

**Family Prayer Time:**

- One plain index card or postcard-sized piece of card per person

**Jesus and Me (JAM) Session:**

- One set of journal pages for each person.
- Perhaps you can copy them and make them look like an attractive menu by having a card folder around the menu, or rolling the pages up and tying them with a smart ribbon. Be creative so that the activity looks interesting and inviting.

**Take-away Menu (optional):**

- Small individual packets of raisins.

## By the end of the session, the group members will:

- Know that our spiritual life is nurtured and nourished by feasting on God.
- Feel a hunger for spending time with God in more satisfying ways.
- Respond by 'tasting' God slowly and carefully through different kinds of meditation and deep reflection on his word, his creation and his gifts.

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# 11 KID for Teens: Leaders Guide: Feasting on God

**Before you start:**

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see pg. 1)
3. Work with another team member and plan who will manage each section of the session.

**Leadership Personal Preparation:**

Think about an occasion when you took the time to feast on God through meditation and focusing on him, his Word, his creation, etc. How did the experience change your life? How did it deepen your understanding of God, and your relationship with him? If you have never tried feasting on God, try it this week, before the session. If the Holy Spirit invites you to do so, be ready to tell your story during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's material.

**Please note: there is a different programme sequence this week.**

**Welcome and Prayer – 5 mins**

Invite feedback about the promises kept, or not kept, after last week's session. Who managed to keep their promise? Who didn't and why was it difficult? Who kept their promises even though there were challenges to overcome?

## Say:

"Today we are going to have a feast – but it will be a different kind of feast! Today we are going to discover what it means to feast on God in fresh and delicious ways.

If you were spending time with your best friend, would you rather spend five minutes together quickly eating a packet of crisps, or an evening together eating a five-course meal in your favourite restaurant? How do you spend time with God? Do you snack on God in bite-sized chunks or have you discovered the wonder of feasting with him?

Often we're content to snack and sip on God. But this limits our experience of him and his power in our lives. Try feasting on him and enjoy the banquet!"

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# 11 KID for Teens: Leaders Guide: Feasting on God

**Ice Breaker - 7 mins**

*You will need:*

1. The prepared dried fruits (or box of chocolates)

- Bring out the trays of fruit or boxes of chocolates and invite each person to choose one. Then use the following script to help you talk the group through experiencing the treats with four of their senses.
- 'Today we will learn how to feast on the fruit (or chocolate) slowly and experience it with several different senses. Take one of the treats that you really like, but don't put it in your mouth just yet!
- First, look at your treat. Examine it carefully. Look at the different colours, shades and textures. Make sure that you know it so well that if you put it back on the tray and mixed it up with all the others you would be able to recognise which one was yours.' (Allow about 20-30 seconds for looking at the treat.)
- 'Now smell the treat. How does it smell? What other things smell like this? What undertones of different fragrances can you detect? Fruity, spicy, herby, woody, etc. Inhale the smell deeply several times and focus on the aroma.' (Allow about 20-30 seconds for smelling the treat.)
- 'Now you can put it in your mouth, but don't bite it. Just keep it in your mouth, on your tongue, and let it sit there, feeling the juices and flavours trickle slowly into your mouth.' (Allow 20-30 seconds for holding the food on the tongue.) 'Think about the flavours – sweet, salty, fruity, sharp, etc.
- Then begin to suck the food slowly, focussing on the flavours and the texture. Suck it for another 20-30 seconds and then begin to swirl it in your mouth.
- After a while begin to chew the food, very slowly. Try to chew it 30 times.
- Once you have swallowed everything, think about the experience and what you have learned from eating in a different way.'

## Feedback - discuss in pairs:

What was different about eating like this?
What did you like best about eating your treat so slowly?
What was difficult about eating slowly?

## Feedback - discuss with the group:

What insights can you learn from this, about how to spend time feasting on God?

**Word-Search 25/35 mins**

*You will need:*

1. 5 Paper plates with the Word Search references written on the back.
2. Permanent markers or pens that will write on the surface of the plate
3. One Word-Search sheet per person
4. Plain paper
5. Pens and pencils

- Divide your entire group into five smaller groups.
- Give each group a large plate with one of the scripture references from the Word Search study written on the back of it.
- Ask each group to look up their verse, write it on the front of their plate and discuss what it means.

- Bring the group back together.
- Invite each group to present their plate to the rest of the groups, by reading out their verse and highlighting the main points of their discussion.
- As a large group discuss the rest of the points on the Word Search. Then break up into groups of four to think about the last question.
- Encourage the groups to gather as many ideas as they can for meditating on God. Ask them to write them down for you.
- Collect them together and type up a handout for the group that you can give out next week.
- Give a copy of the Word Search sheet to each person to take away.

# 11 KID for Teens: Leaders Guide: Feasting on God

**Creative Meditation - 25 mins**

*You will need:*

1. Psalm 103 per person
2. Sheets of plain paper and card in various colours
3. Glue sticks and double-sided sticky tape
4. Collage scraps
5. Scissors
6. Pens and pencils
7. Crayons and felt pens
8. Play Dough or modelling clay

- Provide several tables (depending on the size of your group) with an arrangement of quality craft materials, neatly presented. (The quality of materials and neatness of the arrangement helps to create a good environment for the meditative process – poor quality supplies and a messy table will be distracting.)
- Give a copy of a modern version of Psalm 103 to each person in the group.
- Ask an interesting speaker to read the Psalm out loud.
- Then ask some 'wondering questions':
- I wonder which verse or phrase in this Psalm you like the best...
- I wonder which verse in the Psalm is the most important one...
- I wonder which verse or phrase in the Psalm best describes where you are at the moment...
- I wonder which verse is the least helpful to you at the moment... Why do you think it has been included in the chapter?
- Encourage people to discuss their 'wondering' thoughts and ideas, stressing that there are no right or wrong answers.
- Then give everyone 10-15 minutes to create something in response to thinking about God in Psalm 103.
- Stress that whatever they make or do is just between them and God. They will not be asked to read anything aloud, or show what they have made. They can create something from the craft materials, write something down, move around, or just sit still to think, pray or read. It is up to them, and it will depend on their preferences, how they feel today and their learning styles, etc.
- After 15 minutes ask everyone to stop what they are doing and tidy everything up.
- Then move into family groups for the refreshment break and a family prayer time.

**Refreshment Break - 5 mins**

*You will need:*

1. Drinks and cups

- Serve drinks for everyone.

**Family Prayer Time - 10 mins**

*You will need:*

1. Plain index cards or postcard-sized cards – at least one per person
2. Pens

- Give each person a plain index card or a postcard-sized piece of card and ask them to return to their family groups.
- Ask each person to read Psalm 23.
- Then ask them to choose one of the verses in the psalm and to personalise it to create a prayer for the person sitting on their right.
- For example: 'Father God, you are Lucy's shepherd. Thank you for providing everything she needs. Amen.' Or 'Dear Father, please be close to Mum during the dark valley of her illness, and comfort her. Thank you. Amen.'
- Then invite each person to give their written prayer card to the person on their right.

**Jam Session (Jesus and Me) - 10 mins**

*You will need:*

1. One set of Journal Pages per participant

- Ask each person to turn to their journal pages and meditate on Psalm 23 in a fresh way.
- Allow 10 minutes for them to start this activity and during this time, play some reflective, peaceful Christian music. Perhaps you could find a contemporary arrangement of Psalm 23.
- Encourage them to continue the Bible meditation experience during the week and to make sure they take the time to feast on the Psalm and to share their special experiences with the group next week.

**Take-Away Menu (optional)**

*You will need:*

1. Small individual packets of raisins

- Give each person a small packet of raisins to remind them to feast on God.
- Suggest that they eat something slowly occasionally, to remind them how to meditate on God using their different senses and all of their attention.
- The items they created during the creative meditation can also be taken away and kept in their Spiritual Memory Box.

**Closing Prayer**

# 11 KID for Teens: Handout: Feasting on God

# Word Search - Feasting on God

## Christians have meditated in different ways on God's Word for centuries. Meditation is about feasting on God – savouring every mouthful of his Word, his creation, his wisdom and everything he has done and said.

The more time we spend thinking carefully about what he has said and made, the deeper our understanding of God will be. The more we understand about God, the more our lives can reflect his love and power, and the more like him we will become.

Discover what our minds need to feast on so that they will be filled up with God. When we are feasting on him we will have all the energy we need to follow him and to face life's adventures and challenges with strength, courage, wisdom and hope.

Read the following verses:

1. Joshua 1:8
2. Psalm 48:9
3. Psalm 119:27
4. Psalm 119:148
5. Psalm 143:5

Discuss as a large group:

1. After reading these verses, what have you discovered about taking time to think about God, or to feast on him?

2. We can also meditate on God's creativity in nature, his management of the world's history, and his power in our lives. Why do you think it is important to think about these things, as well as the words in the Bible?

3. Jeremiah wrote: 'When your words came, I ate them; they were my joy and my heart's delight, for I bear your name, O Lord God Almighty.' Jeremiah 15:16. How do you think Jeremiah 'ate' God's words?

Work in groups of 4 to list all the different kinds of ways you can feast on God's word and his creation. For example:

- Search the internet for creative ideas related to Bible verses
- Listen to the Bible on MP3
- Go to a beautiful place outdoors

Give these ideas to your leader who will collect them all together and make a handout for you to take away next week.

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My thoughts about my chosen verse of Psalm 23

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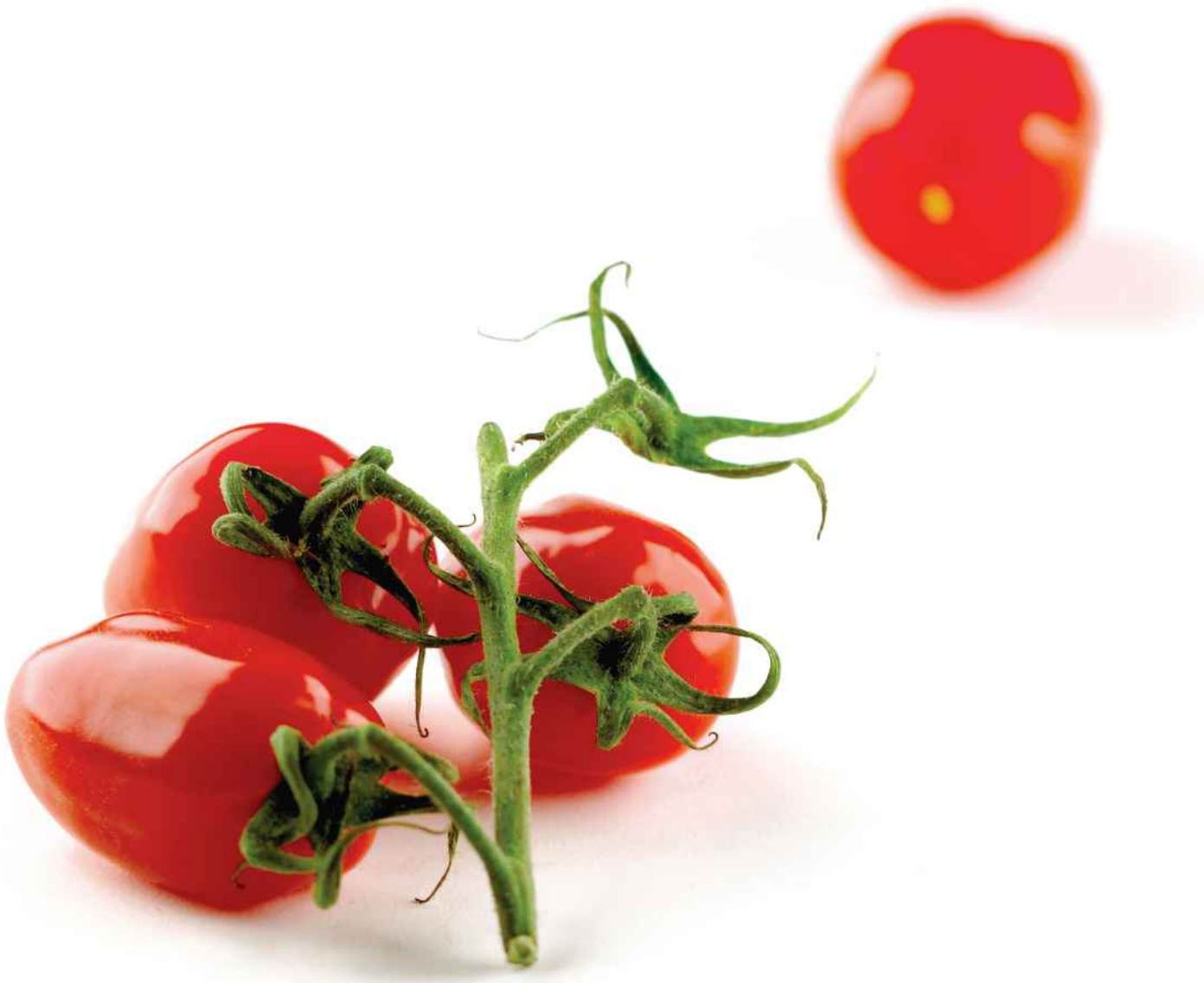
Practise feasting on a familiar Psalm.

# Preparing the Feast:

Look up Psalm 23 in your favourite version of the Bible, and write it out in full here:



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# Menu

Feast on Psalm 23 by trying each of the following 'courses'.

## Grace

Thank God for what you are about to receive.
Ask the Holy Spirit to show you all the good things in the passage
that will feed you and help you to grow well.

## Appetiser

Read the Psalm slowly and simply in your chosen version.
Read it aloud if you wish because this can sometimes
add a different understanding to what you are reading.

## Salad

Read the Psalm again and see which of the verses grabs your attention.
This is like eating a mixed salad, where each verse is a different ingredient.
Choose the verse that is the most appealing to you and underline it on your written copy.

## Main Course

Savour your chosen verse. Write it on the circular 'plate' on the next page.
Imagine it is like the treat that you learned to eat slowly.
Look at it, explore it, sense it, taste it, suck it, swirl it in your thoughts and chew on it.
See if you can savour just one verse for at least 10 minutes.

Around the plate, write or doodle any thoughts or ideas you have about this verse.

Take some play-dough or clay and mould and shape the clay as you think about the text.
Maybe the shapes you make will be abstract,
or maybe you will make a model of something specific as you reflect on the words.

Or create a 'popcorn' placemat, by writing down the odd words that pop into your mind.
Sprinkle them here and there, or group them in whatever way makes sense to you.

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# Drinks

Sit in God's presence – as if you are immersed in it.
Soak up the words of the whole psalm again, and listen to them
as if God himself is speaking them to you.
Write on your placemat any other ideas and thoughts that occur to you

# Desserts

Write, draw or create something that illustrates the best thought or idea
that came to you during your feasting.

# Thanking the Chef

Use the inspiration you have experienced during your feast to shape
a simple prayer of thanks to God.
Tell him how much you enjoyed the meal and what you enjoyed the most.

# Take Away

In the day that follows your Psalm feast, notice the energising effect
that the banquet has on the way you relate to God, yourself and others.
What difference has the spiritual food made to you and your life?

# Advance Reservations Recommended

Plan ahead and book another feast.
Ask God to show you what you should feast on next time –
a passage of scripture, a scene of nature, the work he is doing in your life, etc.

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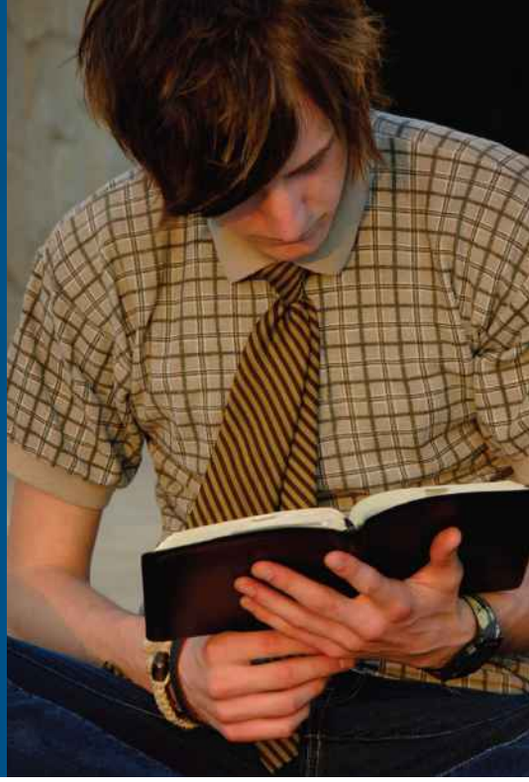
KID for Teens: Leader's Guide

# The Sound of Silence 12



## You will need:

- Biros, marker pens and pencils

**Icebreaker:**

- Gather a collection of noise-making objects and toys – things that can be wound up or turned on to make noises by themselves.
- A mobile phone:
- *Set the ring tone of the mobile phone to a very familiar tune, such as 'Happy Birthday'.*
- *But keep the volume low – only just loud enough to be heard when people are close to its hiding place.*
- *Hide the phone in the meeting room. Place it in a box or a bag. Make sure it is switched on and has a full battery.*
- *Then place all kinds of noisy toys and machines around the room. If you have some alarm clocks, set them to go off at about the time when the ice breaker should start.*
- *Use remote controls to turn on other sound machines and recruit some helpers who will switch on some of the other noisy things at the right time.*

**Mission Possible:**

- 'Noise' sheets – one per person

**Word Search:**

- One Word Search study per person

Large sheets of paper – at least one per person

- 'Listening Words' posters (see resources)
- 4 Tables
- 4 plain white table-cloths for the tables
- *For more information on this section please see Word Search Activity Preparation Sheet in resources.*

**Coming Together:**

- 4 Large sheets of paper (Flip Chart size)
- On each sheet of flip chart paper write one of the following questions:
  - What did you like best about having some time to listen to God?
  - What do you think is the most important thing about listening to God?
  - What did you learn from this experience?
  - What would have made it easier for you to listen to God?
- Sticky tack for attaching the paper on the wall.
- Large pad of sticky notes – divided into sets of four sheets per person

**Family Focus Time:**

- One plain index card or postcard-sized piece of card per person
- Cups and drinks

**Family Prayer Time:**

- One instruction sheet per family.

**Jesus and Me (JAM) Session:**

- One set of journal pages for each person.

**Take-away Menu (optional):**

- One set of disposable ear plugs per person

## By the end of the session, the group members will:

- Know the importance of taking time to listen quietly to God.
- Feel a desire to experience being still and listening to God.
- Respond by experimenting with quietness and creating space in their life to listen to God.

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# 12 KID for Teens: Leaders Guide: The Sound of Silence

**Before you start:**

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see pg. 1)
3. Work with another team member and plan who will manage each section of the session.

**Leadership Personal Preparation:**

Think about a time when you were still with God and just listened to him. What difference did it make to your life? If you have never tried being still and quiet with God for a significant period of time, try it for at least an hour this week. If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

**Welcome and Prayer – 5 mins**

## Say:

"Our lives today are filled with noise – mobiles, IPODs, radios, conversations, cars, television, music…there are very few moments in the day when we're totally silent and still, alone with our thoughts and God.

Today we are going to have a very different time together because we will be experimenting with being still, being quiet, and listening to God. This may be challenging for some of us because we are not used to being still and quiet in the fast paced, noisy world of the 21st century! But in Psalm 46:10 God invites us to 'Be still and know that I am God'. The ability to listen quietly for God's still small voice is an important part of worshipping him.

Quaker communities have long understood the need for silence and the importance of giving God our full attention. When we are quiet and still we often feel peaceful and refreshed, and we can listen more clearly to the things God is longing to say to us."

# 12 KID for Teens: Leaders Guide: The Sound of Silence

**Ice Breaker - 7 mins**

*You will need:*

1. The items prepared as listed on page 1.

- Tell the group that you want to check their listening skills. You have hidden your mobile phone in the room and you want to see how long it takes for someone to find it. Describe the ring tone tune so that everyone knows what it is.
- Set off as many of the noisy things as you can! You may need to recruit helpers to switch all the sounds on.
- Once the room is very noisy, use another mobile phone to call yours and set off the ring tone. If no one finds the hidden phone, call it again if necessary.
- See how long it takes to find a quiet sound in a noisy place.

## Feedback Questions:

- Why was it so hard to hear the mobile phone?
- How was the noisy time like our own noisy lives?
- How easy is it to concentrate when there are so many noisy distractions?
- What if the call to the mobile was urgent or important and we couldn't hear it because of all the other noise?
- How do you think God feels when we don't take the time to listen to him properly?

**Mission Possible - 10 mins**

*You will need:*

1. 'Noise' sheets - one copy per person
2. Pens

- Give each person a 'Noise' sheet to read and reflect on. Provide spare writing materials if necessary.
- Allow a generous 5 minutes of total silence as people read this sheet of paper and begin to identify the noises in their lives.
- After 5 minutes invite people to share any thoughts they may have about the 'Noise' sheet.

**Word-Search - 25/35 mins**

*You will need:*

1. One Word Search study per person
2. Pens
3. Large sheets of paper – at least one per person
4. Marker pens
5. 'Listening Words' posters (see resources)
6. The tables set out as indicated in Word Search Activity Preparation Sheet.
7. Computer and projector

- Give each person a copy of the Word Search to study and read. It is only short because the focus this week is on listening to God.
- Then invite them to explore the different areas and tables and find a place where they can truly listen to God.
- Allow at least 20 minutes for this activity.

**Coming Together - 10 mins**

*You will need:*

1. Ready prepared papers with the questions on them, stuck onto the wall with sticky tack.
2. Pens
3. Sticky notes – four sheets per person

- Call people back to the larger group and ask them to write the answers to the following questions on different sticky notes:
  - What did you like best about having some time to listen to God?
  - What do you think is the most important thing about listening to God?
  - What did you learn from this experience?
  - What would have made it easier for you to listen to God?
- Then ask them to stick their sticky notes on the large sheets of paper under the relevant questions.
- Allow people time to look quietly at each other's responses and to think about the different ideas and experiences that the other group members had during the Word Search time.

# 12 KID for Teens: Leaders Guide: Feasting on God

**Family Focus Time - 10/15 mins**

*You will need:*

1. Sheets of plain paper
2. Pencils and pens
3. Drinks and cups.

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give them a large copy of the instructions (in the handouts for today's session) so that everyone in the family knows what to do without speaking.
- As a family they will spend five minutes being silent and quiet together. They will focus on the question, 'What does God want to say to our family?'
- Write or draw any thoughts and ideas that come into your minds as you listen to God. But if nothing comes into your mind, don't worry, just imagine you are sitting close to God and enjoy being near him.
- After five minutes, silently show each other what you have written down or drawn.
- Spend a minute or so looking quietly at each other's words and drawings.
- Then talk about what you have each experienced during your Family Focus time.
- What thoughts and fresh ideas emerged for your family from listening to God in this way?

**Family Prayer Time - 15 mins**

*You will need:*

1. One instruction sheet per family

- Pray silently for each other in your family using the following technique.
- Sit in a circle.
- Ask the oldest person in each family to guide the silent prayer by naming each person in turn starting with the youngest. Include absent family members too, if you wish.
- After a person has been named, allow at least one minute for everyone else in the family to focus their silent prayers on the named person.
- The silent prayers can be structured in the following way:
- Praising God for creating the person in such a wonderful and unique way.
- Confessing to God any things you may have done to hurt the named person.
- Thanking God for the different gifts you have seen in their lives.
- Asking God to help the person with the specific challenges they are facing.
- Finally pray in the same way for the oldest person in the family group.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*

1. One set of Journal Pages per participant

- Allow at least 5 minutes for this activity, so that the group members have a chance to be very quiet with God and plan some listening time into their week. During this time, play some quiet, reflective, peaceful, Christian music.

**Take-Away Menu (optional)**

*You will need:*

1. One set of disposable ear plugs for each person

- Give each person a pair of disposable ear plugs to take away as a reminder for them to take a break from sound and to spend time listening to God.

**Closing Prayer**

# Word Search Preparation Sheet

## Decorate the walls around the tables with the Listening Words posters (see resources)

*Gather together:*
An assortment of beautiful plants and rocks, seed pods, old bird's nests, etc, or use beautiful photographs of nature and scenery

An assortment of different symbols such as a cross, a handful of long nails and a mallet, a glass of grape juice, a small loaf of bread wrapped in a white cloth napkin, a candle, a jug of fresh water, a simple heart-shaped object, a jar of honey, a salt cellar, etc.

An assortment of simple, white craft materials
Plain white paper and card
White tissue paper
White play dough, clay or Crayola Model Magic
Pencils, crayons, scissors, glue sticks etc
Several Bibles in different contemporary translations
Computer and projector for showing the YouTube clip (optional):
www.youtube.com/watch?v=M4e87vIRpds
Floor cushions (optional)

Set up the following areas on different tables:

### Area 1 – Nature Table
On this table make an arrangement of beautiful plants and rocks. Add other interesting natural objects such as seed pods, or old bird's nests, etc. If this is too difficult, find beautiful photographs of nature and scenery and arrange them in a display on the table.

### Area 2 – Symbols Table
On this table arrange different symbols such as a cross, a glass of grape juice, a small loaf of bread wrapped in a white cloth napkin, a candle, a jug of fresh water, a simple heart shape, a jar of honey and a salt cellar.

### Area 3 – Creative Table
On this table place some very simple craft materials: pencils, crayons, scissors, plain white paper and card, glue sticks, tissue paper, white play dough, clay or Crayola Model Magic.

### Area 4 – Word Table
On this table place several Bibles in different contemporary translations. Arrange some comfortable chairs around the table, or a heap of cushions on the floor.

### Area 5 – Plain Space
Arrange some well-spaced chairs – at least 150 cm apart – 1-2 metres from a plain wall with no distractions. Or project the video from youtube onto the wall. Play it silently (turn the sound off) and in a continuous loop if possible.

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# 12 KID for Teens: Handout: The Sound of Silence Noise

There are all kinds of noises in our lives that stop us from listening to God. Think about some of the different noises inside and outside of your head and how they might be distracting you from hearing God speak to you. Write your name on the line in the vortex below.

Think about the noises that fill your mind and stop you from listening to God.

- Which of the noises is the loudest in your life at the moment?
- What could you do to take a break from these noises?
- How can you focus on being still and quiet so that God can tell you the wonderful things he wants to say to you?
- He has some amazing secrets to share with you that will change your life. He wants to tell you he loves you, say how wonderful you are and remind you of his forgiveness. He wants to give you promises and warn you about things that could harm you. He wants to guide you through the challenges and the times of uncertainty that you face. He wants to encourage you to do what is right...

Are you listening? Are you sitting comfortably? The King of the Universe would like to speak to you.

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# Meditate

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# Reflect

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# Disciple

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# Be Faithful

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# EXPECT

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KiD
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# MARSHALL

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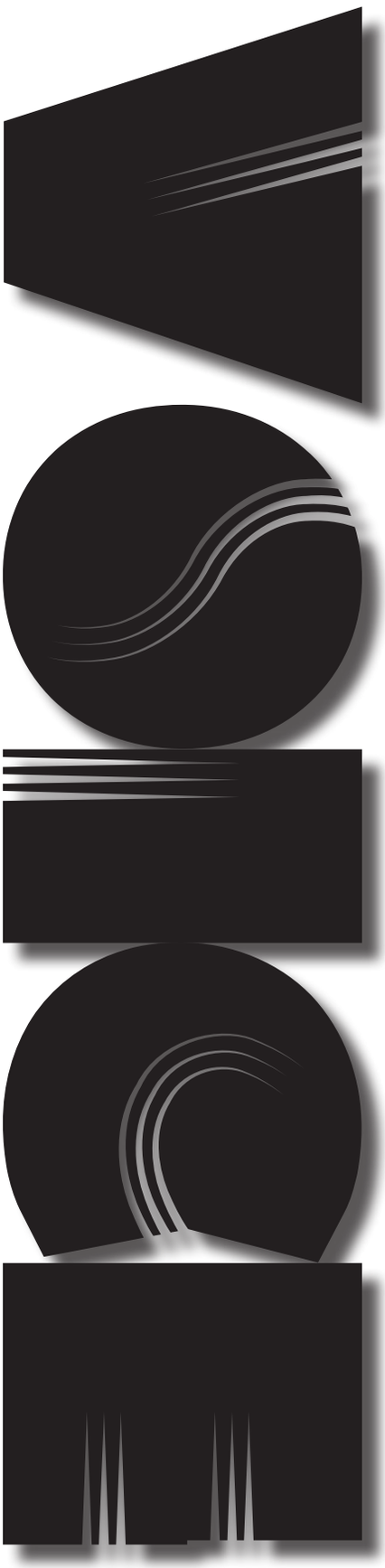

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# WORDS

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# Focus

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# SPEAK

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# Response

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# Family Focus Time: Instructions

As a family spend five minutes being silent and quiet together.

Focus on the question:

## What does God want to say to our family?

Write or draw any thoughts and ideas that come into your minds as you listen to God. But if nothing comes into your mind, don't worry, just imagine you are sitting close to God and enjoying being near him.

After five minutes silently show each other what you have written down or drawn.

Spend a minute or so looking quietly at each other's writings and drawings.

Then talk about what you have each experienced during your Family Focus time.

What thoughts and fresh ideas emerged for your family by listening to God in this way?

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# 12 KID for Teens: Handout: The Sound of Silence

## Word Search: The Sound of Silence

Before you explore the quiet spaces in the room, take a few minutes to understand more about how God speaks to us.

What are some of the different ways God spoke to his people in the past? Match the verses to the different ways in which God has communicated with humans down through the centuries, and today.

| Verse | Style of Communication |
|---|---|
| Hebrews 1:1 | Through the scriptures |
| Romans 1:20 | Through the Holy Spirit speaking in our minds and telling us the messages that God wants to say to us personally |
| Acts 10:9-20 | Through stillness |
| 1 Kings 19:11-13 | Through the stories and histories of his people and through our own histories and experiences of his work in our lives |
| Psalm 46:10 – first part | Through angels |
| Jeremiah 18:1-6 | Through quiet whispers |
| John 16:12-15 | Through lessons we can learn from the everyday objects around us (object lessons) |
| 2 Timothy 3:16-17 | Through visions |
| Luke 1:26-38 | Through his power and character seen in nature and his creation |
| Psalm 107:43 | Through prophets who spoke to the people |

Did you know that even though elephants have really big ears they often listen for faraway sounds through the vibrations they feel under their feet?

When we take the time to be still, God can speak to us in different ways and we can also learn to listen to him in different ways.

Spend a few minutes in stillness, focussing on who God is and what he means to you.

Then explore the areas in the room. Find the kind of quiet place that best suits you as you spend time listening to God today.

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# 12 KID for Teens: Jesus and Me Journal: The Sound of Silence

Think of a time when you experienced God speaking to you in some way. Perhaps it was the Holy Spirit encouraging you to be generous with someone. Maybe you saw a beautiful sunset which spoke to you of God's power and wonder. Perhaps you read a verse in the Bible and suddenly thought, 'this has been written just for me!' Or maybe you heard God in the quiet spaces you experienced during this session today.

## Write about your experience here:

What was happening when you experienced God speaking to you?

What did he communicate to you?

How did he say it?

What effect did it have on your life?

## Noise Fast

We often hear about people fasting from food, but it is also useful to fast from words, noise and information so we can give God the space to speak to us.

Obviously you have to work, study and function in a noisy world, but make a plan to take a break from noise this week. Maybe you will sit for 15 minutes a day in a quiet park, garden or other beautiful place. Maybe you will sit quietly and focus on God as you sit in a comfortable chair in your living room, instead of watching the news. Maybe you will put your MP3 player away and listen to God as you walk down the street. Or shut yourself in your room for a while and imagine there is only you and God in the whole universe.

## My Noise-Fast Plan

This week I will take time to be still with God by...

I particularly want to hear what he has to tell me about...

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# 12 KID for Teens: Jesus and Me Journal: Listening to God's plans for my life

As you listen to God, ask him which area he most wants to talk to you about and write down what you think he is saying to you

## My Present Life

What God is telling me to do today

## My Family

What God is telling me about the ways I can show his love to my family

## My Future

What God is telling me to do in the future

## My Mission & Purpose

What God is telling me about my role in his plans

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# 12 KID for Teens: Jesus and Me Journal: More ideas for listening to God

Choose one or more of the following ideas. Which ones helped you listen to God?

## Focussing on Listening

Load a book of the Bible onto your IPOD or MP3 player. Listen to it during the week instead of your usual music.

When you are with other people this week, stop talking for a while and listen. Pause for a moment to ask God what he wants you to say or do.

Make or find something that will remind you to listen to God. Place it where you will see it often.

## Focussing on Quiet Times

Set your phone to vibrate, once every couple of hours. Use it to remind you to stop what you are doing and listen to God. Notice the difference it makes to your life when you listen to God regularly.

Try using ear plugs to help cut out the distracting noises around you. Some ear plugs may have been given to you as a take-away item during the session.

Find a quiet place away from everyone else and stay there as long as you can, quietly listening to God. Maybe you could visit an old local church and sit in the pews or a little chapel. Maybe you like the forest. Maybe you know a special secret place to be quiet with God.

## Focussing on the Bible

Try a quiet day. Several organisations run these for Christians of all denominations. They work in different ways. Google 'Quiet Days' to see if there is one near you that you would feel comfortable visiting. Or discover how to do a quiet day (you can buy books of ideas for quiet days) and host one for your church.

Take a Bible verse and focus on it for as long as you can. Write it in the middle of a piece of paper and jot down all the thoughts that come to you as you think about the words. Which of those messages do you think is especially for you today?

Keep a Bible verse in your pocket. Focus on it when you are doing mundane work, travelling or eating.

## Focussing on the World

When you are walking around look for secret messages of God's love, or his strength, or whatever you need. You might find them in the everyday things around you, or in the natural world. Notice the details of flowers and clouds and trees and the simple beauty in people's faces. Experience what God is communicating to you through the things you are seeing. Take photos of the objects that speak to you of God. Put them in your journal, together with a few lines about God's messages to you.

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KID for Teens: Leader's Guide

# Experiencing God's Closeness

13

**Before you start:**

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see below).
3. Work with another team member and plan who will manage each section of the session.

## You will need:

- Biros, marker pens and pencils

**Icebreaker:**

- Blue card or paper
- Yellow card or paper
- Activity card copy master
- Copy and cut the activity cards.
- Carefully pile up the cards in two piles – a yellow pile and a blue pile - so that they are stacked in the same order.
- When you know how many people are in the group, take an equal amount of cards from each pile so that there is one card per person. If there is an odd number of people include one of the group leaders so that you have an even number.
  In other words you should be giving out two cards per named activity – one yellow card and one blue card.
  Then shuffle the cards and keep them in a stack ready to share out for the icebreaker. If extra people turn up later, add any extra cards as necessary before sharing them out.

**Mission Possible:**

- Paper

**Word Search:**

- One complete set of Word Search studies for each person to take home.
- Sufficient copies of the Word Search sheets to give one sheet per group as formed in the Word Search directions.
- Large sticky notes – up to ten sticky notes per small group of four people.

**Family Focus Time:**

- One 'Family Discussion' card per family.
- Cups and drinks.

**Family Prayer Time:**

- Sheets or table cloths - one per family.

**Jesus and Me (JAM) Session:**

- One set of journal pages for each person.

**Take-away Menu (optional):**

- Small plastic key-rings with write-on labels
- Buy cheap key-ring labels and write the name 'Immanuel' on them, or purchase special key-rings from a Christian store that would remind people that God is with them all the time.

**By the end of the session, the group members will:**

- Know that God is with them all the time, wherever they are.
- Feel his presence, even when they are busy and active.
- Respond by increasing their awareness of God's presence all through the day and noticing the difference it makes to their lives.

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# 13 KID for Teens: Leaders Guide: Experiencing God's Closeness

**Leadership Personal Preparation:**

Think about a time when you experienced God in a powerful way whilst doing something active. What difference did it make to your life? Or think about a time when you tried to practise the presence of God and it made a profound difference to your life. If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

**Welcome and Prayer – 5 mins**

## Say:

"The best time to spend with God is the time when we are still and quiet and we can focus on God and our relationship with him. But he is with us all the time, and being aware of his continual closeness can change the way we live our lives…in amazing ways.

Brother Lawrence was a monk who lived in the 17th century. He found that the routine of the monastery, with its fixed times for prayer, worship and quietness, made it difficult for him to worship God. He decided to practice the presence of God all through the day. In other words he kept reminding himself that God was as close to him when he washed up in the kitchen as when he stood in the cold chapel at 4.00 am. Soon he discovered that he felt closest to God, and could pray and listen to him better, when he was doing his everyday work.

Because we are made differently, some worship God best in quietness, while some also need to worship God in action, because God sometimes uses the activities we are doing to teach us more about him.
It is good to have a special quiet time with God each day. But God is all around us all the time and we can find ways to experience his presence through everything we do."

# 13 KID for Teens: Leaders Guide: Experiencing God's Closeness

**Icebreaker - 7 mins**

*You will need:*

1. Activity cards in blue and yellow – prepared as indicated in 'Advance Preparation'.

- Give each person one of the activity cards.
- Half the people in the group should have blue cards and half should have yellow cards.
- Tell them to keep their activity secret and not to show or tell anyone what is written on their card.
- Ask the people with the blue cards to mime the actions for their activity.
- Ask the people with the yellow cards to find someone who looks as if they are miming the activity written on their card. This person will be their partner for the next activity.

**Mission Possible - 15 mins**

*You will need:*

1. Paper
2. Pencils

- Working in twos, think about the activity that was written on your cards.
- Make a list of five different ways you could experience God's presence whilst doing this activity.
- Make a list of five things you could learn about developing a God-like character whilst doing this activity. 'I could learn patience/humility/courage etc, by…'
- Be prepared to share your ideas with the rest of the group during feedback time.

**Feedback Questions**

- Ask each group to tell the others which activity they were given. Then ask them to read out some of the ideas they had for experiencing God through their activity.

- When each group has shared their thoughts ask: 'What fresh insights did you have into the ways God speaks to us, and grows our character, when we are being active?'

**Word-Search - 25/35 mins**

*You will need:*

1. Copies of the Word Search studies enough for one sheet per group
2. One complete set of Word Search studies (ABC) for each person to take home
4. Pens
5. Large sticky notes – up to ten sticky notes per small group of four people.

- Ask each pair of people from the Icebreaker activity to form a group with another pair of people.
- Give each new group a Word Search sheet (A, B or C) to study and discuss.
- Ask them to think and talk about the Bible passages in their Word Search.
- Then ask them to write each thought they have about experiencing God's closeness on separate, large sticky notes.

**Coming Together**

- Call people back to the larger group.
- Invite each group to share a special insight that emerged from their study.
- Then invite each group to place their large sticky notes around the walls of the room for others to read.
- Give out a complete set of Word Searches to each person to take home.

**Family Focus Time - 10/15 mins**

*You will need:*

1. One 'Family Discussion' card per family
2. Drinks and cups.

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card to pass around their circle. Each person can discuss a topic or answer one of the questions from the card. They can also pass it to the next person if they would prefer not to speak.

# 13 KID for Teens: Leaders Guide: Experiencing God's Closeness

**Family Prayer Time - 10 mins**

*You will need:*

1. Sheets or table cloths - one per family

- Give each family a clean, flat, bed sheet or cotton table cloth.
- Let them choose one person at a time to sit on a chair and be covered with the cloth. If anyone is uncomfortable about being covered by the cloth they can just close their eyes.
- The other family members can take it in turns to place a hand on the person's back or arm as they read a verse about God being very close, or speak the words God might speak if he were talking to them.

**Jam Session (Jesus and Me) - 10 mins**

*You will need:*

1. One set of Journal Pages per participant

- Ask each person to read Psalm 139 and then reflect on it as suggested in the Journal Pages.
- Allow 10 minutes for this activity, so that the group members have a chance to soak in God's closeness. During this time, play some very quiet, reflective, peaceful, Christian music.

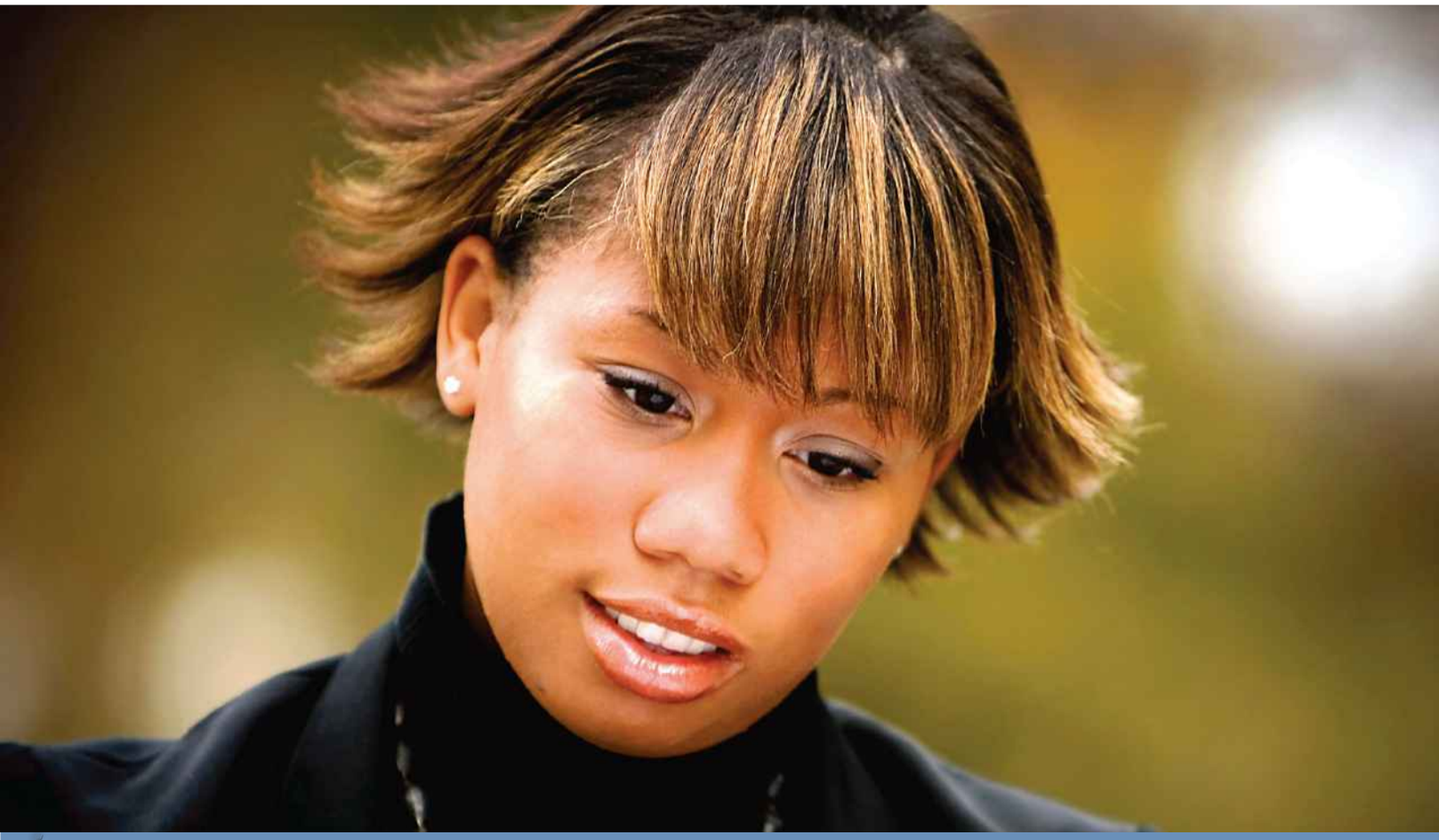
**Take-Away Menu (optional)**

*You will need:*

1. Small plastic key-rings

- Give each person a small plastic key ring with the name 'Immanuel' on it, to remind them that God is always with them.

**Closing Prayer**



# 13 KID for Teens: Handout: Activity Cards: Experiencing God's Closeness

Copy onto blue card and yellow card (or two other colours) and cut apart.

| | |
|---|---|
| Washing a car | Cooking the dinner |
| Feeding a baby | Doing homework |
| Grocery shopping | Gardening |
| Painting a picture | Playing golf |
| Tidying a bedroom | Having a shower |
| Wrapping up a present | Sorting the recycling |
| Reading a newspaper | Watching television |

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# 13 KID for Teens: Experiencing God's Closeness
# Word Search: A

God is always with us. He is as close to us as ever, even when we can't see him, and even when we feel like we are a very long way from him. We may get hurt, or be very frightened, but he is still right there beside us, hurting when we hurt, crying tears with us when we are sad and laughing with us when things go well.

## Read Joshua 1:5-9

List the promises that God makes to Joshua as he is about to lead the Israelites into the Promised Land.

Imagine you are Joshua. Suddenly you find yourself in charge of thousands of people and you are about to cross a large river into enemy territory. What effect do you think these promises would have had on your ability to manage a difficult situation?

## Read Isaiah 43:1-4

These promises are also for you. What difference could they make to your life?

God is always with us. He has probably protected us from hundreds of dangers throughout our lives, and we will never know how many times he has rescued us, until we have the chance to ask him. But God has an eternal view of our ultimate protection, and until he comes we know that there will always be sickness, suffering and death.

As Christians how do we make sense of the promises of God's protection and the promise that he will always be with us, versus the realities of human pain and inevitable death?

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# 13 KID for Teens: Experiencing God's Closeness
# Word Search: B

God is always with us. He is as close to us as ever, even when we can't see him, and even when we feel like we are a very long way from him. We may get hurt, or be very frightened, but he is still right there beside us, hurting when we hurt, crying tears with us when we are sad and laughing with us when things go well.

When the angel visits Mary to tell her that she is going to give birth to the Messiah, the angel tells Mary that people will give her son a special name.

## Read Matthew 1:23

What is the name the angel told Mary to give her son?

Why do you think it was given to Jesus?

List at least 3 ways that Jesus lived up to this special name when he was on this earth.

1.

2.

3.

How can he still be 'with us' today?

## Read Matthew 28:20

What does Jesus say to his disciples as he is about to leave them?

Imagine that you are one of the disciples and it was only a few weeks ago that you saw Jesus die on the cross. Now he is going away and you won't be able to see him any more. What will these words mean to you as you witness for him in a dangerous world?

What difference does your awareness of God's closeness make to your life?

What could you say to someone who feels as if God has abandoned them?

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# 13 KID for Teens: Experiencing God's Closeness
# Word Search: C

God is always with us. He is as close to us as ever, even when we can't see him, and even when we feel like we are a very long way from him. We may get hurt, or be very frightened, but he is still right there beside us, hurting when we hurt, crying tears with us when we are sad and laughing with us when things go well.

In Hebrews 13:5 we are told an interesting secret for experiencing closeness with God.

Write it here:

List five ways in which the love of money can be a danger to our close relationship with God.

1.

2.

3.

4.

5.

List five ways you could counteract the love of money in your life:

1.

2.

3.

4.

5.

## Read Matthew 6:25-34 and Matthew 7:7-11

How might trusting God to provide everything you need, help you to experience his closeness to you in a deeper way?

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# 13 KID for Teens: Jesus and Me Journal: Experiencing God's Closeness

## Read Psalm 139:1-18

Then sit quietly and imagine God is very close to you. Sometimes it helps to wrap yourself in a blanket and imagine that it represents God's warm and comforting love, all around you. Sit for at least five minutes and let God's loving closeness soak into your body, as if you are 'sunbathing' in his love.

Write down some of the thoughts and feelings that were in your mind and body as you experienced God's closeness.

## Other *ideas*:

Try writing Psalm 139 in your own words
Draw a picture, or make a model or sculpture to illustrate the message of Psalm 139.

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# 13 KID for Teens: Jesus and Me Journal: Experiencing God's Closeness

Think about the different ways in which you can experience Gods closeness all the time. Perhaps this week's lesson gave you some new ideas or insights into God's closeness.

Draw a picture of yourself in the middle of this page.

Think of the different things you can do to help you experience God's continual closeness.

Write them all around your picture.

Circle three ideas for experiencing God's closeness that you want to try this week.

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# 13 KID for Teens: Jesus and Me Journal: Journalling God's Closeness

| Date/place/time of experience | How I experienced God's closeness | The effect God's closeness had on me | How God's closeness helped me to share his love with those around me |
|---|---|---|---|
| | | | |
| | | | |
| | | | |
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# 13 KID for Teens: Jesus and Me Journal: Sandy Footprints

Read the famous story below and then map your life as if it were also footprints in the sand.

## Footprints in the Sand

One night I dreamed I was walking along the beach with my Lord. Many scenes from my life flashed across the sky.

In each scene I noticed footprints in the sand. Sometimes there were two sets of footprints, at other times there was only one set.

This bothered me because I noticed that during the low periods of my life, when I was suffering from anguish, sorrow, or defeat, I could see only one set of footprints, so I said to the Lord.

'You promised me Lord, that if I followed you, you would walk with me always. But I have noticed that during the most trying periods of my life there has only been one set of footprints in the sand. Why, when I needed you most, have you not been there for me?'

The Lord replied, 'The years when you have seen only one set of footprints, my child, is when I carried you.'

*- Author unknown*

Sometimes, when we think God isn't there for us, he may be so close that we don't notice him.

Draw a simple map of your life. During which times was God carrying you?

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KID for Teens: Leader's Guide

# The Wow Factor! 14

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Read through the definitions of worship found at the end of this session.

What is your definition of worship? What has been the effect of a special time of worship on your life? How could you share inspiring stories of worship experiences with your group during today's session?

## You will need:

- Thick marker pens, ballpoint pens, pencils,
- Erasers, paper, scissors

**Icebreaker:**

- A pile of celebrity-style magazines (the kind that contain gossip about famous people) – one per 2-3 people in your group. Make sure that there are some sports celebrity magazines for boys.
- Large sheets of paper (at least A3 if possible)
- Glue sticks

**Mission Possible:**

- Large sheets of paper

**Feedback Session:**

- Worship definitions
- Sticky tack
- Copy the worship definitions onto thin card or paper and stick them up around the walls of your meeting room.

**Word Search:**

- Copies of Word Search studies - 1 set of studies per person
- Instruction cards – copied and laminated if possible
- Exploration Stations prepared as per the instruction sheet in resources

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- Attractive photographs of stunning nature scenes and photos of space taken through high powered telescopes

**Jesus and Me (JAM) Session:**

- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Something rainbow-coloured

## By the end of the session, the group members will:

- Know that they can worship God in many different ways.
- Feel the difference that worshipping God can make to their everyday lives.
- Respond by discovering and exploring fresh ways to worship him.

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# 14 KID for Teens: Leaders Guide: The Wow Factor!

**Welcome, Prayer and Introduction – 5 mins**

## Say:

"There is a saying, that we become like the things or people we worship. The more we look at something and focus our thoughts on it, the more like it we become! Sometimes you see owners that look just like their dogs! So we need to be careful with what we fill our minds. When we focus on God and worship him it can powerfully transform every aspect of our lives.

When we really stop to think about God and everything he is, we can't help but be amazed. As human beings we can find it really hard to get our heads around who God is and how we can worship him."

**Icebreaker - Fame! - 7 mins**

*You will need:*

1. Magazines
2. Large sheets of paper (at least A3 if possible)
3. Scissors
4. Glue sticks
5. Thick marker pens

- Divide your large group into twos and threes, letting people choose who they would like to be with. Make sure that nobody feels left out.
- Give each group a celebrity magazine, a large piece of paper, scissors, glue stick and a thick marker pen.
- Ask them to cut out a photograph of a well-known celebrity and stick it in the middle of their large sheet of paper.
- Then ask them to write down all the ways in which this person is worshipped (fan club, copy-cat fashions, books, websites, luxury goods, chat shows, awards, newspaper articles, etc).
- Allow the groups five minutes for this activity.

**Mission Possible - 10 mins**

*You will need:*

1. Large sheets of paper
2. Thick marker pens - 2-3 different colours per group

- As soon as the Icebreaker has been completed, join two groups together and give them a new large piece of paper and some extra marker pens if necessary.
- Ask them to show each other the celebrity poster they have created and to count how many different ways their celebrities are 'worshipped'. Is one of their celebrities more worthy of worship than the other?
- Then invite them to make a new poster where God is the 'celebrity' in the centre of the page.
- Ask them to write down some of the different ways in which we can worship God.
- Encourage them to use different-coloured pens to make their posters look interesting and attractive.

**Feedback Session - 10 mins**

*You will need:*
Worship definitions
Sticky tack

*Before the feedback session, stick the different definitions of worship around the room.*

- Compare the human-worship lists with the God-worship lists that you made during the Icebreaker and Mission possible activities. How are they similar or different?
- What does it really mean to worship? Walk around the room reading the different worship posters. Then stand by the poster containing your favourite definition of worship.
- Let's dig deeper in our Word Search time so that we can understand more about how to worship God.

### Word Search - 25/35 mins

*You will need:*
1. One copy of the Word Search study for each person
2. Pens

**Word Search Activity (10 mins)**

- Divide the large group into smaller study groups.
- Give each study group a Word Search sheet to study and discuss together for ten minutes.
- Invite them to write a definition for worship at the end of their study – ready to share with the rest of the group.

**Exploration Stations (15 mins)**

- After the groups have had ten minutes to explore their Bible passages and ideas, bring their ideas and worship definitions back to the larger group.
- Show them where the Worship Exploration Stations can be found.
- Allow fifteen minutes for people to explore the different stations.

**Feedback**

- Invite everyone to think of the most important thought they have had about worship during this session.
- Ask each person to find a friend and share their most important thought about worship with them.

### Family Focus - 10/15 mins

*You will need:*
1. Drinks and cups.
2. Family Discussion Cards

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card to pass around their circle.
- Each person can discuss a topic or answer one of the questions from the card. They can also pass it to the next person if they would prefer not to speak.

### Praying together - 10 mins

*You will need:*
1. Nature and space photographs
2. Paper
3. Pencils, erasers and pens

- Spread out the nature and space photos on a large table in the centre of the room.
- Ask the youngest person from each family to choose the picture that they find most inspiring and to take it back to their family.
- Provide plain paper, pencils, erasers and pens.
- Ask each family to write a short psalm inspired by the scene on their picture. Two or three verses are enough to make a psalm and families can finish their psalms at home if they wish.
- Invite one or two families to read aloud the psalms that they have created.

### JAM (Jesus and Me) Session - 10 mins

*You will need:*
1. One set of 'Jesus and Me' Journal Pages per participant

- Allow 10 minutes for this activity, so that the group members have a chance to worship God. During this time, play some worshipful Christian music, such as 'Here I am to worship' by Tim Hughes.

### Take-Away Menu - (optional) - 10 mins

*You will need:*
1. Something rainbow-coloured

- Give each person a rainbow-coloured item to remind them to praise God for the wonderful and beautiful things he has made.

### Closing Prayer

# Preparing the Exploration Stations

**Station 1 - table**

*You will need:*
Instruction card 1
A Bible with a bookmark placed at 1 Corinthians 13
Heart-shaped and plain square sticky notes
Pens
A large sheet of paper
A collection of heart-shaped objects and other objects that illustrate different aspects of God's love (candle, torch, bread, washcloth and soap, soft blanket, toy sheep, nails, water, heart-shaped cushions, soap, stones, glass shapes, etc.

Place the Bible, paper, pens and sticky notes to one side of the table and the objects on the other side of the table.

**Station 2**

*You will need:*
Instruction card 2
Wall lining paper
Sticky tack
Thick marker pens
(or a white board and pens)
Small table
A selection of Bibles or printed psalms of praise

Cover a large wall space with lining paper or use an available white board. Make sure the paper is well attached to prevent it from falling down during the session.

**Station 3 - chair**

*You will need:*
Instruction card 3
A large ornate chair
A red or gold velvet throw or piece of cloth to drape over the chair
A spotlight
Small table

Drape the rich fabric over the chair so that it looks grand and throne-like. Position the spotlight behind the chair, so the light radiates around the chair. Place the instruction card on a small table nearby.

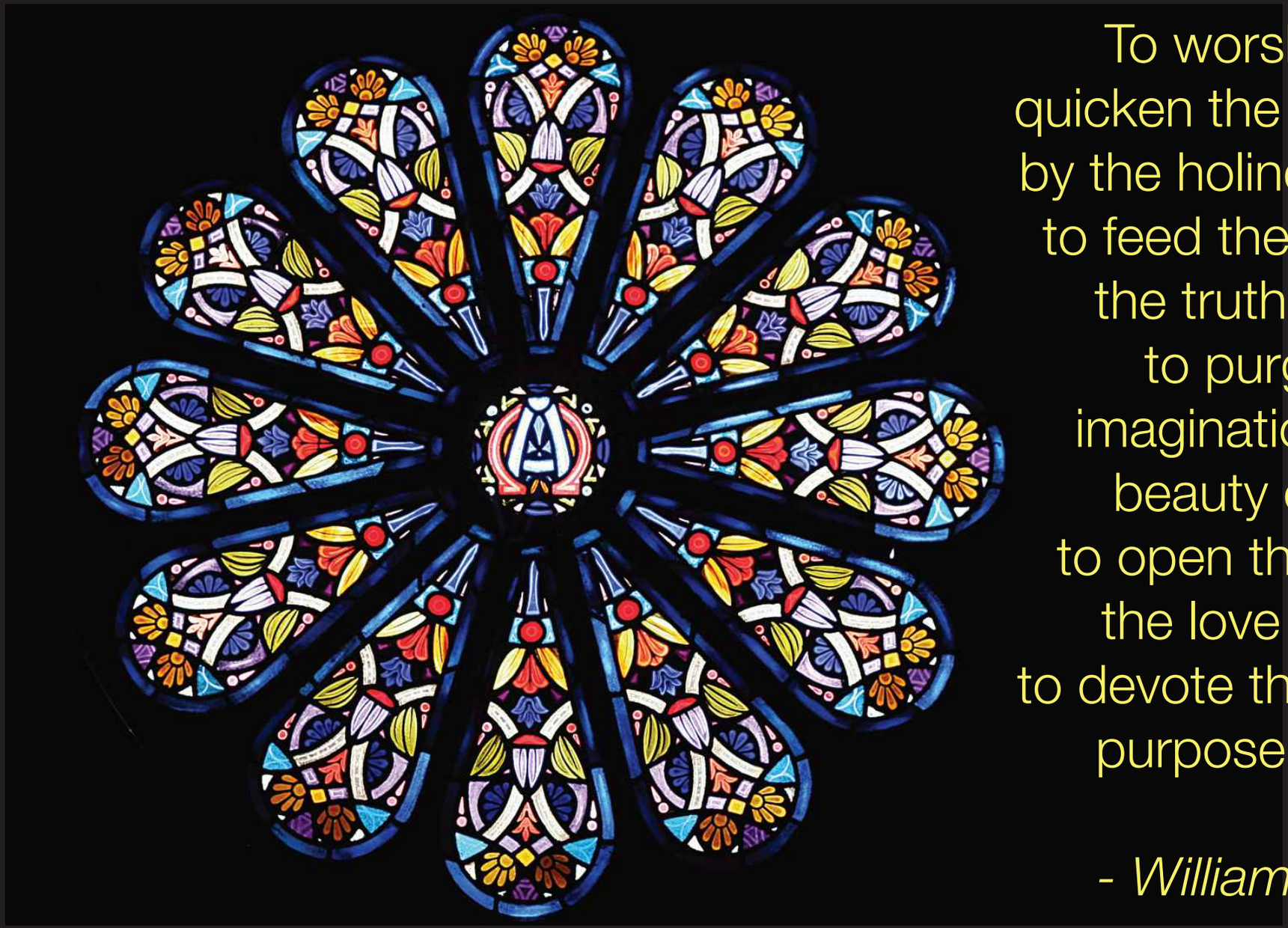
**Station 4 - spacious room with carpet and closed door**

*You will need:*
Instruction card 4
Sticky tack

Attach instruction card 4 to the door with sticky tack.

**Worship Definition Posters**

Place these around the walls of your room.



To worship is to
quicken the conscience
by the holiness of God,
to feed the mind with
the truth of God,
to purge the
imagination by the
beauty of God,
to open the heart to
the love of God,
to devote the will to the
purpose of God.

*- William Temple*

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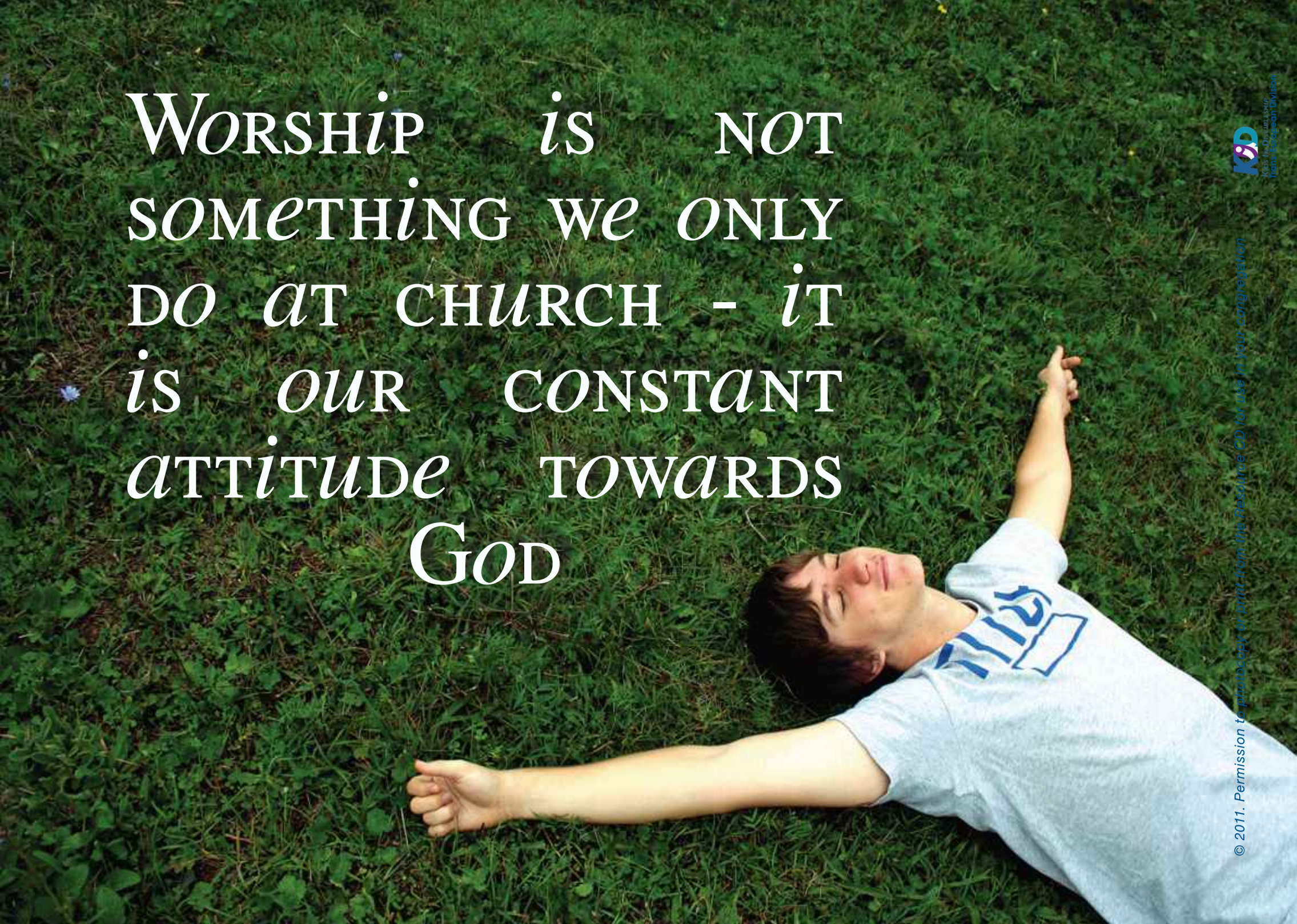


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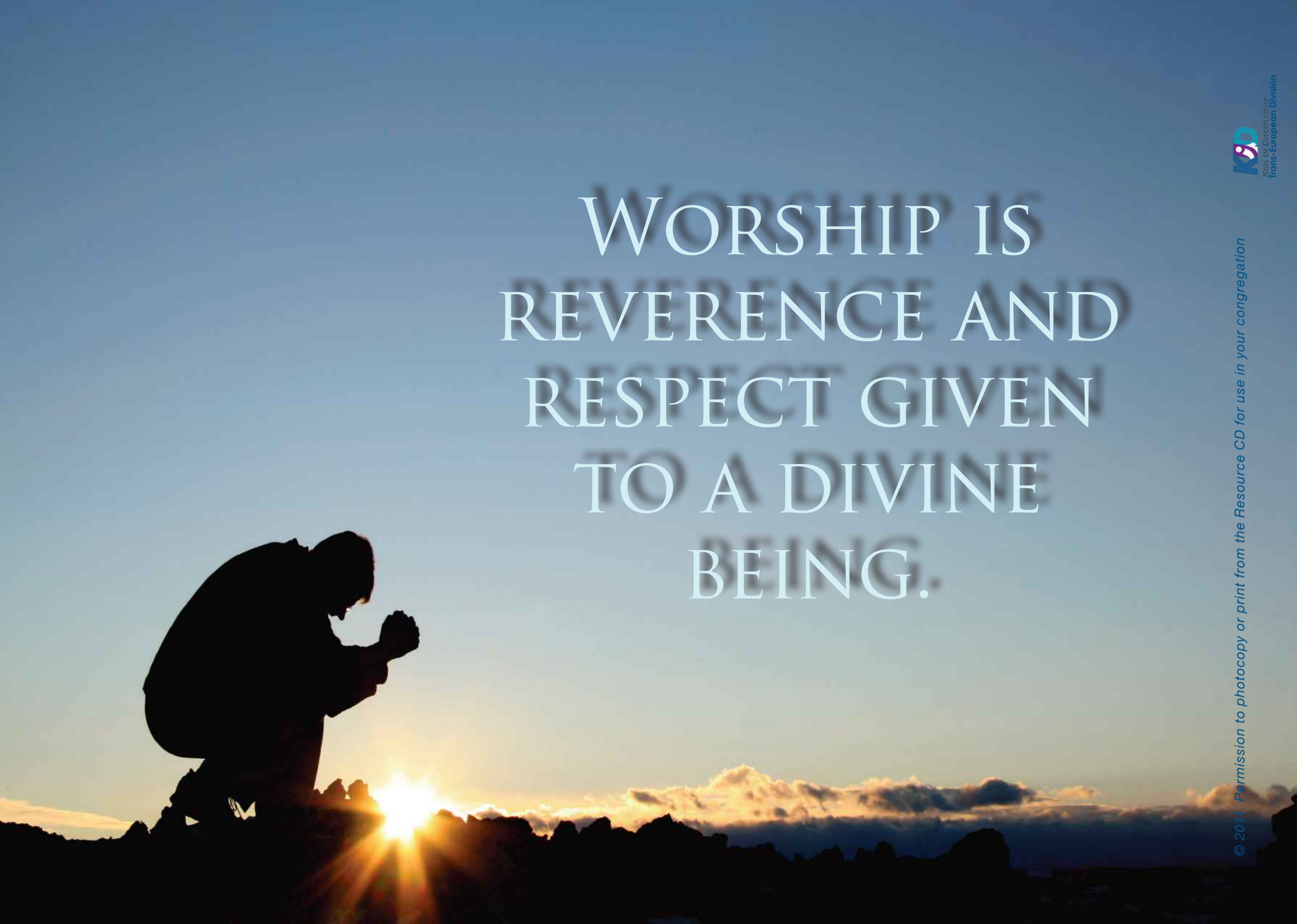


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"Give to the LORD the glory he deserves! Bring your offerings and come into his presence. Worship the LORD in all his holy splendour"

– 1 Chronicles 16:29 (NLT)

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"So come,
let us worship:
bow before him,
On your knees
before God,
who made us!"

*- Psalm 95:6*
*(The Message)*

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*"Yet a time is coming, and has now come when the true worshipers will worship the Father in spirit and truth, for they are the kind of worshipers the Father seeks. God is spirit, and his worshipers must worship in spirit and in truth."*

*- John 4:23-24 (NIV)*

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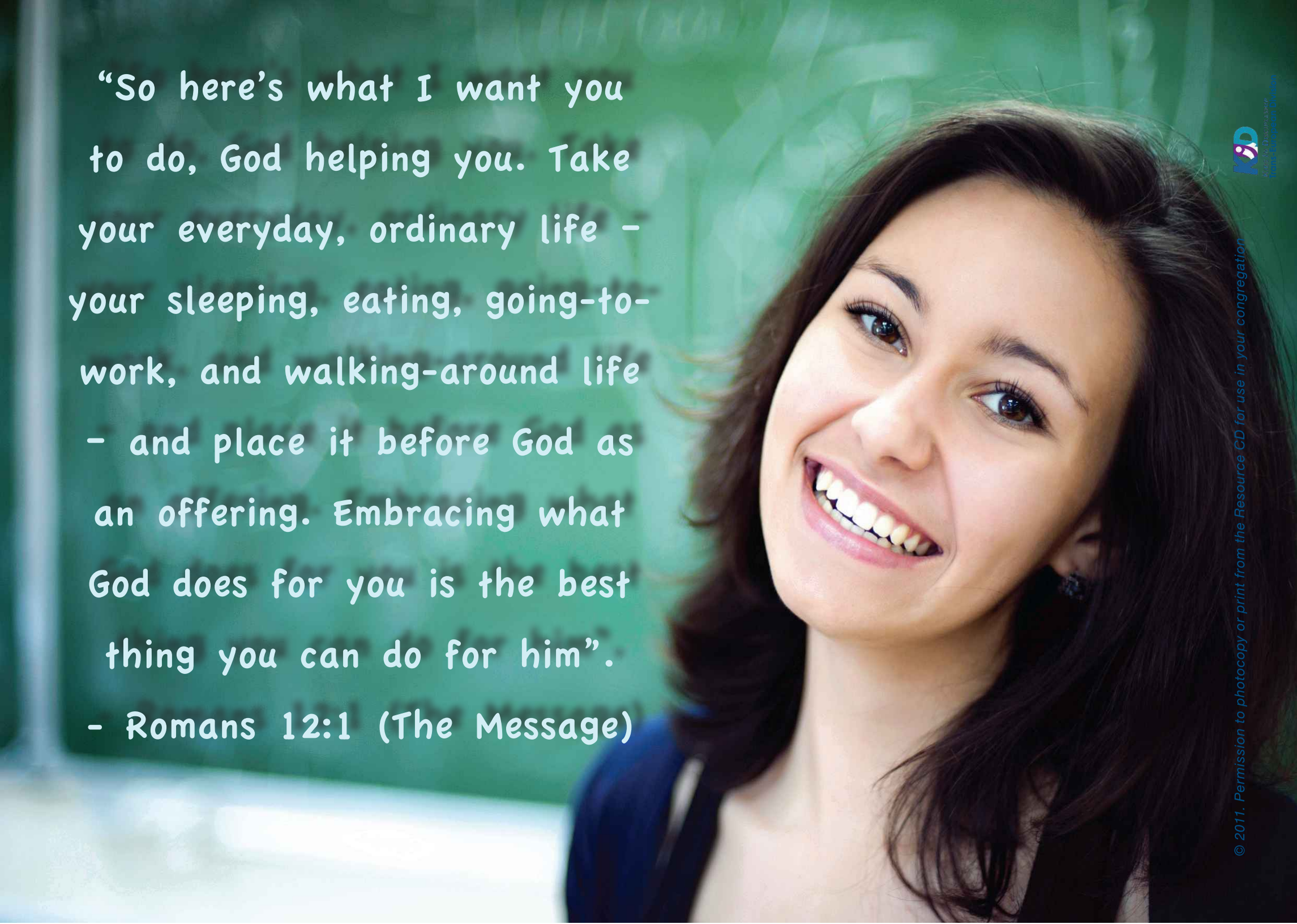


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# 14 KID for Teens: Handout: The Wow Factor!
# Word Search: Worshipping God

Work in twos or threes on 1 or 2 of the questions and then share your discoveries with the rest of the group.

## Matthew 10:4

Who is the focus of our worship?

What characteristics of God most inspire you to worship him?

## John 4:23

Who is it that causes us to worship God?

Why do we need to worship God and why does he need us to worship him?

## Exodus 20

What are the first two commandments?

Why do you think God put these at the beginning of his list?

What are some of the things in our lives today that can distract us from worshipping God?

## Psalm 95:6

What does this text call us to do when we worship?

If worship is an act of the heart, does it really matter what position our bodies are in?

Which is your favourite worship position?

## Mark 12:30

When Jesus was asked about the most important commandment, what did he say?

This verse covers every aspect of our lives – our love and emotions; our spiritual lives; our thoughts, intelligence, imagination and ideas; and our physical skills, activities and strength.

What does it mean to worship? Work as a group to write a definition below. Be ready to share your ideas and thoughts with the other groups.

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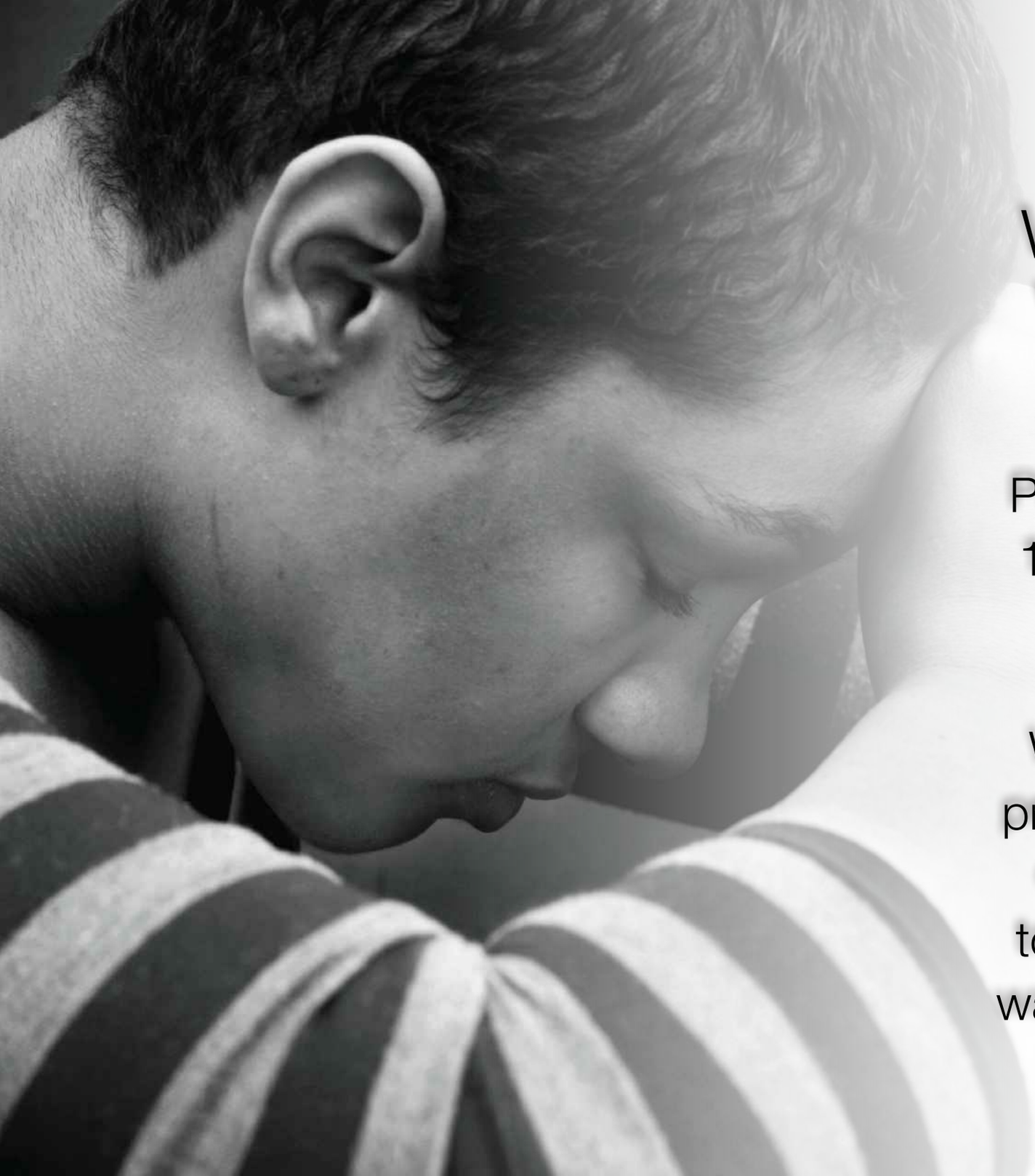
*Instruction card 1*

# Worshipping God with all of your heart

Read 1 Corinthians 13:4-8 - this describes how God loves you...
How does your heart want to worship the loving God?
How do you want to respond to God's love for you?
Which of the objects on the table reflects an aspect of God's love that you want to thank him for?
Write some of your worship feelings on a heart-shaped sticky note and add it to the large sheet of paper.



*Instruction card 2*

# Worshipping God with all your soul

Read one of the praise Psalms. Try 19, 103, 104, 107-119, 122, 135, 136, 146-150

Write some of your own praise words or sentences on the large praise wall to express how your soul wants to praise God today.

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*Instruction card 3*

# Worshipping God with all of your mind

Read Revelation 4
Imagine that God is sitting on this throne right now.
You are standing in the very presence of God himself because he is everywhere.
How do you see God? What does he look like? How does he respond to you?
What do you most want to say and do to worship God when you imagine yourself standing in his presence?

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*Instruction card 4*

# Worshipping God with all of your strength

Go into this room alone and shut the door.
Imagine you are alone in this room with God.
How would you worship him with your whole body or your physical actions?
Would you bow down quietly, jump in the air, wave a palm branch, dance for joy, hug him, hold his feet, make a meal for him, pour perfume over him...?

If you could do something or make something to show God how much you loved him, what would you do or make? What are you good at and how would you use your best skills to worship him?

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Lesson 14 -

## Family Discussion Card

I find it easiest to worship God when...

I want to worship God because he is...

If no one was watching me I would like to worship God by...

In heaven I would like to worship God by...

Lesson 14 -

Family Discussion Card

I find it easiest to worship God when...

I want to worship God because he is...

If no one was watching me I would like to worship God by...

In heaven I would like to worship God by...

Lesson 14 -

Family Discussion Card

I find it easiest to worship God when...

I want to worship God because he is...

If no one was watching me I would like to worship God by...

In heaven I would like to worship God by...

Lesson 14 -

Family Discussion Card

I find it easiest to worship God when...

I want to worship God because he is...

If no one was watching me I would like to worship God by...

In heaven I would like to worship God by...

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# 14 Jesus and Me: Journal Lesson 14
# The Wow Factor!

When we understand who God is, and what he has done for us, our worship is enriched and inspired.

Above, list as many reasons as possible why God deserves your worship. Think about what he has done for you personally as well as the things he has done for humans generally.

If you are short of ideas, try reading the list that David wrote in Psalm 103.

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# 14 Jesus and Me: Journal Lesson 14
# The Wow Factor: Worshipping God with every part of me

| | |
|---|---|
| Ways I can worship God with all my love and emotions | Ways I can worship God with all my thoughts, ideas, intelligence and imagination |
| Ways I can worship God with every aspect of my spiritual life | Ways I can worship God with all my strength, practical skills and helpful actions |

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# 14 Jesus and Me: Journal Lesson 14
# The Wow Factor: Putting it into action

Choose one idea from each of the four lists on the previous page.

Put your idea into action this week. Then write something about what happened.

I worshipped God with my feelings by...

This affected my life by...

This affected the people around me by..

It enriched my relationship with God by...

I worshipped God with my mind by...

This affected my life by...

This affected the people around me by..

It enriched my relationship with God by...

I worshipped God spiritually by...

This affected my life by...

This affected the people around me by..

It enriched my relationship with God by...

I worshipped God with my actions by...

This affected my life by...

This affected the people around me by..

It enriched my relationship with God by...

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# 14 Jesus and Me: Journal Lesson 14
# The Wow Factor: Worship in Action

Read through this list and try some of the ideas that appeal to you. Or try a different one each day and journal your experiences:

Find a piece of music that expresses how you feel about God.

Each time you are aware of a strong feeling that is distracting you from loving God, re-focus on him and his love for you.

Use your best skills or talents to create something that expresses your thoughts about God.

Design a PowerPoint presentation using a psalm and pictures that illustrate the words.

Lie out under the stars at night and wonder about the God who can create a universe of such incredible proportions.

Write an acrostic psalm where each verse begins with a different letter of the alphabet – Psalm 119 is an acrostic psalm.

Make a collection of hearts or other objects that express some of your feelings for God.

Create a photo montage of pictures you have taken or collected that inspire you to worship God.

## Write a love letter to God.

Put your love for God into action by doing something energetic to help someone else.

Choose a simple chorus or song that speaks of your love for God. Sing it in your mind as you go about your daily life.

Close your eyes and explore a flower or a tree with your fingers, feeling its creation rather than seeing it.

Imagine going on a guided tour of the universe, or a beautiful place on earth, with God himself.

Experiment with spending a whole hour worshipping and praising God. How does having a worship-workout make you feel?

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KID for Teens: Leader's Guide

# Gifted 15

## You will need:

**Mission Possible:**

- Scissors
- Large sheets of gift wrap folded up
- Sticky tape
- Empty cardboard boxes of various shapes and sizes – but not bigger than 15-20 cm in any dimension
- Gift bags, or carrier bags – one per person
- *Instructions: Count the number of people in your group and divide it by four.*
- *Involve leaders if you need extra people to make up the numbers, and adjust the number of people involved on the day.*
- *You are aiming to divide your large group into smaller groups each containing four people.*
- If you have five groups of four people you will need:
  - 5 carrier or gift bags containing one pair of scissors each
  - 5 bags containing a roll of sticky tape
  - 5 bags containing a neatly folded whole sheet of gift wrap
  - 5 bags containing an empty cardboard box of some kind
- Each person needs to have one bag containing one item.
- If you have a group number that is more easily divisible by 5, add another set of bags containing parcel ribbon.
- If you have a group number that is more easily divisible by 3, then put the scissors and tape in the same bags.

**Word Search:**

- Copies of Word Search studies - 1 study per person
- Pens

**Family Focus Time:**

- Drinks and cups
- One postcard-sized piece of card for each person
- Double sided sticky tape
- Stick a length of double-sided sticky tape along one short edge of each card, or use another method for sticking a card onto each person's back.

**Family Prayer Time:**

- Paper
- Pens

**Jesus and Me (JAM) Session:**

- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- One gift tag per person – if possible choose a design with the picture of a gift

**By the end of the session, the group members will:**

- Know that God gives each person special gifts.
- Feel the joy and excitement of being affirmed for their gifts.
- Respond by planning a project that uses their unique gift combination.

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# 15 KID for Teens: Leaders Guide: Gifted!

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (previous page) .
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What gifts has God given to you? What difference have they made to your life? What difference have your gifts made to the lives of the people around you? Are you using all your gifts? Which of your gifts is resting on a shelf at the moment and why? Think of a time when you used one of your gifts and it really blessed you and at least one other person. How could you share your inspiring stories with the group during today's session?

**Welcome and Prayer – 5 mins**

## Say:

"Most of us enjoy getting presents, especially when the gifts are unexpected, well chosen, or something we've always wanted. God loves us, and like any good parent, he enjoys thinking of great presents to give to each of his children, to make us and others happy. Today we're going to discover and unpack some of his special gifts.

God gives each of us so many special gifts. Sometimes we don't even know they are hiding inside our potential. Sometimes we are afraid to use them, but God has given us the gifts he knows we'll enjoy the most...So it's up to us to unwrap them and find out how to use them to share God's love with the people around us."

**Icebreaker - Gifted! - 5 mins**

- Find a partner whose birthday is in the same month as yours, or in the month before or after your birthday.
- If you have the highest birth date think of one of the best presents you have ever been given – but don't tell your partner what it was. (Someone born on the 21st has a higher birth date than someone whose birthday is on the 17th).
- If you have the lowest birth date you need to ask lots of questions until you discover your partner's favourite gift.
- But each question can only be answered with a yes or no answer.
- If you have enough time after the first gift has been guessed, swap over and let the other person think of a gift that was special to them.
- You have five minutes for this activity.

**Mission Possible - 7 mins**

*You will need:*

1. The bags ready-prepared - one per person - as instructed on page 1.

- Give everybody a carrier bag with one item in it. Don't tell them what the items are or what they have to do with them.
  - **Say:** 'You have a gift that needs to be shared with other people in order to complete a special mission.
  - You must make a group of four with three other people (adjust this if necessary) and share your gifts to complete a project.
  - When you discover your gifts, and each other's gifts, then you will probably guess what you need to do.
  - You have five minutes for this mission.
  - Ready, steady, Go!'
- Let them work out what their gifts are, how to make groups, and how to use the things they have. Hope and pray that one group works out that they need to gift wrap the box using the paper, scissors and tape!

**Word Search - 25/35 Mins**

*You will need:*
1. One copy of the Word Search study for each person
2. Pens

- Divide the large group into three sub-groups.
- Give each sub-group a Word Search sheet to study and discuss together.

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups for refreshments during the Family Focus time
2. Ready prepared postcard-sized piece of card for each person
3. Spare Double sided sticky tape or pins

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Stick or pin a postcard on the back of each person in the family.
- Ask everyone in the family to think of a gift they have seen another family member use, and then write a description of the gift on the postcard on the person's back.
- When everyone has written on everyone else's cards, take them off and read what's been written.

**Family Prayer Time - 10 mins**

*You will need:*
1. Paper and pens

- Make a list of all the gifts you have identified in your family. If you can think of some you didn't write down in the previous activity, do so now.
- Look at the collection of gifts on your list. What project could you do as a family that would help your church or community? Find something you could do together which uses at least one gift from each person's list.
- Then prayerfully make a plan to do this project at least once.

**JAM Session (Jesus and Me) - 10 mins**

*You will need:*
1. One set of journal pages for each person.

- Allow 10 minutes for group members to start working on their journals.
- During this time, play some worshipful Christian music, if you wish.

**Take-Away Menu**

*You will need:*
1. One gift tag per person

- Give each person a tiny gift-wrapped box – you can sometimes find these as Christmas or party decorations. Or gift wrap empty matchboxes, or give small gift bags to each person.
- These tokens are to remind them that they have been given special gifts by God. They are, in fact, a gift to the world, from God!

**Closing Prayer**

# Word Search - Gifted! - A

What are the gifts?

Read 1 Peter 4:10-11; Romans 12:3-8; 1 Corinthians 12:4-11

## List the gifts that are described in these verses:

What else can you discover from these verses about the gifts God gives to us?

What other gifts do you think Peter and Paul would have added to the list if they had been writing to Christians today?

What is the difference between spiritual gifts and God-given talents?

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15

KID for Teens: Handout: Gifted!

# Word Search - Gifted! - B

## Why does God give us different gifts through his Holy Spirit?

Read the verses below and then list the different reasons God gives us these gifts.

### Matthew 7:7-12

### 1 Corinthians 12:4-27

### 1 Peter 4:10-11

What responsibilities come with these special gifts?

When we don't use the gifts God has given us, it is like keeping our gifts, still wrapped up, on top of our wardrobes! What might happen if we chose not to use our spiritual gifts?

How might this affect God's plans?

How might this affect those around us?

How might this affect ourselves?

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# Word Search - Gifted! - C

What attitudes do we need to have when we use our gifts?

## Romans 12:6-8

## 1 Corinthians 12:13-27

## 1 Corinthians 13:1-13

## 1 Peter 4:10-11

When we use our gifts grudgingly, or for selfish reasons, it is like wrapping a wonderful present in dirty newspaper! Why do you think the attitudes we have when we use our gifts are so important?

How do our attitudes affect our gifts?

How do our attitudes affect the people with whom we share our gifts?

How do our attitudes affect ourselves?

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# 15 Jesus and Me: Journal Lesson 15: Gifted!

Which of the following things are true about the gifts God has given to you? Underline the statements you think are true and say why you believe them.

They are perfectly suited to the unique person God created me to be

They will make me miserable

They are only to be used to make others happy

I will enjoy using them

I will have to work at developing them

I will be brilliant at the gift with no extra effort

When I start using the gift, exciting things will happen

My gift is not just for me, it is a gift for the community in which I live

If I don't use my gift it may be taken away from me

The Holy Spirit will help me know how and when to use my gift

What else is important to know about the gifts God has given to us?

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Jesus and Me: Journal Lesson 15:

# 15 What gifts do you think God has given to you?

## Here are four gift labels.

Write your name on each of the labels. Then write the name of one of the gifts God has given you so that you can make life happier for others.

To:

The gift of:

With love from God

To:

The gift of:

With love from God

To:

The gift of:

With love from God

To:

The gift of:

With love from God

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# 15 Jesus and Me: Journal Lesson 15: Saying Thank You to God!

One of the best ways to show appreciation for a gift is to use it!

List ten enjoyable ways you could use one of your gifts to bring happiness to others:

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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# 15 Jesus and Me: Journal Lesson 15: Gift Plan

THINK OF A SPECIAL WAY YOU WOULD LIKE TO USE ONE OF YOUR GIFTS NEXT WEEK.

## Gift:

Pray that the Holy Spirit will help you to use your gift in the best possible way.

What will you do?

What effect do you hope your gift plan will have on others?

When will you do it?

...And on yourself?

Who will you do it for?

When God sees me using my gift in this way I imagine he will feel or think...

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# 15 Jesus and Me: Journal Lesson 15: More Ideas

Write a thank you note to God for the special gifts he has given you.

Buy a card that expresses your thanks, or make one, or write a short note.

Make a diary of the times when you consciously use one of your gifts to share happiness with others. What is the effect on those around you?

Write a project plan for developing your gift. What else would you like to try, or to learn, so that you can use your gift in ways that are even more effective?

How can you team up with other 'gifted' people to create new and exciting ways to share God's love and happiness with others?

Encourage someone else's gift – write them a note, send a text or an email, or let them know that you have noticed them using a special gift in some way. Visit www.dayspring.com for free e-cards that you can use to encourage others.

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KID for Teens: Leader's Guide

# God's Public Relations Team

16

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (previous page)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about the time when a person showed you something positive about God's character by their unexpected generosity, kindness or love towards you. How did their actions help you to understand more about God? If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of the story to fill you with enthusiasm for today's session.

- Pens and pencils, flip-chart markers

**Icebreaker:**

- Sheets of plain paper - one sheet for every pair in the group

**Word Search:**

- One complete set of Word Search studies for each person to take away, and enough spare copies to comply with the instructions listed at Word Search (pg. 3)

**Mission Possible:**

- Magazines that have plenty of colourful adverts
- Scissors
- Large sheets of plain white paper

**Family Focus Time:**

- Drinks and cups.
- One Publicity Planner per family

**Praying Together:**

- Plain paper
- Erasers

**Jesus and Me (JAM) Session:**

- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Print off, copy, or design business cards to give to each person, reminding them of their special responsibility as a publicity agent for God. (See sample later in the lesson).

## By the end of the session, the group members will:

- Know what it means to be on God's public relations team.
- Feel a desire to help others understand God's loving and forgiving character.
- Respond by planning mini publicity campaigns for God with their family and by themselves.

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# 16 KID for Teens: Leaders Guide: God's PR Team

**Welcome and Prayer – 5 mins**

## Say:

"Being friends with God gives us a special responsibility. Today, countries have ambassadors – people who are the representatives of their own country. Ambassadors are sent abroad to build understanding between countries and to strengthen relationships between them. When we follow Jesus we are also ambassadors for God.

God has asked us to be his ambassadors on earth!
"So we are Christ's ambassadors; God is making his appeal through us. We speak for Christ when we plead, 'Come back to God!'" (2 Corinthians 5:20, NLB)

Another different way of understanding this important task is that we are on God's public relations team – working to give him the best publicity possible, through our relationships with others.

Most of us have not met an ambassador, and most of us don't know much about what they do. But we do have some idea about how advertising works. Most adverts are messages from a company's representative. The messages tell us, 'Come and buy what we have to offer – it's the best!' (even if it's not). But what God has to offer is completely free, and truly the very best."

**Icebreaker - 7 mins**

*You will need:*

1. Sheets of plain paper - one sheet for every pair in the group
2. Pens/pencils

- Get into groups of two or three people and list the ways in which a company could advertise their products to you. Write down all your ideas on a sheet of paper.
- See which group can find the most ways in 2 minutes!
- After 2 minutes return to the main group and compile a super-list of all the different advertising methods that have been written down.
- As a group discuss – What methods do Christians use in their lives to advertise God? And what methods does God use to 'advertise' himself, that don't depend on human helpers?

**Word Search - 25/35 mins**

*You will need:*
1. One complete set of Word Search for each person to take away.
2. Other copies as per instructions below.
3. Pens

- Ask each Icebreaker group to join with another Icebreaker group to form a larger study group.
- There are four different studies: A, B, C and D. Allocate a study to each group so that all the topics are covered.
- Give each person a set of all the studies so they can explore them in their own time if they wish.
- Allow the groups 15 minutes for their study and then call everyone back to the main group to make a mini presentation of their different thoughts and discoveries.

**Mission Possible - 20 mins**

*You will need:*
1. Magazines that have plenty of colourful adverts
2. Scissors
3. Large sheets of plain white paper
4. Marker pens

- Divide the main group into four different groups, letting each person choose which group they would prefer to join. Make sure there are at least two people in each group.
- If your overall group is very small you may need to offer fewer groups, but make sure that at least one group does D (experiential advertising).
- Each group will have ten minutes to plan an advertising campaign for God's love through one of the following media:
- A – Visual advertising – posters, printed adverts, T-shirts and leaflets, etc.
- B – Verbal advertising – written articles, radio advertising, SMS, email, etc.
- C – TV-style advert – this can be acted out.
- D – Experiential advertising – sampling, free trials etc.
- After ten minutes, bring the four groups back together again.
- Invite each group to describe the campaign they have developed or to demonstrate their ideas by showing visual mock-ups, acting out the advert, etc.

**Mission Possible: Feedback Questions**
- What, if anything, can we learn from the world of advertising to help us in our publicity campaign for God?
- Why is it important to have a range of different publicity approaches?
- When might people be more likely to respond positively to our publicity campaigns?
- How might we use some of these ideas to help the people in our community to experience God's love?

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups for refreshments during the Family Focus time.
2. One Publicity Planner per family
3. Pens

- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a Publicity Planner to work through.
- Ask them to plan a small project, as a family, to advertise God's love to their neighbours.

**Family Prayer Time - 10 mins**

*You will need:*
1. Plain paper
2. Pencils and erasers

- Draw a map or plan of your immediate neighbourhood.
- Take it in turns to pray for each of the families or homes that you hope to influence through your family project.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*
1. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me Journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu**

*You will need:*
1. Business Cards – one per person

- Give each person a business card printed from the website.
- Type or write in each group member's name onto one card.

**Closing Prayer**

# Word Search: Agents for God: A

Work together to explore the following questions and activities.

As God's ambassadors or publicity agents, what is the main message he wants us to communicate to the world?

## 2 Corinthians 5:18-20

What are the two main tasks on our job description according to 2 Corinthians 5:18-20?

1

2

Even though we are working for God, and we have a 'perfect product', which he is giving away for free, not everyone will want to accept it. See what happened to Paul in Ephesians 6:19-20.

How is the work of God's publicity agents (See Matthew 5:1-16) different to the work of commercial advertising? List at least 5 contrasting differences:

| | How commercial advertisers may work | How God's publicity agents work |
|---|---|---|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |

What can we learn from these comparisons?

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# Word Search: Agents for God: B

How did God's publicity agents work during Bible times?

Choose two of the following and think about how the person, event or activity helped others to understand more about God's love and character.

Noah
Abraham almost sacrificing Isaac
Children of Israel escaping from Egypt
The tabernacle service
David and Goliath
Naaman's maid
Esther
Daniel
Jesus' birth
Jesus turns water into wine
Jesus heals ten lepers
Jesus dies for us
Dorcas

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# Advertising Standards

Commercial advertising is often accused of being immoral and unethical. Its values are based on selfishness and greed and at times it is quite happy to use manipulative and deceptive techniques.

How does God want his publicity agents to behave so that they represent him honestly, lovingly and well?

*If your group has six or more people in it, divide up into three pairs or small groups and explore each of the following passages. Then come back together after 5 minutes to talk about your discoveries. Otherwise explore these passages with everyone in the group working together.*

## Search through these verses to discover how we need to behave as God's agents or representatives on earth.

Matthew 5:1-16

Romans 12:9-13:10

Galatians 5:22-23.

# Word Search: Agents for God: D

Here are a few of the 'values' that are common in our society today. Maybe our friends have some of them, and maybe they have leaked into our lives too...

What are the contrasting values of God's kingdom? Work together to find the Bible verses that support God's values.

| | The World's values | God's Values (with supporting Bible verses) |
|---|---|---|
| 1 | I want what I want, and I want it now! | |
| 2 | The more the better! | |
| 3 | The person with the most money wins! | |
| 4 | Cheating's OK as long as you're not caught. | |
| 5 | I'm bored - entertain me! | |
| 6 | I shop, therefore I am. | |
| 7 | If you're not like me, I won't like you. | |
| 8 | If you get in my way, I'll mow you down. | |
| 9 | So I hurt you? Get over it! | |
| 10 | Sex is just for fun. If it feels good, do it! | |

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# Advertising God
# Campaign Planner

Imagine that you and your family are an advertising consultancy and you have been chosen to advertise God's love to the people who live close to you and who may already know you. Pray that God will guide you as you plan how to be his representatives in your community.

## Focussing on one main point

*What aspect of God's love do the people in your community most need to experience?*

*For example: His generosity, someone to spend time with them, someone to listen to them, his hospitality, his forgiveness, his concern for their physical needs, etc...*

## Communicating Creatively

*What creative methods can you use to communicate God's love to the people in your community?*

*For example: Inviting them to your home, sharing your things with them, giving them things they need, helping them in the garden, etc...Be as specific as possible about the action you will take.*

## Outcome:

*What effects do you hope this publicity campaign will have on your target audience?*

## Target Audience:

*At whom are you aiming this campaign?*

## Timing:

*When will this 'advertising campaign' take place?*

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## Campaign Team:

*What will each person in the family do to help this 'advertising campaign' run well?*

| Name | Task |
| --- | --- |

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Each of us is a living and loving advertisement for God and for the laws, principles and values that govern his kingdom. Wow! That's a very special job and a huge responsibility! But he is more than willing to give us all the ideas and help we need.

Think of a time when you were a living advertisement for God's love.

What did you do?

What or who helped you to do it?

What effect did it have on those around you?

When you were advertising God's love were you:

- Acting in obedience to one of God's laws (such as the Ten Commandments) ?
- Following a principle – (such as 'love your enemies' or the list in Romans 12:9-21)?
- Or demonstrating a Christian value (such as the list in Galatians 5:22-23)?

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Jesus and Me: Journal Lesson 16

# God's Publicity Team

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# Life Designer

What are the laws, principles and values that are designing the advert of your life today?

## Laws

## Principles

## Values

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Jesus and Me: Journal Lesson 16

## God's Publicity Team

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# Life Designer

What kind of advert would you like to be in 5 years' time?

What spiritual steps do you need to make to help you reach your goal?

What Bible promises and guidelines will help you to achieve your goal?

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Jesus and Me: Journal Lesson 16

## God's Publicity Team

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# Mission Statement

A mission statement is a phrase or sentence that sums up the whole approach of an organisation, business or group. One Mission Statement that Jesus made was:

## ‘I have come that you may have life, and have it more abundantly.’ John 10:10 KJV

Can you think of other mission statements Jesus made about who he was and what he came to earth to do? Some of them begin ‘I am...’

Find them in the Bible and list them here:

Jesus has a couple of ‘mission statement’ suggestions for us in Matthew 5:13-16.

Read these and then write a mission statement for yourself.

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Jesus and Me: Journal Lesson 16

## God’s Publicity Team

Write your mission statement out again in an attractive way or print it on the computer.

Place your mission statement where you will see it often, so you will remember your special purpose on earth.

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# 16 KID for Teens: Jesus and Me: Journal Lesson 16: Agents for God: What's Really Valuable?

Some of the values we want to live by when we are God's publicity agents are:

| | | | | |
|---|---|---|---|---|
| Attentiveness | Discernment | Initiative | Persuasiveness | Sincerity |
| Carefulness | Discretion | Joyfulness | Punctuality | Thoroughness |
| Commitment | Effort | Justice | Resourcefulness | Thriftiness |
| Compassion | Enthusiasm | Loyalty | Respect | Tolerance |
| Co-operation | Flexibility | Obedience | Responsibility | Truthfulness |
| Courage | Forgiveness | Orderliness | Sacrifice | Virtue |
| Creativity | Generosity | Patience | Self-control | Wisdom |
| Dependability | Gratefulness | Peacefulness | Sensitivity | |
| Determination | Hospitality | Perseverance | Service | |

Choose three of these values that you would like to strengthen in your life right now.

Then list three ways in which you could live out these values in practical ways in your everyday life at home, school or work.

## 1 _____

a.

b.

c.

## 2 _____

a.

b.

c.

## 3 _____

a.

b.

c.

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# 16 KID for Teens: Jesus and Me: Journal Lesson 16: Agents for God: Good Advertising

## Collect a stack of family, nature and current affairs magazines.

Look through them and choose some of the adverts that seem to express God's values, such as taking care of each other, taking care of the earth, good stewardship etc.

Stick the one that you think best represents God's values on the page below. Write down why you chose this advert and what you have learned from it that inspires your Christian life.

Re-write or re-design this advert so that it advertises something about God instead.



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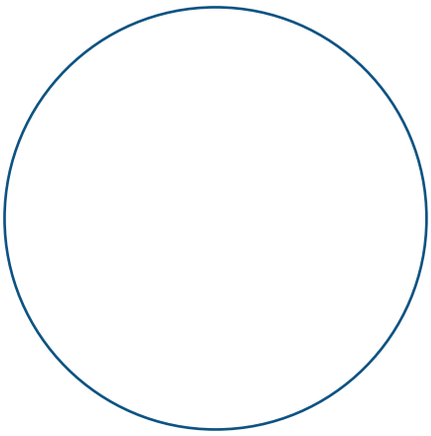
# 16 Agents for God: Logos

## Explore www.religioustshirts.co.uk

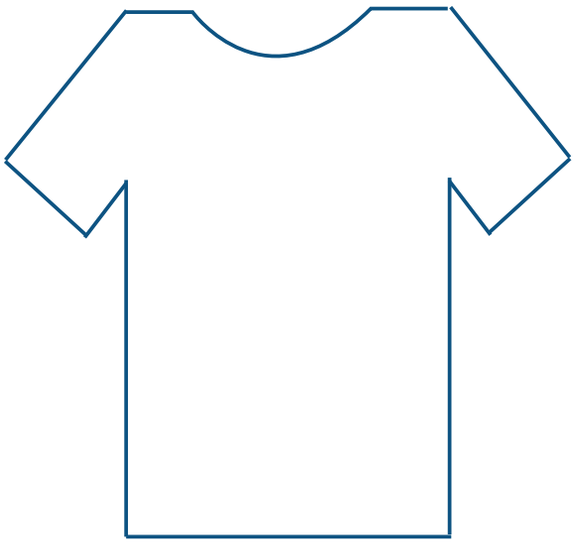
Which of their designs do you think would be most effective at communicating God's love to your friends and community?

## Design your own logo for a witnessing badge or T-shirt.

Badge



T-shirt



## Or create an advertising poster for a billboard that would advertise Jesus to the neighbourhood where you live.



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# 16 KID for Teens: Jesus and Me: Journal Lesson 16: Agents for God: Friendship File

Choose three of your friends who don't know God very well. Then complete a friendship file for each of them.

Name:

Name:

Friendship File

Personal needs (emotional, spiritual, practical, etc):

Questions, fears or worries they may have about God:

One thing I could do to help my friend experience God:
(Make this relevant to their needs and questions)

Name:

Name:

Friendship File

Personal needs (emotional, spiritual, practical, etc):

Questions, fears or worries they may have about God:

One thing I could do to help my friend experience God:
(Make this relevant to their needs and questions)

Name:

Name:

Friendship File

Personal needs (emotional, spiritual, practical, etc):

Questions, fears or worries they may have about God:

One thing I could do to help my friend experience God:
(Make this relevant to their needs and questions)

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KID for Teens: Leader's Guide

# The Pursuit of Happiness

17

Being a Christian doesn't mean we have to be serious or miserable all the time! In fact, God wants us to be happy and the Bible is filled with secrets that will help us to find real happiness. Today we are going to explore some of God's plans for our happiness.

## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Think about what makes you feel really happy. Can you remember a time when someone did something for you that made you feel especially happy? Did you feel happy after doing something kind for someone else? Or were you happy in a blissful moment of peace or beauty or when doing something fun with your friends? What has God done for you that made you feel really happy? if the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

**Ice Breaker:**
- Smiley tokens, 'table confetti' or coloured buttons – at least 3 per person
- Funny prize for Ice-breaker winner (optional)

**Exploring Happiness:**
- 6 Tables and 6 table-cloths
- Happy Table cards
- Luxury hand cream or body butter
- Fun and quirky little toys and puzzles (invite people to bring some along if you don't have any)
- Box of chocolates
- A money box and the name of a well-known charity
- Copies of 'Exploring Happiness etc' sheets – 1 per person

**Mission Possible:**
- Copies of 'Happy Words' and 'Instruction Cards'
- 1 pair of scissors for each group
- Large sheets of flip chart paper
- Sticky tack
- Paper and pens

**Word Search:**
- Copies of studies - 1 set of 4 studies per person
- Paper and pens

**Family Focus Time:**
- Drinks and cups (fun drinks, cups or straws if possible; perhaps you could use natural colourings to serve a red drink that tastes like apple juice, or make the drink fun in some other way)
- Family Discussion Cards - copy 1 sheet per family – don't cut them apart

**Jesus and Me (JAM) Session:**
- Large bag of Jelly Babies or other different mixed and amusing sweets – (use coloured counters or buttons if you would rather not use sweets)
- CD player and CD of soft worship music
- One set of Jesus and Me Journal Pages per participant

**Take-away Menu (optional):**
- Small tokens or gifts with a yellow smiley face

## By the end of the session, the group members will:

- Know that God wants them to experience true happiness and that God's kind of happiness is found in unexpected places.
- Feel a desire to know more about God's plan for their true happiness, and to find ways to share God's happiness with others.
- Respond by looking for ways to reflect God's character by doing things that share true happiness with others.

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# 17 KID for Teens: Leaders Guide: The Pursuit of Happiness

**Welcome and Prayer – 5 mins**

Tell a funny and appropriate joke to start the session, if you wish.

## Say:

"Today we're going to explore God's plan for our happiness. Someone once said it was called Happiness because it is something that Happens when doing something else! Current research is also discovering that the happiest people are those who find other people to help...So let's explore happiness together and see what we can discover about this wonderful feeling that everybody seems to want."

**Icebreaker – 7 mins**

*You will need:*

1. Smiley tokens, 'table confetti' or coloured buttons (at least 3 per person)
2. Funny prize for Ice-breaker winner (optional)

Give each person 3 tokens.

## Say:

"Each of you must try to make as many people smile as possible, but you're not allowed to be rude or to touch each other. Every time someone makes you smile you must give them one of your smiley tokens. If you run out of tokens, try to win some back by making other people smile!"

After 5 minutes call the group back together.

## Ask:

Who received the most tokens? (Offer a funny prize if you wish)

## Discuss:

- What were some of the different things that made people smile and laugh?
- What do you think God finds funny, and what do you think makes him happy?

**Exploring Happiness – 7 mins**

*You will need:*

1. 6 tables set out with items 4-9 on the Advance Preparation list, using the Happy Table cards to guide you. Place one card on each table.
2. Cover prepared tables with Table-cloths – one per table - to avoid distraction until ready to use. Remove the cloths when you are ready to begin this section.

- Give each person an 'Exploring Happiness etc' score sheet to use during this activity.
- Invite them to visit as many of the tables as possible and to score their experiences.
- Allow 7 minutes for the activity. Then move straight into the Mission Possible Exercise.

# 17 KID for Teens: Leaders Guide:
# The Pursuit of Happiness

**Mission Possible – 15 mins**

*You will need:*

1. Copies of 'Happy Words' and 'Instruction Cards' from the resource section
2. Pair of scissors for each group
3. Large sheets of flip chart paper
4. Sticky tack
5. Paper and pens

- Arrange people into groups of about 4 and give them 5 minutes to work on this exercise, following the instructions on the cards.
- Tell them to use the flip chart paper and sticky tack to help them arrange their cards.
- After 5 minutes invite them to look at each group's definitions and word arrangements.
- What are the similarities and differences between the groups' ideas about happiness?

**Word Search – 30 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 set of studies per person

- Number the people in each feedback group from 1 to 4.
- Then make 4 study groups: one group containing all those who were numbered 1; the next group containing all the people who were numbered 2, etc. Juggle the groups a little if one group is rather small.
- There are four different studies: A, B, C and D. Allocate one study to each group so that all the topics are covered.
- Allow the groups 15 minutes for their study.
- Invite everyone back to the main group to make a mini presentation of their different thoughts and discoveries.
- Encourage everyone to explore the other studies in their own time.

**Family Focus – 15 mins**

*You will need:*

1. Fun drinks or cups
2. Family Discussion Cards – copy 1 complete sheet per family – don't cut them apart
3. Large bag of Jelly Babies or other different mixed and amusing sweets – (or coloured counters or buttons if you'd rather not use sweets)

- Serve fun drinks.
- Let the everyone re-assemble into their family groups, collecting a fun drink on the way.
- Give each family a discussion card and a dish of assorted coloured sweets or buttons
- Each family needs to have enough sweets/buttons for every family member to have 3 of the same colour, and for each person's sweets/buttons to be a different colour from anyone else's in their family.
- Allow time for discussion

In one UK survey, 54% of those questioned said that "Helping others at home and abroad" is the key to true happiness.

- CAFOD, Tearfund and Theos, October 2010

# 17 KID for Teens: Leaders Guide: The Pursuit of Happiness

**Praying together – 10 mins**

- Introduce the concept of the 'popcorn prayer'.
- A popcorn prayer is where each person can say a word or phrase whenever they wish during the prayer time. Offer a short demonstration if necessary.
- Invite families to share their own 'popcorn prayer' together.
- Start with one person in the family saying 'Thank you God for the things you've given us that bring us joy and make us feel happy.'
- Then any person in the family can call out a word or a phrase, at any time, which describes something that makes them feel happy: 'sunshine' 'chocolate' 'my family' 'Your forgiveness' etc.
- End with the oldest person saying: 'Thank you God for happiness. Amen.'

Sunshine...Chocolate...
My family...Your forgiveness
...Ice cream...My pets...
Daffodils...The Bible...

**Jesus and Me (JAM) session – 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

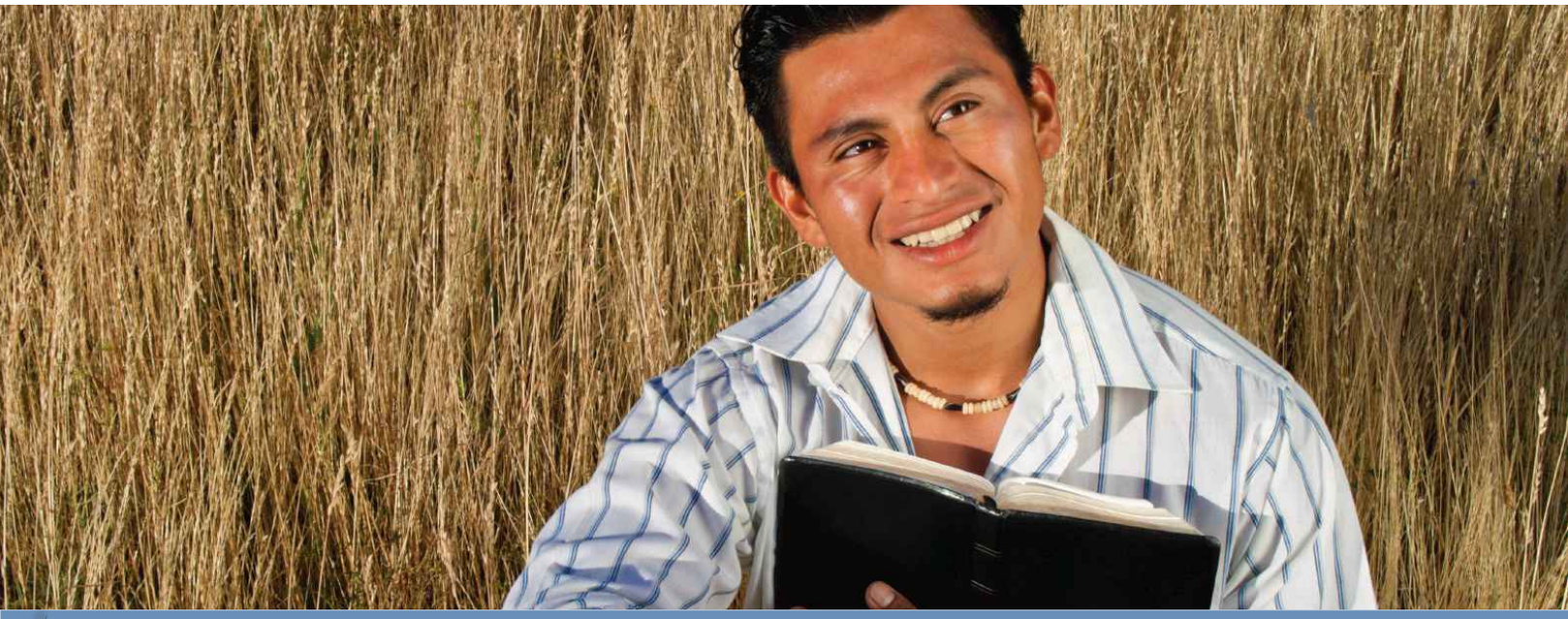
**Take-away Menu**

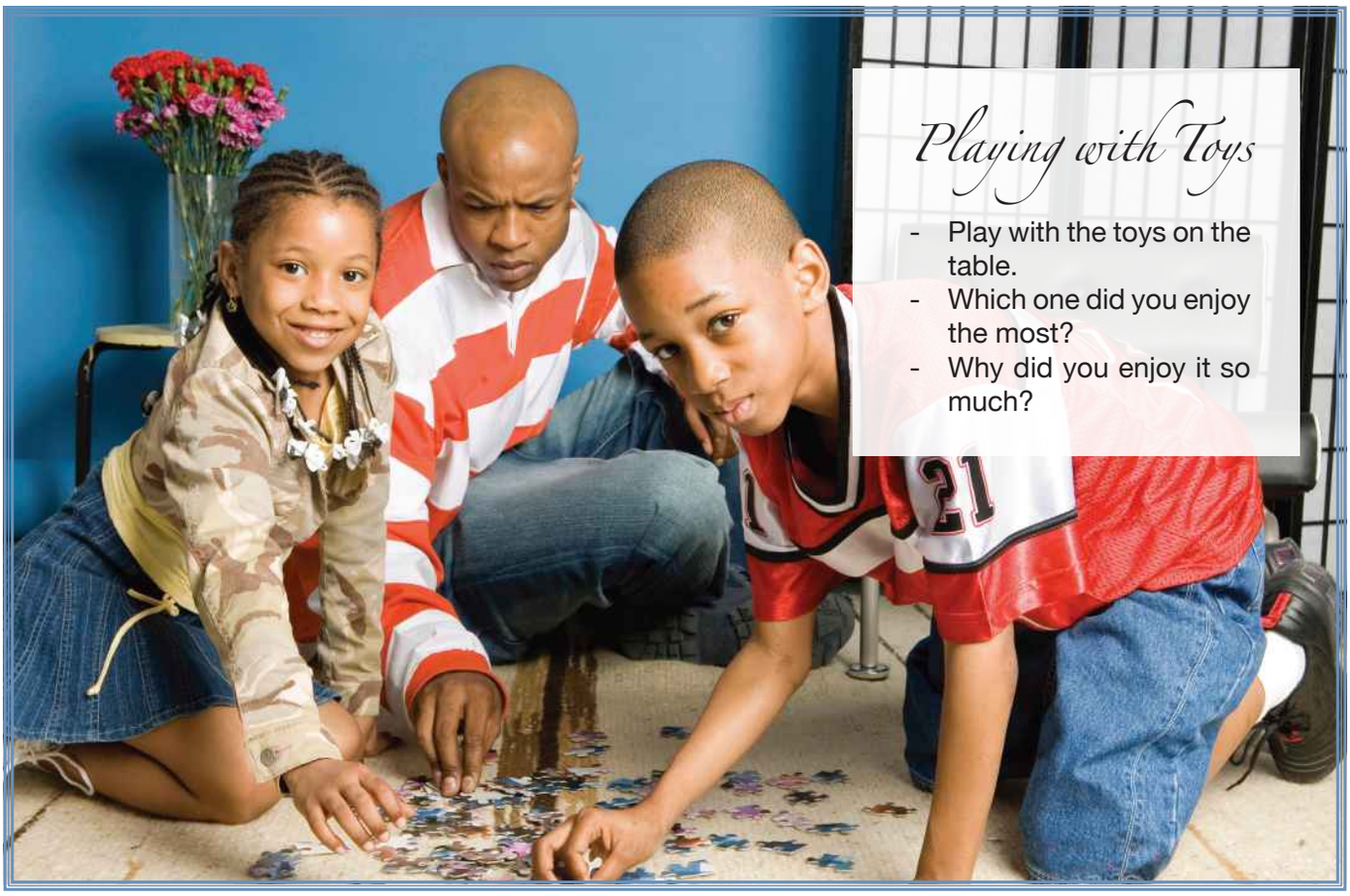
*You will need:*

1. Small tokens or gifts with a yellow smiley face (optional)

- Give each person a small, smiley face item, or let them choose from a selection of small fun gifts.
- Ask them to use this object to remind them to reflect God's character by doing things to make other people happy.

**Closing Prayer**



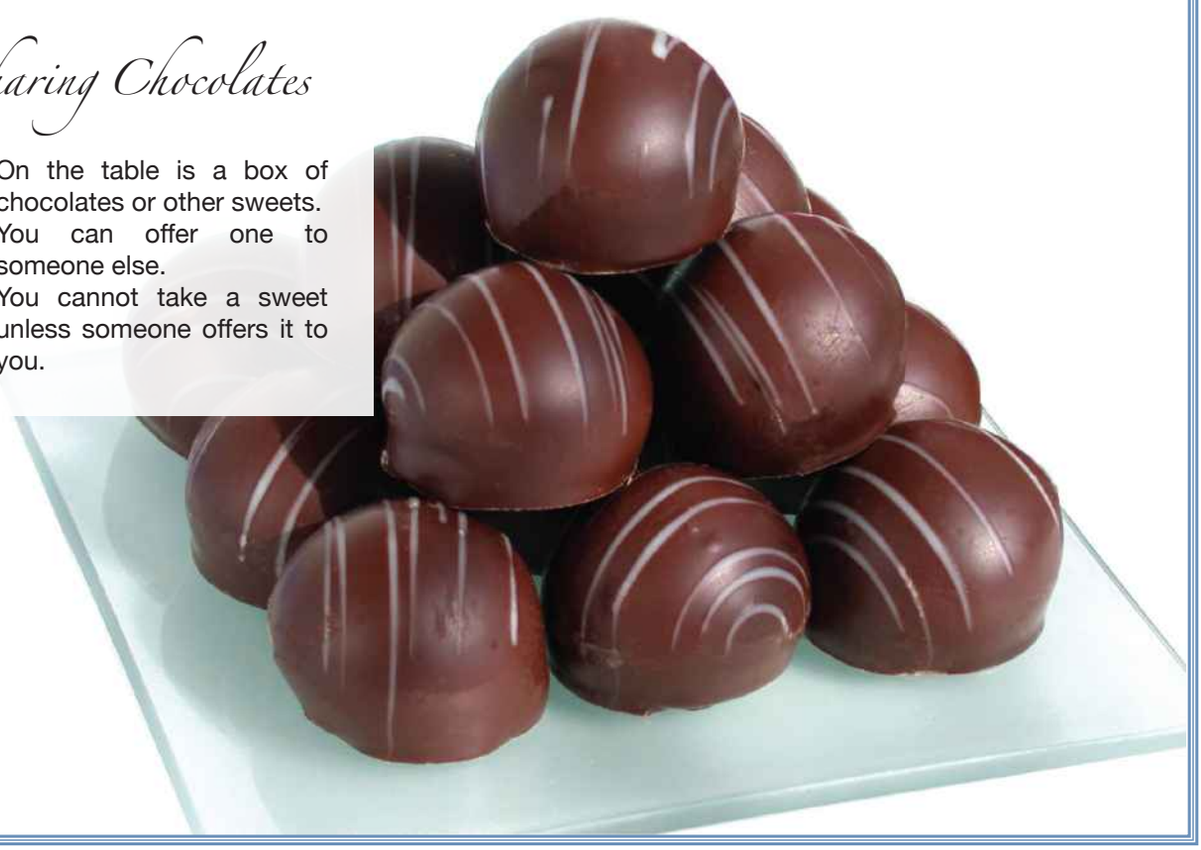


## Playing with Toys

- Play with the toys on the table.
- Which one did you enjoy the most?
- Why did you enjoy it so much?

## Sharing Chocolates

- On the table is a box of chocolates or other sweets.
- You can offer one to someone else.
- You cannot take a sweet unless someone offers it to you.



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## *Helping Others*

Please put something in this money box.

It will be used to help the following charity:

_____

## *Encouraging Others*

Say something encouraging to someone else.

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## Hand Massage

- Find someone in your family and give them a hand massage using some of this cream.
- What happens to your hands when you give a massage to someone else?

## Happiness Interview

- Ask someone else about the happiest thing that happened to them in the last week.
- Then ask them about the funniest thing that happened to them in the last week.
- How were these stories different?

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# Exploring Happiness

Try the different activities on the tables.
Then decide for yourself which category of feeling best describes your experience.

Rate the experiences according to the kind of fun or happiness they gave you;
1, 2, 3, 4 or 5.
1 = a low level of the emotion
5 = a high level of the emotion

| *Activity* | *Fun* | *Pleasure* | *Contentment* | *Happiness* | *Why?* |
|---|---|---|---|---|---|
| Sharing chocolates | | | | | |
| Encouraging others | | | | | |
| Playing with toys | | | | | |
| Hand massage | | | | | |
| Happiness interview | | | | | |
| Helping others | | | | | |

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| | |
|---|---|
| Joy | Delight |
| Wonder | Fun |
| Happiness | Bliss |
| Cheerfulness | Pleasure |
| Amusement | Contentment |

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# Instructions for Happy Words

1. As a group - look at the ten cards and write a brief definition below each of the words.
2. Cut the cards apart.
3. Then work together to arrange the cards.
4. Place the word that you think describes the greatest amount of happiness at the top of the list and arrange the others below it in a way that you think best describes how happy each of the experiences might be. (This might not be a vertical list!)
5. There are no right or wrong answers.
6. By the way – you only have 5 minutes to do this.


# Instructions for Happy Words

1. As a group - look at the ten cards and write a brief definition below each of the words.
2. Cut the cards apart.
3. Then work together to arrange the cards.
4. Place the word that you think describes the greatest amount of happiness at the top of the list and arrange the others below it in a way that you think best describes how happy each of the experiences might be. (This might not be a vertical list!)
5. There are no right or wrong answers.
6. By the way – you only have 5 minutes to do this.


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# Read Matthew 5:3-4 together.

**Read Matthew 5:3 in several different versions of the Bible, including 'The Message'. The word 'blessed' is often translated as 'happy'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

**Read Matthew 5:4 in several different versions of the Bible, including 'The Message'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

These concepts of happiness are different from the usual ways that people understand happiness. Why do you think the ways in which Jesus describes happiness are so different from what most people today think about happiness?

**Romans 12:15 'Laugh with your happy friends when they're happy; share tears when they are down.' The Message.**

Why is this suggestion an important guideline for good friendships?

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# The Pursuit of Happiness - B

## Read Matthew 5:5-6 and Philippians 4:8.

**Read Matthew 5:5 in several different versions of the Bible, including 'The Message'. The word 'blessed' is often translated as 'happy'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

**Read Matthew 5:6 in several different versions of the Bible, including 'The Message'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

These concepts of happiness are different from the usual ways that people understand happiness. Why do you think the ways in which Jesus describes happiness are so different from what most people today think about happiness?

**Read Philippians 4:8.**

Paul wrote this when he was on Death Row. How do you think this approach to his thoughts helped him to remain cheerful and positive in a grim situation?

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# Read Matthew 5:7-8 together.

**Read Matthew 5:7 in several different versions of the Bible, including 'The Message'. The word 'blessed' is often translated as 'happy'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

**Read Matthew 5:8 in several different versions of the Bible, including 'The Message'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

These concepts of happiness are different from the usual ways that people understand happiness. Why do you think the ways in which Jesus describes happiness are so different from what most people today think about happiness?

**Philippians 4:4: 'Celebrate God all day, every day. I mean, *revel* in him!'**

How can we celebrate God in our lives and completely enjoy everything about him?

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# Read Matthew 5:9-10 together.

**Read Matthew 5:9 in several different versions of the Bible, including 'The Message'. The word 'blessed' is often translated as 'happy'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

**Read Matthew 5:10 in several different versions of the Bible, including 'The Message'.**

What do you think this verse tells us about happiness?

Rewrite this happiness secret in your own words:

These concepts of happiness are different from the usual ways that people understand happiness. Why do you think the ways in which Jesus describes happiness are so different from what most people today think about happiness?

**Proverbs 17:22: 'A cheerful heart is good medicine.' NIV**

Why do you think this suggestion is an important guideline for good health?

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| | |
|---|---|
| I feel happy when something funny happens | I feel happy when I feel at peace with myself and others |
| I feel happy when I'm with people who love me | I feel happy when I do something kind for someone else |
| I feel happy when I know I have done something really well | I feel happy because God has good plans for my life |
| I feel happy when I see something beautiful | Something else makes me happy (describe it) |

- Choose three Jelly Babies or sweets that are the same colour, but a different colour from everyone else in your family.
- Place them on the squares that best describe what makes you feel happy. Talk together about your answers.
- What have each of you discovered about real happiness today? (Try seeing whose Jelly Babies can last the longest...)

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# 17 Handout: Jesus and Me Journal Lesson 17

# The Pursuit of Happiness

What special things has God done to add to your happiness?
Write some of them on the smiley gift tags...

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# 17 Handout: Jesus and Me Journal Lesson 17

# The Pursuit of Happiness

What special things have you done to try and make other people happy?
Write some of them on the smiley gift tags...

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# Happy Moments Life Map

- Create a road map of your life.
- Draw it on the page below, including the special and happy events that happened along the way.
- Then, write a thank you note to God for the happy moments in your life.

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17

Handout: Jesus and Me - Journal Lesson 17

# The Pursuit of Happiness

## What (really) makes you happy?

Log your happy moments for a week and see what you find out about your happiness.

| Day | What made you most happy today? | Why do you think it made you so happy? |
|---|---|---|
| | | |
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## What can I do to make others (really) happy?

Log what you do during the next week to make other people happy.

| Day | What made you most happy today? | Why do you think it made you so happy? |
|---|---|---|
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# Be your own Psalmist!

Read some of the happy Psalms (try 98, 100, 146, 147, 148, 149, 150).
Try writing your own Psalm. If you need some inspiration, look at some amazing pictures of nature or space on the internet.
The great thing about Psalms is that they don't have to rhyme – but you can do what David did occasionally and start each sentence with a different letter of the alphabet.

*Psalm 151: A Psalm of .....*


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Handout: Jesus and Me - Journal Lesson 17

# The Pursuit of Happiness

## Super-Sleuth

Search carefully through Philippians (it's only a small book) to spy out Paul's happiness secret...How many can you find?

| Bible Verse | Happiness secret... |
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# God's Happiness Secrets

This week we've learned about God's happiness secrets.
These secrets are often very different from the way most people understand happiness and try to find it.
Write down some of the special happiness secrets you've discovered.

How will you make sure that these secrets will change the way you live your life?
Ask God to help you incorporate these happiness secrets into your life,
and ask him to help you to share these secrets with others, too.


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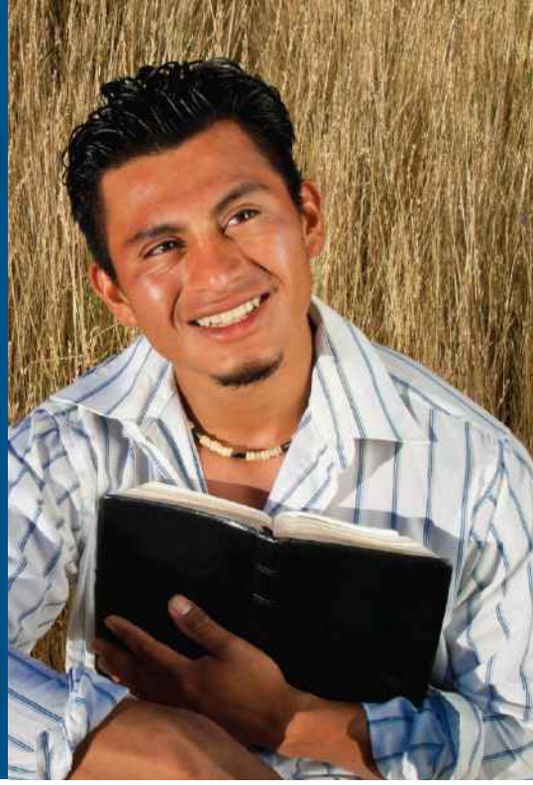
KID for Teens: Leader's Guide

# Money, Money, Money

Money has a strange effect on humans. We want as much money as possible. We strive for better jobs and pay rises, or we long for more pocket money, or our first real job. Some people will do anything to have more money. They will steal, murder, lie... So how do we relate to money as Christians? We need money so we can have a home, food and clothes. But then what? How does God want us to use the money he gives to us?

18



## Before you start:

1. Prayerfully read through the whole lesson at least twice
2. Gather all the materials you need for each section (see right)
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What does money mean to you? In what remarkable ways has God taken care of your financial needs over the years? Was someone ever financially generous towards you? What effect did that have in your life? What experiences do you have of being personally blessed after being generous towards others?

If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

**Icebreaker:**
- Mixed foreign coins (at least 2 from each country)
- Attractive, roomy bag to contain the coins
  ***Or*** Currency/country cards (copy one card per person) *- see resources*

**Mission Possible:**
- Gold foil-wrapped chocolate coins - at least 3 per person
- Clear plastic sandwich bags

**Word Search:**
- Copies of Word Search studies - 1 set of studies per person
- Large sheets of flip chart paper
- Marker pens
- Pencils
- Circular templates (saucers work well)
- Scissors
- Glue sticks
- Sheets of yellow paper, etc
- Sticky tack

**Family Focus Time:**
- Drinks and cups
- Family Discussion Cards - 1 card per family
- 1 copy of the 'Gift Promise' sheet per family

**Praying Together:**
- CD player and CD of soft worship music

**Jesus and Me (JAM) Session:**
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- Tithe envelopes

## By the end of the session, the group members will:

- Know that all their money is a gift from God.
- Feel gratitude to God for his incredible generosity
- Respond by asking God to help them use their financial resources wisely and lovingly

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# 18 KID for Teens: Leaders Guide: Money, Money, Money

**Welcome and Prayer – 5 mins**

## Say:

"Some people say money makes the world go round. That's not exactly true, but money has become a very important part of our culture, our lives and our world.

Money has a strange effect on humans. We want as much money as possible. We strive for better jobs and pay rises, or we long for more pocket money, or our first real job. Some people will do anything to have more money. They will steal, murder, lie... So how do we relate to money as Christians? We need money so we can have a home, food and clothes. But then what? How does God want us to use the money he gives to us?

What does money mean to you? What does it mean to God, and how can God's perspective on money, and the way we use our money, make a powerful difference to our lives and the lives of others? Today we're going to explore some of these important issues."

**Icebreaker - 8 mins - choose one of the following activities:**

**Coin Icebreaker**

*You will need:*

- *Mixed foreign coins (at least 2 from each country)*
- *Attractive, roomy bag to contain the coins*

- Collect together some non-valuable foreign coins. It doesn't matter how many coins you have from each country or even if some coins are the same. But you do need to have more than one coin from at least four countries. You can also use coins from your own country if necessary.
- Place the coins in an attractive roomy bag so that people can put their hand in the bag and pull out a coin.
- When everyone has a coin ask them to find everyone else who has a coin from the same country as theirs.

**Card Icebreaker**

*You will need:*

- *Currency/country cards (from the resources section)*

- Copy enough cards so that you have at least one card per person.
- Cut them apart and stack them with their partners. When you know how many people will be present, count the cards you need, making sure that you have an even number of cards. Ask a team member to stand in if you need to round up the numbers in the group to make an even number.
- Drop the correct amount of cards into a bag and give it a good shake.
- Give each person a card – it will be either the name of a coin or the name of a country that uses the coin.
- Invite people to go around the group and find a person who has the country which uses the coin on their card, or a person who has the coin that the country on their card uses for currency.

# 18 KID for Teens: Leaders Guide:
# Money, Money, Money

**Mission Possible – 10 mins**

*You will need:*

1. Gold foil-wrapped chocolate coins - at least 3 per person
2. Clear plastic sandwich bags

- Randomly call each person forward and give them a small, clear plastic bag. Some will have several chocolate coins and some will have none.
- See how long it takes for someone to realise that people have been given unequal sums of 'money'.
- Divide the group into two separate groups – those who have no coins and those who have coins.
- Ask the 'no coins' group to discuss together what it felt like to have been given no coins at all when they knew that some people had been given several coins.
- Ask the group with the coins to discuss how they want to solve the problem of 'financial inequality'.
- It is important to leave the groups to work out their own plan. Hopefully they will decide to share out all the coins – but there are no guarantees!
- Whatever the outcome, bring the two groups back together and move into the feedback questions.

## Feedback Questions:

How did those who were given empty bags feel when they realised that other people had been given coins in their bags?

How did those who were given coins feel when they realised that people had been given different amounts of coins and that some people had no coins at all?

How did the group with the coins decide what to do with them?

What was the result of their choice?

How did everyone feel at the end of the exercise?

Ask people to find a partner and to describe something that they learned from this experience, or how this activity made them feel.

**Word Search – 25/35 mins**

*You will need:*

1. *The supplies as listed on page 1 under the title 'Word Search'*

- Ask each pair from the end of the previous Feedback time to find another pair so that they make a group of four people.
- Ask each group to number the people in their group from 1-4, so that each person has a different number.
- Then form 4 groups of all the 1s, 2s, 3s, and 4s, and ask them to explore the study that corresponds to their group number, so the 1s will explore study 1, etc.
- Allow the groups at least 20 minutes for their study and poster activity.
- Call everyone back to the main group to show the posters they have made of their different thoughts and discoveries.

"Give, and it will be given to you. A good measure, pressed down, shaken together and running over..."

- Luke 6:38 (NIV)

# 18 KID for Teens: Leaders Guide: Money, Money, Money

**Family Focus – 15 mins**

*You will need:*
1. *Drinks and Cups*
2. *Family Discussion Cards*

- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together – 10 mins**

*You will need:*
1. *1 copy of the 'Gift Promise' sheet per family*

- Invite each family to partially complete their 'Gift Promise' sheet as each person thinks of interesting ways to spend at least £1 (or local equivalent) to help or bless someone else in some way.
- People do not have to say how much they will give. This is just between them and God.
- Ask each person in the family to pray for guidance about how they should use their money to help someone else in a direct way (i.e. not just putting money in a charity box).
- Encourage each family to complete their promises by the end of the week and to spend time talking together at home about how they used their money.
- Ask them to think about the effect this activity had on them personally, as well as the possible effect of their gift on those who were helped.

**Jesus and Me (JAM) session – 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-away Menu**

*You will need:*
1. Tithe envelopes

- Give each person a tithe envelope as a reminder that all of our money comes from God.
- Our tithes are like a thank you card to God for the money he gives to us.
- Our offerings are extra gifts we give because we love him and we want to love other people by sharing our resources with them, too.

**Closing Prayer**

| | |
|---|---|
| Malawi | Kwacha |
| Iran | Rial |
| Thailand | Baht |
| Israel | Shekel |
| Japan | Yen |
| Denmark | Krone |
| Samoa | Tala |
| Papua New Guinea | Kina |
| Paraguay | Guarani |
| Nicaragua | Córdoba |

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# Money, Money, Money - A

## Read 2 Corinthians 8:10-15 and 9:1-15, Luke 6:38 and Proverbs 11:24-25

List all the reasons given in these texts, why it is so important for Christians to be generous:

What might we gain when we're generous?

What might we lose when we're not generous?

When might it be wrong to be too generous?

"I found that whenever I gave something away, I received even more in return! I never gave something away and found myself out of pocket or in need. In fact God always provided more than enough for my needs."

**Make a poster to share your Word Search discoveries. Cut large circles out of yellow paper and stick them onto a sheet of flip chart paper. Write one reason for being generous in each 'coin' circle.**

**Or, find another creative way to share what you have learned with the rest of the group.**

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# Money, Money, Money - B

## The Widow's Coin - Luke 21:1-4
## The Bigger Barns - Luke 12:13-21
## The Rich Young Man - Luke 18:18-25

Read these three stories. Then compare and contrast them.

What can we learn from them about the value of money and wealth in God's kingdom?

**Make a poster to share your Word Search discoveries. Cut large circles out of yellow paper and stick them onto a sheet of flip chart paper. Write one lesson you have learned about money in each 'coin' circle.**

**Or, find another creative way to share what you have learned with the rest of the group.**

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# 18 Handout: Word Search: The Proverbs: Money, Money, Money - C

**Explore the following Proverbs to discover some important wisdom about money.**

Proverbs 11:4

Proverbs 11: 24-25

Proverbs 13:11

Proverbs 16:8

Proverbs 18:16

Proverbs 22:1

Proverbs 22:9

Proverbs 28:22

Ecclesiastes 5:10

**Make a poster or diagram to share your Word Search discoveries. Cut large circles out of yellow paper and stick them onto a sheet of flip chart paper. Write the different 'wisdoms' you have learned about money in each 'coin' circle.**

**Or find another creative way to share what you have learned with the rest of the group.**

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# 18 Handout: Word Search: God's generosity
# Money, Money, Money - D

**Read the following verses:**

## Colossians 1:16

## Deuteronomy 10:14

## Psalm 50:10

## Psalm 50:12

## Haggai 2:8

What do these verses tell us about God?

Read 1 Chronicles 29:10-18. What do these verses tell us about our possessions?

How do these verses change our attitude toward the things we think we own?

What does God ask from us, as a thank you for his generosity? And how does he use this to bless us again?

## Leviticus 27:30

## Deuteronomy 14:22-23

## Malachi 3:6-12

**Make a poster or diagram to share your Word Search discoveries. Cut large circles out of yellow paper and stick them onto a sheet of flip chart paper. Write what you have learned about money and possessions in each 'coin' circle.**

**Or find another creative way to share what you have learned with the rest of the group.**

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Lesson 18 -

## Family Discussion Card

If I had a thousand pounds to spend on helping someone else, I would...

A time when God, in an amazing way answered my prayer about money, was...

I would like to spend less money on...and more on...

Something new I have discovered about God and money today, is...

Lesson 18 -

Family Discussion Card

If I had a thousand pounds to spend on helping someone else, I would...

A time when God, in an amazing way answered my prayer about money, was...

I would like to spend less money on...and more on...

Something new I have discovered about God and money today, is...

Lesson 18 -

Family Discussion Card

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Lesson 18 -

Family Discussion Card

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A time when God, in an amazing way answered my prayer about money, was...

I would like to spend less money on...and more on...

Something new I have discovered about God and money today, is...

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# Gift Promise Sheet

Fill in the chart below and record your actual activities and results after they have been completed

| Person's Name | What they plan to do with their gift... | What actually happened... | Possible effect on the person who received the 'gift' or help | Effect on the person who gave |
|---|---|---|---|---|
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# 18 Handout: Jesus and Me Journal Lesson 18

# Money, Money, Money

Write some of your new insights, discoveries and ideas about money in these coins.
What does each of these ideas tell you about God?



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# 18 Handout: Jesus and Me Journal Lesson 18
# How do I use the money God gives me?

Divide the following 'Pie' into sections that illustrate how much money you spend on different things. Label each section. There are some suggested spending areas at the bottom of the page.

If you are not sure how much you spend, make a guess and then make a realistic 'Pie' at the end of the month when you have written down exactly how much you have spent.

- Tithe
- Food
- Books
- Pension
- Clothes
- Learning
- Accommodation
- Gifts for other people
- Going out/entertainment
- Offerings and church projects
- Items for the house/your room
- Bills (water, electricity, gas, etc)
- Helping other people / charities
- Transportation (and car expenses)

**After seeing this money-pie I would like to make the following changes to my spending:**

1.

2.

3.

**Pray and ask God how else he would like you to use your money so that you can show his love to others.**

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# 18 Handout: Jesus and Me - Journal Lesson 18
# What does money mean to you?

"I can buy whatever I want, when I want to."

"It's all a gift from God."

"It's just paper and metal. It's not that important."

"It helps me to help other people."

"In God we trust."

"It makes the world go round."

"I can use my money to make other people happy."

"I'm saving up for something special."

"Without money I am nothing."

"It's a necessary evil – I don't like money, but I need it to live."

What else does money mean to you?

What do you think money means to God?

If someone gave you £100 to spend in any way you like, what would you do with it?




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# What if...?

*What if...?*

What if someone gave you £1,000 – to share God's love with others? If you were given £1,000 to spend on helping other people, how would you like to spend it? Write out a spending plan for this money. Be as descriptive as possible.

What effect might your gifts have on the lives of those who will receive them?

What effect, might being involved in this project, have on you?

What are some of the other positive side effects that might happen when you share God's love with others by being generous?

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# Other ideas and Experiments

## These activities might help you to develop different attitudes toward money and possessions:

- Take £10 cash (or £5) at the beginning of the week and don't spend any more than that on non-essentials for yourself.
- If you usually use credit cards try not using them for a whole month. Use cash instead, as it is much easier to see how much you are spending.
- Try not to buy anything new – look for interesting things in charity shops, car-boot sales, www.freecycle.org, www.gumtree.com, or swap and share with friends.
- Whenever you buy something, buy two of them and give one away to a charity or someone else in need.
- Whenever you hold money in your hands, look at it and tell yourself, this is precious, it is God's money.
- Pray about your money and your spending and ask God to show you where you need to make changes so you can use your money to share his love with others.
- Remember that God blesses those who give generously.
- Make sure you take care of your own financial commitments and the needs of your family. It is not right to be so generous that you put your own family at risk. God expects us to be wise and balanced in our use of his money.

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KID for Teens: Leader's Guide

# Decisions, decisions

19

Life is full of decisions. Some are as simple and mundane as which sock to put on first. Other decisions, like what we will believe, which career we will choose and who we will marry, can change the course of our life. God wants to help us make good choices in our lives, but there is one choice that is more important than all the rest...the choice to live a life that reflects the character of God.

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What are some of the big choices you've made in your life? How did you decide what to do? How did your relationship with God help you to make the choice you made? How did you know you'd made the right choice? Did you have any startling experiences that guided you in the right direction? What do you think would have happened if you'd made a different choice? How has God used your choices to help you become more like him? If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Paper and Pens

**Icebreaker:**
- 4 large letter signs – A, B, C, D.
- Sticky tack to stick signs to the walls
- Copy of the Icebreaker scenarios

**Mission Possible:**
- Copies of the Mission Possible Instruction Cards

**Word Search:**
- Copies of Word Search studies - 1 complete study per person

**Family Focus Time:**
- Family Discussion Cards - 1 card per family
- Drinks and cups

**Praying Together:**
- CD player and CD of soft worship music

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- A large sheet of card that can be cut up, or pieces of card about half the size of a postcard
- Old maps or road atlases that can be cut up
- Glue sticks
- Scissors or paper cutting machine

*Stick a large piece of map carefully onto a large piece of card and cut it into smaller pieces when the glue has dried, or cut the map into neat sections that will fit on the small cards and glue one piece of map to one side of each card.*

## By the end of the session, the group members will:

- Know that God wants to help them make good choices for their lives, especially choices that will help them to reveal his character to those around them.
- Feel that God cares about each person, has positive plans for their life and wants to help them make the best choices.
- Respond by making important life decisions based on God's eternal plan for their life, and not on popular ideas about human success.

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# 19 KID for Teens: Leaders Guide: Decisions, decisions

**Welcome and Prayer – 5 mins**

## Say:

"Sometimes it's really hard to know what to do. Have you ever had to make a difficult decision? How did you decide what to do? Some people think that looking at the stars, or even the tea-leaves that fall out of their cup, will help them to make good decisions!

But Christians know that God loves them, cares about every detail of their lives, and knows their future. His ultimate goal is for us to become more like him. So today we're going to explore how to make the best decisions for our lives."

**Icebreaker - 8 mins**

*You will need:*

1. Four large pieces of card, each with a different large letter printed on it – A, B, C and D
2. Sticky Tack
3. Multiple-choice decision sheet – 'What would you do?' – (from session resources)

- Before the session, stick one of the letter signs in each corner of the room, or on a long wall.

- When you are ready say: 'To begin the session I'm going to read out some different situations and some of the different ways you could respond. Think about the situation and what you would do and then go and stand by the letter that best represents your choice.'
- Read out the situations, let everyone respond by moving into a letter group and then comment on the responses as appropriate.
- Try to keep the pace lively and fun.

**Mission Possible - Imagine - 15 mins**

*You will need:*

1. Instruction cards
2. Paper and pens

- Form people into groups of 3-4 and give them 5-7 minutes to work though this exercise.
- The instruction cards ask them to imagine that they are God and that they are trying to help a human being to make the best choices throughout their life.
- The group's task is to list all the ways in which God might try to communicate with the person. They also need to discuss and list the ways in which God might try to guide a person, and how he might protect them and respond to them when they make an unexpected or unwise choice. There are many different examples of God guiding and influencing people in the Bible that can inspire their answers.

**Mission Possible - Feedback**

Let each group contribute one of their ideas in turn until all the ideas have been listed.
Discuss - How might it feel to be Father God, watching all the children you love make wise, crazy, stupid, creative, dangerous and interesting decisions?
What might be challenging about being God, knowing the future and seeing and feeling the results of the different choices your children are making? How would you feel if you saw someone make a bad choice that would affect generations of his or her descendents?
How might thinking about these things change the way you make your choices and the ways in which you involve God in your decision-making process?

# 19 KID for Teens: Leaders Guide: Decisions, decisions

**Word Search – 25/35 mins**

*You will need:*
1. Paper and pens
2. Copies of the 'Word Search' studies - 1 complete study per person

- Divide the larger group into sub-groups of at least 8 people. (*Small groups see instructions below)
- Allocate one of the numbered sections of the study to a smaller group of 2-4 people so that each of the 4 topics is covered within the sub-group.
- Allow 10 minutes for each of the 4 small groups to study their section.
- Then bring the 4 groups together and let each small group present their different thoughts and discoveries.
- *If you have a very small group – break into two groups and let one group study sections 1 and 2 and the other group study sections 3 and 4. Allow a longer study time and then bring the two groups together to share their discoveries.

**Family Focus - 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards - 1 card per family

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together – 10 mins**

- Ask one person to tell the rest of their family about a decision they need to make.
- Let everyone in the family spend a few moments praying together about the decision and praying that God will help the person make the best possible choice.
- Continue this pattern until everyone has been prayed for.

**JAM Session (Jesus and Me) – 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-away Menu – 5 mins**

1. *You will need:*
   Ready-prepared small cards with
2. pieces of map glued onto one side
   Pens

- Give each person a small card with a piece of old map or road atlas stuck onto one side.
- Let them reflect on one thing they have learned from the study today that will help them to make good decisions and follow God's direction in their life.
- Ask them to write this message on the back of their card to take away.

**Closing Prayer**

# 19 KID for Teens: Leaders Guide: Icebreaker Scenarios

**You are walking through an unfamiliar town to meet a friend whose mobile phone is dead, and you're lost. Are you more likely to:**
A – Just keep walking until you find your way again?
B – Ask someone for directions?
C – Sit on a bench until your friend finds you?
D – Phone another friend and ask them to look on Google maps to see where you are?

**You're looking for a birthday present for one of your friends, but you're not sure what to buy. Are you more likely to:**
A – Rush into a shop and buy the first thing you see?
B – Call your friend and ask them what they would like?
C – Buy them a gift voucher?
D – Buy them a crazy toy for a joke?

**You want to go away on holiday and you don't know where to go. Are you more likely to:**
A – Stick a pin in a map and go wherever it lands?
B – Go to a place you've been before and know really well, so you won't be disappointed?
C – Go somewhere your friends have recommended?
D – Go to the local dry-ski slope and pretend you're really in the Alps?

**You need an outfit for an interview. Are you more likely to:**
A – Go to a discount store and buy the cheapest thing you can?
B – Borrow an outfit from your parents?
C – Buy the best outfit you can afford at the moment and try to buy something you can use again?
D – Pick the first three things you pull out of a crumpled pile on your bedroom floor: surely the interviewer is more interested in you than the clothes you're wearing?

**You want to redecorate your room. Are you more likely to:**
A – Look through lots of magazines and get some ideas?
B – Recycle what you already have – dye the duvet cover and curtains, repaint the furniture etc?
C – Let the youngest person in the family choose your wallpaper?
D – Let a TV designer do whatever crazy thing they want to your room?

**Something you were going to do has been cancelled so you have a whole day to yourself. Are you more likely to:**
A – Stay in bed?
B – Call a friend and see what they're doing?
C – Do something fun you've always wanted to do?
D – Do a job that you've been putting off for ages?

**You are ordering a meal in a restaurant. Are you more likely to:**
A – Have the same food as your friend?
B – Try something unusual you've never had before?
C – Ask the serving staff to tell you what they think is the best dish on the menu today?
D – Number the dishes 1-6 and roll a dice to help you choose?

**You or your wife has just had a baby and the baby doesn't have a name yet. Are you more likely to:**
A – Call the baby after your favourite famous person?
B – Name the baby after a grandparent?
C – Make up a name by pulling Scrabble letters out of a hat?
D – Open the Bible and call the child after the first Bible character you can find?

# Imagine...

Imagine that you are God and you're trying to help a human being (maybe you) to make the best choices throughout their life.

What are God's goals for each person and how are these different from the goals that our culture and society say we should achieve?

List all the ways in which God might try to communicate with the person, guide them, protect them and manage the situation when the person makes an unexpected or unwise choice.

There are many different examples throughout the Bible, of God guiding people in their decisions and lives, that might help you to create this list.


# Imagine...

Imagine that you are God and you're trying to help a human being (maybe you) to make the best choices throughout their life.

What are God's goals for each person and how are these different from the goals that our culture and society say we should achieve?

List all the ways in which God might try to communicate with the person, guide them, protect them and manage the situation when the person makes an unexpected or unwise choice.

There are many different examples throughout the Bible, of God guiding people in their decisions and lives, that might help you to create this list.


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# 19 Handout: Word Search: Decisions, decisions - A

Why does it sometimes seem so hard for us to know what God wants us to do with our lives? And even when we do know what God wants, why is it so hard to follow God's plans for us?

## Jeremiah 17:9

## Proverbs 14:12

What other things make it very hard for us to discover and do what God wants us to do with our lives?

Discovering God's will for our lives is not about choosing the perfect thing to do, or choosing the perfect place to be. It's about choosing to become a person who reveals something of God's character to the world.

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# 19 Handout: Word Search: Decisions, decisions - B

How does God help us to know his will for our lives?

## Psalm 119:105

## John 16:13

## Genesis 45:5-8

What other methods does God use to help us know his will?

Discovering God's will for our lives is not about choosing the perfect thing to do, or choosing the perfect place to be. It's about choosing to become a person who reveals something of God's character to the world.

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# 19 Handout: Word Search: Decisions, decisions - C

What are some of the things we need to do that will help us to be more aware of what God wants to do in our lives? Look up the verses and write the guidelines in your own words.

## Proverbs 3:5-6

1.

2.

3.

## Proverbs 9:10

4.

5.

## Romans 12:1-2

6.

7.

8.

9.

10.

11.

12.

What other ways does God use to guide us in our lives?

Discovering God's will for our lives is not about choosing the perfect thing to do, or choosing the perfect place to be. It's about choosing to become a person who reveals something of God's character to the world.

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# 19 Handout: Word Search: Decisions, decisions - D

How do we know God has our best interests at heart, and wants to help us make the best choices for our lives?

## Jeremiah 29:11

## Romans 6:28

## Revelation 21:3-7

What other things do you know that reassure you and help you to believe that God wants only the very best for you?

Discovering God's will for our lives is not about choosing the perfect thing to do, or choosing the perfect place to be. It's about choosing to become a person who reveals something of God's character to the world.

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Lesson 19 -

## Family Discussion Card

Something important I have learned today about God's plan for my life is...

One good decision that God helped me to make was... and he helped me by...

When I need to make a big decision I usually...

One stupid decision I made in my life was to...

Lesson 19 -

Family Discussion Card

Something important I have learned today about God's plan for my life is...

One good decision that God helped me to make was... and he helped me by...

When I need to make a big decision I usually...

One stupid decision I made in my life was to...

Lesson 19 -

Family Discussion Card

Something important I have learned today about God's plan for my life is...

One good decision that God helped me to make was... and he helped me by...

When I need to make a big decision I usually...

One stupid decision I made in my life was to...

Lesson 19 -

Family Discussion Card

Something important I have learned today about God's plan for my life is...

One good decision that God helped me to make was... and he helped me by...

When I need to make a big decision I usually...

One stupid decision I made in my life was to...

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# 19 Handout: Jesus and Me Journal Lesson 19
## Decisions, decisions...

*My Child, I love you with all my heart. I have great plans for your life. Not that you will be rich or famous or good-looking, but that your life will be full of truly good things. I know that you'll be most happy and fulfilled when you grow to become more like me. Here are some of the hopes, dreams and plans I have for you....*

God has great plans for your life!
Summarise these verses in your own words, as if God was writing a personal letter to you:

Jeremiah 29:11

John 10:10

Luke 10:38-42

2 Corinthians 3:18

Romans 8:28

*With all my love, always, your Father God*

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# 19 Handout: Jesus and Me Journal Lesson 19
# God's Global Positioning System...

Read the following texts again and write in the arrows some of the ways God guides us, and some of the things we can do to help God guide us.

| | |
|---|---|
| Psalm 119:105 | Ephesians 6:11-12 |
| John 16:13 | Luke 6:31 |
| Genesis 45:5-8 | Deuteronomy 6:5-6 |
| James 1:5 | Jeremiah 33:3 |

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# 19 Handout: Jesus and Me - Journal Lesson 19
# Heroes and Heroines I: Story-lines

Choose your favourite Bible character (if you're stuck use Hebrews 11 as a shortlist).

Re-read the story of your character's life to remind you of the important details and events.

Draw the plot of their story on the page below or on a larger piece of paper.

Use pictures, lines, pathways, symbols and words, etc, whatever is easiest or most interesting for you.

Or you can use string to represent their life-line. Lay it out on the floor or a table and find objects or draw pictures to illustrate the different parts of their lives.

Use symbols and signposts to illustrate the different ways God guided their life along their journey to help them become more like him.

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# 19 Handout: Jesus and Me - Journal Lesson 19
# Heroes and Heroines II: Wondering

Look at the journey of your hero or heroine's life and wonder about it...

Can you imagine a sub-plot in their life that you think could have been left out of the Bible story?

With which parts of their story do you identify most closely?

In what ways did their character become more like God's over their lifetime?

What do you like best about this person's story?

What is the most important thing you've learned from looking at their life?

When your chosen hero or heroine made a poor or wrong choice, what did God do?

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# 19 Handout: Jesus and Me - Journal Lesson 19
## Your Unique Story-line

Now make a story-line for your life, just as you did for your Bible hero or heroine:

- Plot the important events and decisions in your life.
- Mark how God helped you, or your parents, to make the different choices that have influenced your life. Did he provide circumstances that guided you, answered prayers, closed down certain choices, gave you wisdom to know what to do, involved other people in helping you make the choice, inspired you through messages in the Bible, etc?
- Look at the journey of your life and wonder about it...

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# 19 Handout: Jesus and Me - Journal Lesson 19
## How to make a good decision for your life

Write a decision in the middle of the diagram and answer the questions in the satellite shapes. Write any other thoughts and ideas about the decision in the clouds between the shapes.

What do I learn about my decision when I focus on God's best plan for my life?

How will my choice help me to grow and become more like Jesus?

How do I see God providing and planning for my life in this situation?

An important decision I am making in my life right now is...

What does the Bible have to say that will help me to make a good decision?

What do wise, loving and more experienced Christians say to me that will help me make a good decision?

How do I sense the Holy Spirit guiding my thoughts when I think about this decision?

Look at all your ideas and spend time praying, asking God to help you make a wise choice. He has promised to help you! James 1:5

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KID for Teens: Leader's Guide

# Mirror, mirror

It feels so good to put on a snowy white shirt, sleep between immaculate white sheets, or sit down to a three course meal at a table covered in starched white linen. We don't feel so good if there is a grass-stain on our shirt, ink on our sheets or tomato juice on our tablecloth. We like things to be perfect. So does God. The wonderful thing is that he has created the perfect solution for removing all of our stains.

20

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Living a pure life is a challenge, especially for today's teens and young people. On a scale of 0-10, where 10 is totally pure, how pure would you say your life is? The good news is that Jesus has died to take away every impurity in our lives, so we can feel clean, white and fresh again. What areas of impurity have you struggled with in the past, and how has God helped you to become more like him? If the Holy Spirit invites you to do so, be willing to share something of your experiences during the welcome or conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Marker pens/felt pens

**Introduction:**

- A large, safe mirror that has been thinly smeared with greasy fingers and food like mashed bananas and cooked oatmeal and left to dry out
- Paper towel
- Bowl of warm water
- Different glass cleaners

**Icebreaker:**

- Sheets of plain paper – 1 per person
- Scissors - 1 per 1-2 people

**Mission Possible:**

- A stack of newspapers
- Scissors - 1 per group
- Glue sticks
- Large sheets of blank paper

**Word Search:**

- Copies of Word Search studies - 1 study per person

**Family Focus Time:**

- Cups and pure water or pure juice
- Family Discussion Cards - 1 card per family

**Praying Together:**

- One hand mirror or mirror tile per family
- Vaseline or other thick skin cream
- Wipes, paper and glass cleaner

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Heart shapes cut from white card

## By the end of the session, the group members will:

- Know that God can make us feel clean and white again, whatever we have done.
- Feel a desire to live a pure life that reflects God's character so that others will understand more about who God really is.
- Respond by asking God to help them live pure lives that reflect his character.

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# 20 KID for Teens: Leaders Guide: Mirror, mirror

**Welcome and Prayer – 5 mins**

## Say:

"It feels so good to put on a snowy white shirt, or sleep between immaculate white sheets, or sit down to a three course meal at a table covered in starched white linen. We don't feel so good if there is a grass-stain on our shirt, ink on our sheets, or tomato juice on our tablecloth. We like things to be perfect. So does God. The wonderful thing is that he has created the perfect solution for removing all of our stains."

**Introduction - 8 mins**

*You will need:*

1. A large, safe mirror prepared according to the directions given in the 'You will need' section on page 1.
2. Paper towel
3. Bowl of warm water
4. Different glass cleaners

- Hold the mirror with its back to the group so that they can't see how dirty it is. Then invite someone to come and look at themselves in the dirty mirror.
- Let the group see the person's reaction to looking in the mirror, then turn the mirror around so everyone can see how dirty it is.
- Ask the group to think about how frustrating it is to try and see yourself properly in a dirty, smeary mirror.
- Then lay the mirror face up on a table, for safety, and invite some people to come and clean the mirror using water, kitchen towel and other glass cleaners.

**Ask:** 'How different does it feel to look into a clear mirror?'

**Say:** 'God needs us to reflect his pure character as perfectly as possible in an impure world, so that people understand who he really is and what he is really like.'

**Icebreaker - 8 mins**

*You will need:*

1. Sheets of plain paper - 1 per person
2. Scissors - 1 per 1-2 people
3. Marker pens/felt pens

- Ask each person to take a piece of paper and cut it carefully into any shape they like.
- Wait until everyone has cut out their shape.
- Then ask them to swap their shape with someone elses in the group.
- Ask them to make a mark on the shape they have been given by either scribbling on it with a pen, tearing it a little, crumpling it, or by making a hole in it. But they must not destroy it or write any words on it.
- Allow five minutes for the shapes to be passed around the group and then ask everyone to lay their shapes on the table.
- Then let each person find their own shape, take it off the table and see how it has been changed.

**Ask:** 'How has your shape changed by being passed around the group? You created a perfect, purewhite shape. How do you feel about getting a messy shape back? Your shape has been transformed, but not in a good way. It has been defaced and vandalised. What would it take to change it back and make it perfectly pure and white again? Could you fix it on your own?'

# 20 KID for Teens: Leaders Guide: Mirror, mirror

**Mission Possible - Exploring brokenness - 15 mins**

*You will need:*

1. A stack of newspapers
2. Scissors – 1 per 3-4 people
3. Glue sticks
4. Marker pens/Felt pens
5. Large sheets of blank paper

**Say:** 'The Ten Commandments are like a mirror that helps us to live in ways that reflect the character of God.'

- Read the Ten Commandments and work as a group to write a positive ('do' rather than 'do not') command for each of the commandments – e.g. 'Do not commit adultery' could become 'Keep sexual relationships inside marriage.' 'Do not murder' could become 'Protect people from harm', etc.
- Ask everyone to form groups of 3-4 people.
- Give each group a newspaper, 1 pair of scissors, a glue stick and 2 large sheets of paper.
- Allow the groups 7 minutes to cut out 1 or 2 newspaper stories that illustrate what happens when humans break one or more of God's Ten Commandments and misrepresent God's pure character.
- Ask them to stick each story onto a blank sheet of paper.
- Then ask them to write around the edge of the blank paper ,which of the Ten Commandments have been broken in the story. Often there is more than one broken commandment (coveting and stealing), or a chain of broken commandments. Perhaps greed can also be seen as having other gods before God.

## Mission Possible Feedback

Let each group present their newspaper article and the different ways in which the reflection of God's character was damaged by the commandments that were broken in the story.

How do humans reflect God's character by keeping his laws, or distort his image by breaking his laws?

**Word Search – 25 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- In small groups of 2-3 people discuss and fill out the Word Search sheet.
- Ask them to share any fresh thoughts they have had about the Ten Commandments and their purpose for us.

## Ask:

- 'What difference does it make when we live out the Ten Commandments because our hearts have been transformed by God, rather than because we are 'conforming' to expectations or performing for others to see our good behaviour?'

## Then ask:

- 'What new things did you enjoy discovering in this Word Search?'
- 'What was the most important lesson for you in this Word Search?'
- 'What does this Word Search tell you about God's love for you?'

**Family Focus – 15 mins**

*You will need:*

1. Drinks and cups - pure juice or pure water
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

# 20 KID for Teens: Leaders Guide: Mirror, mirror

**Praying together - 10 mins**

*You will need:*

1. One hand mirror or mirror tile per family
2. Vaseline or other thick skin cream
3. Wipes, paper and glass cleaner

- Give each family a mirror smeared with Vaseline or thick cream and the materials to make it clean again.
- Ask the family to mark their mirror into sections so that there is one section per person.
- During the prayer time the mirror is passed from person to person.
- Each person prays silently that God will help them reflect his loving character by transforming the attitudes of their heart.
- When they have finished praying, they clean their section of the mirror as a symbol of their desire to reflect the loving character of God in a more perfect way.

**JAM Session (Jesus and Me) – 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

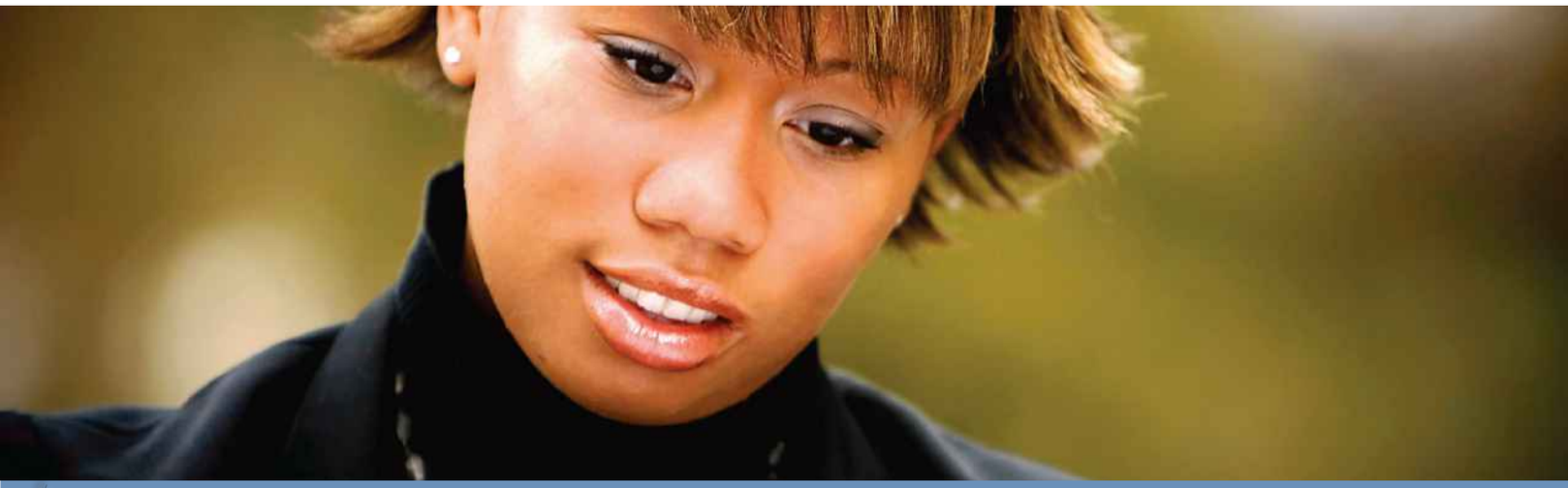
**Take-Away Menu (optional)**

*You will need:*

1. Heart shapes cut from white card
2. Pens
3. And/or small mirrors or mirror tiles

- Give each person a small, heart-shaped piece of white card.
- Let them think about one thing they have learned from the study today that will help them to reflect God's character in a purer way.
- Ask them to write this message on the back of their card to take away.
- You could also give them a small piece of mirror to take away as a reminder to be pure reflectors of God's character.

**Closing Prayer**



# 20 KID for Teens: Handout: Mirror, mirror
# Word Search - Total White Out!

Transformers

God gave his people the Ten Commandments as a simple outline picture of his character. They are also intended to be guides that help us to live out our lives in ways that reflect a picture of him as a loving God. He wants to write these commands on our hearts because he doesn't just want us to live perfectly - he wants us to love perfectly. He wants our behaviour to flow freely, naturally and transparently from our pure intention to love him and to love others.

On the left-hand side of the table below is a list of the Ten Commandments. On the right-hand side is a list of texts showing attitudes that can change our thinking and our behaviour. Instead of being conformers to the law, or performers of the law, these attitudes are transformers that transform us into perfectly loving people that reflect God's perfectly loving character.
Read the texts on the right-hand side and discover how God wants to help you to be transformed from the inside out.

| Laws written on the stone - Exodus 20 | Attitudes written on the heart |
|---|---|
| You shall have no other gods before me. | Deuteronomy 6:4-9 |
| You shall not make for yourself an idol in the form of anything in heaven above or on the earth beneath or in the waters below. You shall not bow down to them or worship them. | Deuteronomy 6:4-9 |
| You shall not misuse the name of the Lord your God, for the Lord will not hold anyone guiltless who misuses his name. | Psalm 148:13 |
| Remember the Sabbath day by keeping it holy. Six days you shall labour and do all your work, but the seventh day is a Sabbath to the Lord your God. On it you shall not do any work. | Isaiah 58:13-14 |
| Honour your father and mother, so that you may live long in the land the Lord your God is giving you. | Ephesians 6:1-3 |
| You shall not murder. | Matthew 5:21-22 |
| You shall not commit adultery. | Matthew 5:27-30 |
| You shall not steal. | Titus 2:9-10 |
| You shall not give false testimony against your neighbour. | Colossians 3:9-10 |
| You shall not covet your neighbour's house. You shall not covet your neighbour's wife, or his manservant or maidservant, his ox or his donkey, or anything that belongs to your neighbour. | Romans 13:9-10 |

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# Read Matthew 22:36-40

Compare these verses with the discoveries you made as you filled out the table on the previous page.

What thoughts do you have about these verses?

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Lesson 20 -

## Family Discussion Card

One aspect of God's character that I would like to reflect more purely in my life is....

A time when I glimpsed something of God's pure character reflected in another person's life was...

I am really glad that God's character is pure because...

God needs me to be a reflector of his character because...

Lesson 20 -

Family Discussion Card

One aspect of God's character that I would like to reflect more purely in my life is....

A time when I glimpsed something of God's pure character reflected in another person's life was...

I am really glad that God's character is pure because...

God needs me to be a reflector of his character because...

Lesson 20 -

Family Discussion Card

One aspect of God's character that I would like to reflect more purely in my life is....

A time when I glimpsed something of God's pure character reflected in another person's life was...

I am really glad that God's character is pure because...

God needs me to be a reflector of his character because...

Lesson 20 -

Family Discussion Card

One aspect of God's character that I would like to reflect more purely in my life is....

A time when I glimpsed something of God's pure character reflected in another person's life was...

I am really glad that God's character is pure because...

God needs me to be a reflector of his character because...

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# 20 Jesus and Me: Journal Lesson 20: Mirror, mirror: Acting Positively

Choose your favourite Bible version and write the Ten Commandments in the left hand column. Rewrite them in your own words as positive commandments (what to do rather than what not to do) in the right hand column. You did this as a group during the session, but this time you can write them in the way that you find most helpful. For example instead of 'You shall not murder': 'You will protect life and be gentle with each other.'

| Ten Commandments | Positive Commandment |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

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# 20 Jesus and Me: Journal Lesson 20
# Mirror, mirror: Pure Potential

## Living purely is not just about not sinning.

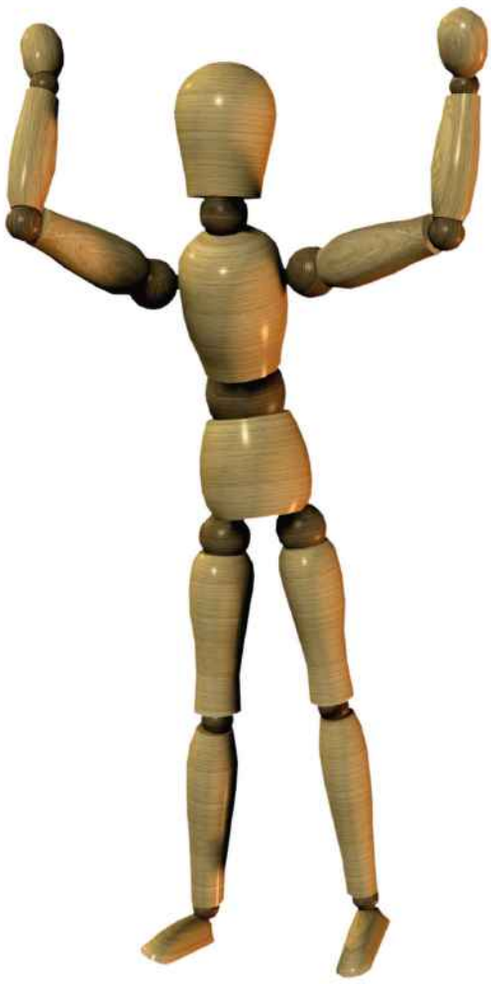
Living purely is about protecting our lives, minds and hearts by actively avoiding temptation.
Living purely is about choosing to live in ways that reflect God's loving character.
What changes would you like God to help you make in your life?

## Draw a picture of yourself on the next page, and then think about the following questions:

**Mind:** what does your mind need to focus on so that your thoughts about other people will be loving and forgiving?

**Heart:** what changes need to be made to your heart so that you can love people the way God loves them?

**Feet:** where do your feet need to take you so that you can show God's love where it needs to be felt?



**Hands:** what do your hands need to do to show God's love to others?

**Eyes:** what do you need to do so that you can see people through loving eyes, the way God sees them?

**Mouth:** what does your mouth need to be saying so that it can express God's love to those around you?

Pray and ask God to transform you in every area of your life so that your character can become more like his.

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# 20 Jesus and Me: Journal Lesson 20
## Mirror, mirror: Pure Potential

My Picture

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# 20 Jesus and Me: Journal Lesson 20
## Mirror, mirror: Acting from a pure heart

# What really motivates you to obey God?

Think hard about some of the different things that may be motivating you and read the texts to find out more...

I want my character to reflect God's perfect character

- 2 Corinthians 3:16-18
- Ephesians 4:17 - 5:20
- Colossians 3:12-17
- Matthew 5:1 - 7:28

Other motivation
(find a Bible verse to help)

I want to impress others
- Matthew 6:16-18

I want to please those in charge
- Colossians 1:9-14

I want to show God's love to others
- 1 Corinthians 13:4-8

I am afraid of being punished
- 1 John 4:16-18

I want to do everything right so I will be able to go to heaven.
- Ephesians 2:9-10

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# 20 Jesus and Me: Journal Lesson 20
# Mirror, mirror: What helps me stay pure?

## Pure collection

- Make a collection of things that are all pure in some way.
- How do they remind you of what it means to be really pure?

## Pure verses

- Make a list or write in a notebook, Bible verses that remind you how to reflect God's character.

## Pure water

- Pour a glass of water and then add one small drop of food colouring. Stir the water.
- Even though you added only a tiny drop, all the water is now contaminated.
- What if you added something nasty, however small? Would you still want to drink the water?
- What does this help you to understand about purity?

## Purification

- Make a pile of your own things that prevent you from being or feeling clean and pure in some way.
- What would you like to do with these things? How can you get rid of them in a way that will protect other people from using them and feeling bad, too?
- Pray that God will help you to keep your actions, thoughts and words clean and pure.

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KID for Teens: Leader's Guide

# Consequences

21

Almost everything we do has an effect on something or someone else. When we push a door it opens. When we drop a glass it breaks. When we behave selfishly, someone else is hurt. When we're kind, another person finds life a little easier to manage. Sometimes even the small and secret choices that we make can have huge and unforeseen effects on us and on those around us.

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Living a pure life is a challenge, especially for today's teens and young people. It's so easy to make a small and secret choice and to think that nobody will ever know what you've done. But some of our small and secret choices can lead us into huge problems, as David discovered. When this happens we can feel terrible; ashamed, guilty, sad, devastated, rejected, a failure...

But the good news is that even though God may not be able to undo all the consequences of our sinful actions, he will always forgive us. Jesus has died to take away every sin from our lives, so that we can feel clean, white and fresh again. Have you ever made a small and simple choice that ended up out of control? Or have you ever made a small and simple choice that had a happy ending? If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Paper, pens, and fine permanent marker pens

**Icebreaker:**

- 1 box of wooden or plastic dominoes per group of 3-4 people (perhaps you could borrow some extra sets, ask families to bring their sets from home, or find some cheap sets in a charity shop)
- Kitchen timer

**Word Search:**

- Copies of Word Search studies - 1 study per person

**Mission Possible:**

- A selection of smooth white stones – 1 per person plus a few spares (try a garden centre)
- Water-based black paint – (check it will wash off the stones easily)
- Thick paintbrushes – 1 per person
- Newspaper to protect tables
- Disposable gloves - 1 pair per person
- Bowls or buckets of warm soapy water on splash-proof surfaces
- Kitchen paper

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards – copy & cut 1 card per family

**Whole Group Prayer Time:**

- A set of dominoes in a sturdy box (more sets if you have a very large group)

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- The clean white stones from the 'Mission Possible' activity

## By the end of the session, the group members will:

- Know that when they make poor choices God may not be able to fix all the mistakes they have made, but he is always willing to forgive them.
- Feel a desire to make wise choices in the secret areas of their lives.
- Respond by asking God to help them make good choices in their lives that will lead to positive consequences and help them to reflect his character.

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# 21 KID for Teens: Leaders Guide: Consequences

**Welcome, Prayer and introduction – 5 mins**

## Say:

"Have you ever played the game 'Consequences'? Everyone writes a line of a story, folds over the paper so that no one can see what's been written, and then passes it to someone else who writes the next line of the story. When you finally unfold all of the papers some of the stories are very different from what you expected them to be...
Almost everything we do in life has some kind of consequence – something that happens as a result of our actions and choices. One small action can lead to tragedy; one small action can lead to success. We can't predict the results of all of our actions, but we can start by learning how to make good choices."

**Icebreaker - 10 mins**

*You will need:*

1. One box of wooden or plastic dominoes (or similar shaped objects) per group of 3-4 people
2. One stable table per small group of 3-4 people, or a smooth floor surface

- Give each small group a box of dominoes.
- Ask them to try and set up a domino-effect pattern. A domino-effect pattern is created when dominoes are stood on their narrow end and lined up a small distance apart. They need to be just close enough together so that when the first domino is pushed over it topples onto the second one, and that topples onto the third one, and so on until they all fall down.
- Each group must create a domino-effect pattern that has two separate endings, not just one long line of dominoes. So it may be Y-shaped or the pattern can start in the middle of a long line and topple both ways. The team must work together and they must use every domino in the box.
- Allow groups exactly three minutes to set up their dominoes.
- Then ask them to step carefully back from their arrangements. Let each group topple their domino display separately so that everyone can enjoy watching each other's topple pattern.

**Word Search - 25/35 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
- Allow 20 minutes for this study.
- Call the groups back for feedback.

### Word Search Feedback - Ask:

What do you like best about David's story?

What is the saddest thing about David's story?

What do you think is the most important thing in David's story?

Where do you see yourself in David's story?

# 21 KID for Teens: Leaders Guide: Consequences

**Mission Possible - 15 mins**

*You will need:*

1. The articles as listed under 'Mission Possible' on page 1

- Give one stone to each person.
- Ask them to put on the disposable gloves and paint the white stone with the black paint.
- As they paint the stone, invite them to think of some of the things they have done wrong so that the black stone represents the sin in their life.
- When their stone is totally black, ask them to take it to the bowl or bucket and wash it clean again with soap and warm water.
- Ask them to hold their stones during the feedback time and to keep them for the 'Take Away Menu' activity.

## Mission Possible Feedback

How do you think David felt when he understood the meaning of Nathan's parable about the rich man stealing the poor man's lamb to feed his guest?

How do you think David felt when he realised that God had forgiven him and washed his life clean from the sins of greed, selfishness, lust, stealing, adultery, lies and murder?

How do you think David felt when he realised that God had blessed him and Bathsheba with a new baby son that he called Solomon?

**Family Focus – 15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together (this prayer will be done as a whole group) – 10 mins**

*You will need:*

1. A set of dominoes in a sturdy box (more sets if you have a very large group)

- Give each person present a domino.
- Ask them to think of one person who has been hurt because of their wrong actions in the past.
- Invite them to pray silently for the person who suffered some of the 'domino' consequences of their actions:
- They can pray that God will heal the hurt in this person's heart, bless them, and turn their ashes into crowns of beauty (Isaiah 61:3).
- They can pray that God will also forgive them personally for the hurt they have caused others.
- They can pray and thank God for hearing their prayers and cleansing them from all their guilt and pain about the event.
- Collect the dominoes back in the box and close the lid.
- Lead out in a group prayer as you hold the box.
- Give to God all the complicated situations that were prayed about, for his loving care and forgiveness.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*

1. The clean white stones from the 'Mission Possible' activity
2. Fine permanent marker pens

- Invite each person to write a Bible verse about God's forgiveness on their white stone.
- Perhaps they might choose Psalm 51:7b

"Wash me and I will be whiter than snow."

**Closing Prayer**

# 21 KID for Teens: Handout: Consequences
# Word Search: Consequences

David was a great man, once described as being a man after God's own heart, but he still made some very poor choices at times. Read the story in 2 Samuel 11-12.

## DAVID

2 Sam 11:2 - Bad choice number 1 - a small and secret action...

2 Sam 11:4 - Bad choice number 2 - a secret action that breaks two commandments...

The commandments are...

2 Sam 11:5 - Painful private and public consequences...

2 Sam 11:6-13 - David tries to cover up his private sin but his plan fails...

2 Sam 11:13-26 - Bad choice number 3 - a plot that eventually breaks another commandment...

What is the consequence of this plot?

How does this consequence affect Bathsheba (2 Samuel 11:26-27)?

How does this consequence affect God (2 Samuel 11:27)?

2 Sam 12:1-15

What are the consequences of David's actions for him and the rest of his family (verses 10-12)?

What are the consequences of David's poor choices and actions, on his new-born baby?

What a terrible and painful mess! How would you feel if you were David?

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# KID for Teens: Handout: Consequences
# Word Search: continued

How might David, Bathsheba, and God be feeling at this point in the story?

Write down what you imagine each of them might be feeling, using Psalm 51 as a guideline

| David's feelings | Bathsheba's feelings | God's feelings |
|---|---|---|
| | | |

This is a very terrible situation, but God still loves David.
There is nothing David can do that will stop God loving and forgiving him.
Read Psalm 51 again. Why do you think God forgives David?

Read Psalm 103:8-14 and write a list of God's characteristics in the space below.

2 Sam 12:24: How does God bless David and Bathsheba and show they are forgiven?

What interesting thing does God say about David in 1 Kings 14:8? Why do you think God says this about David?

Joseph was faced with a similar situation in Genesis 39:7-23, but he made a different choice. What were the consequences of Joseph's choice?

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Lesson 21 -

## Family Discussion Card

A time when I made a simple choice that had good consequences was...

A time when I made a simple choice that had negative consequences was...

A time when God helped me to make things better after I made a bad choice was...

A time when someone did something small for me that had good consequences was...

Lesson 21 -

Family Discussion Card

A time when I made a simple choice that had good consequences was...

A time when I made a simple choice that had negative consequences was...

A time when God helped me to make things better after I made a bad choice was...

A time when someone did something small for me that had good consequences was...

Lesson 21 -

Family Discussion Card

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Lesson 21 -

Family Discussion Card

A time when I made a simple choice that had good consequences was...

A time when I made a simple choice that had negative consequences was...

A time when God helped me to make things better after I made a bad choice was...

A time when someone did something small for me that had good consequences was...

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# 21 Jesus and Me: Journal Lesson 21: Consequences: Small and secret actions

**In the chart below draw some secret symbols that represent some of the small and secret actions that you do that might have big or far-reaching consequences.**

| Small and secret actions | Possible consequences of these actions |
|---|---|
| | |
| | |
| | |
| | |

**What effect might these small choices have on your future happiness?**

**What effect might these choices have on your relationship with God?**

**What effect might these choices have on your relationship with those you love now, and those you will love in the future?**

**How else might these small and secret choices affect your life in positive or negative ways?**

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# 21 Jesus and Me: Journal Lesson 21
# Bible Consequences

Think about the following Bible characters and some of the choices they made. Find their stories in the Bible so you can remember exactly what happened. What were the effects of their choices?

| Bible character | Choices made | Good or bad choices? |
|---|---|---|
| Eve | | |
| Noah | | |
| Lot | | |
| Jacob | | |
| Moses | | |
| Rahab | | |
| Ruth | | |
| Judas | | |
| Zacchaeus | | |
| Paul | | |

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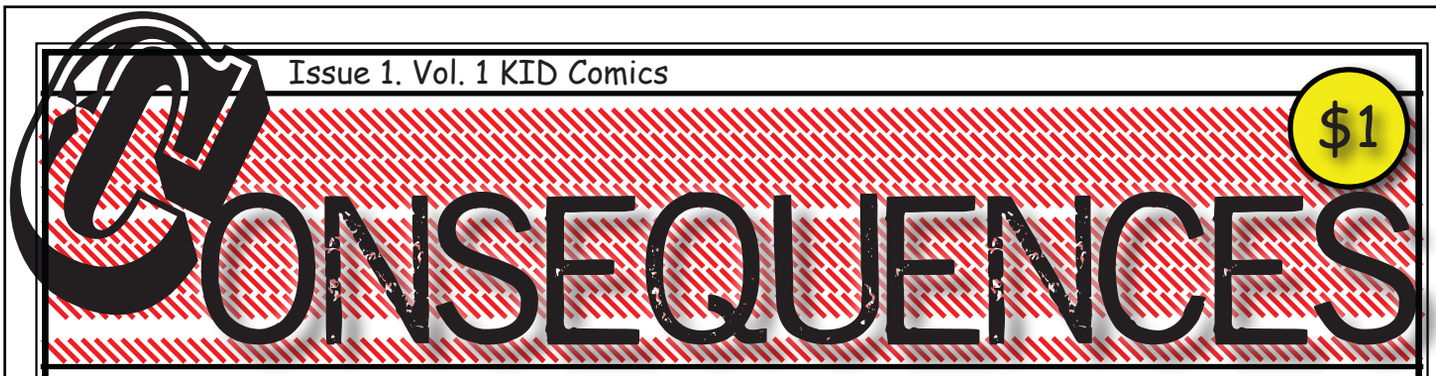
# 21 Jesus and Me: Journal Lesson 21
## Consequences: Cartoon

Draw a cartoon that illustrates the story of something small you did that led to some positive, happy, good, or wonderful consequences.

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# 21 Jesus and Me: Journal Lesson 21
# Negative Consequences

Think about four of the characters in the Bible Character list whose behaviour led to some destructive or hurtful consequences. What effect did their choices and actions have on themselves and on those around them?

| Character | The effect of the negative consequences on the character and on the people around them |
|---|---|
| | |
| | |
| | |
| | |

What have you learned by exploring the stories of those who made poor choices?

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# 21 Jesus and Me: Journal Lesson 21
# Positive Consequences

Think about four of the characters in the Bible Character list whose behaviour led to good consequences.

What effect did their choices and actions have on themselves and on those around them?

| Character | The effect of the positive consequences on the character and on the people around them |
|---|---|
| | |
| | |
| | |
| | |

What have you learned by exploring the stories of those who made good choices?

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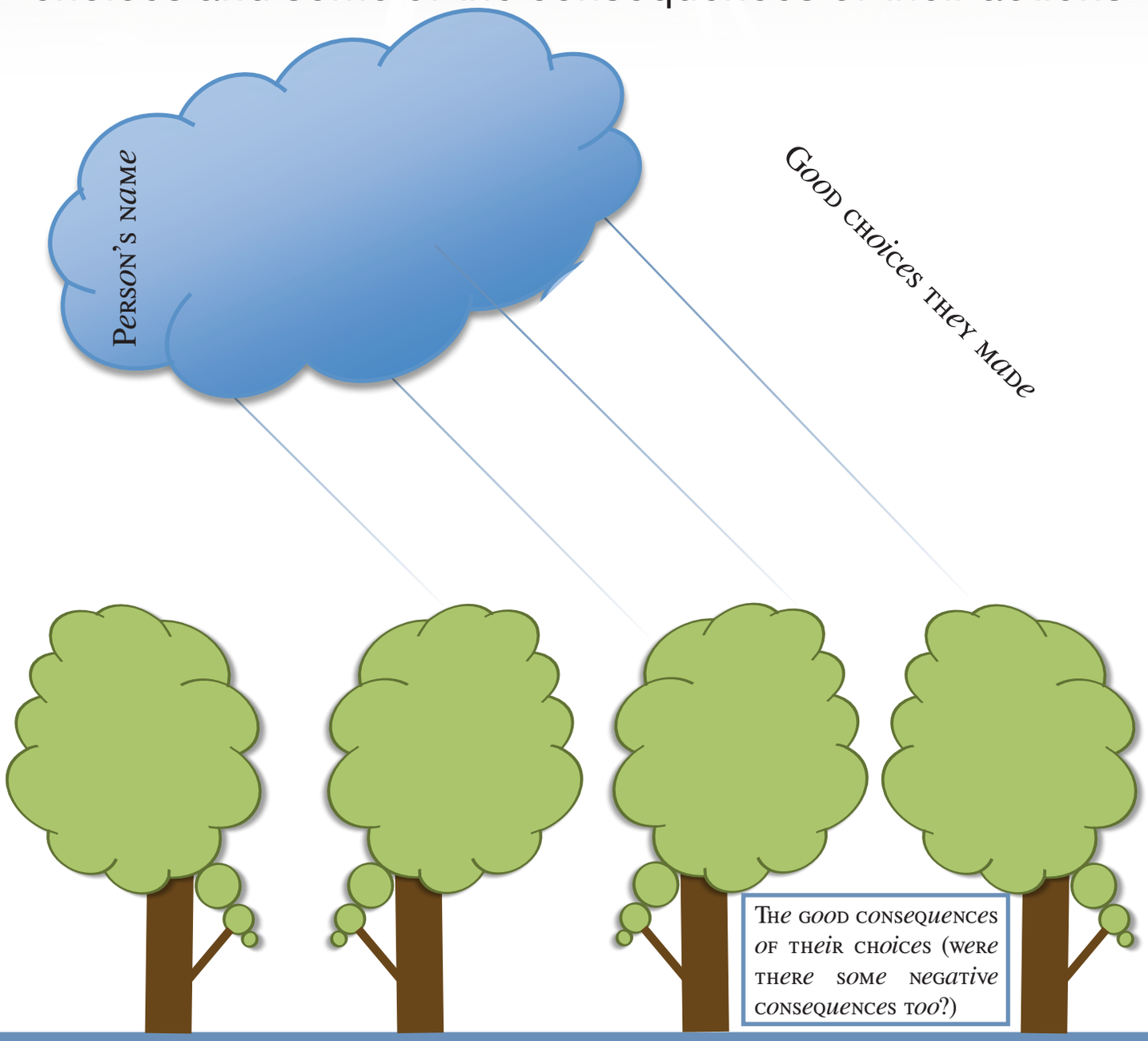
# 21 Jesus and Me: Journal Lesson 21
## Good choice flow chart

Choose a Bible character that made some good choices.

Create a flow chart that illustrates some of their good choices and some of the consequences of their actions.

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Kids In Discipleship
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KID for Teens: Leader's Guide

# Brainwaves

Our thoughts shape our lives. When something happens to us, we can choose to think about what happened in many different ways. The way we choose to think will help us decide how we should respond. Every time we choose to think about the things that happen to us in a certain way, we strengthen that thinking pattern in our mind. When our thinking patterns are based on God's truths, then we'll develop healthy, confident and positive thinking patterns in our mind.

22

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What are your brain habits like? What are your healthy and positive thinking patterns that help you to reflect God's character? What are your unhealthy thinking patterns? What effect have they had in your life? How do they interfere with your desire to develop your Christian character? If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Marker pens/felt pens

**Icebreaker:**

- A variety of objects - Wellington boot; jam-jar; sheet of newspaper; paper plate; egg-box; cardboard tube; metal coat-hanger; a flat bed-sheet (any size); a pillow case; a small branch; an empty, clear plastic drink bottle; plastic teaspoon; etc.
- Sheets of plain copy paper
- A medium sized bowl
- Scissors
- Kitchen timer, buzzer, bell, or whistle

**Mission Possible:**

- Copies of the 'Thinking and Doing' chart

**Word Search:**

- Copies of Word Search studies - 1 study per person
- Large sheets of blank paper

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- Copies of the 'Praying Together – Exchanging Rocks for Diamonds' sheet from the resource section.

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Glass beads or shapes that look like diamonds

## By the end of the session, the group members will:

- Know that their thought patterns influence their feelings and their actions, and also how they relate to themselves, other people and God.
- Feel a desire to exchange their unhelpful thought patterns for true thought patterns.
- Respond by asking God to help them choose healthy and true thought patterns that will make it easier for them to reflect his character.

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# 22 KID for Teens: Leaders Guide: Brainwaves

**Welcome, Prayer and Introduction – 5 mins**

## Say:

"Our thoughts and beliefs are very powerful. How we respond to the everyday ups and downs of life depends on the way that we think about them. If a man brings home a bunch of flowers for his wife she can choose to think that he loves her very much, feel very special and give him a big kiss. But she can also choose to think that he's trying to make up for something he's done wrong, or something that he feels guilty about. Then she might yell at him and not speak to him for a week! What she chooses to do when she's given the flowers can make them both feel very happy and close, or it can make them both feel very sad and lonely.

So what are some of our unhealthy thought patterns? What effect are they having in our lives and how do they damage our connections with God and with each other? Today we're going to explore what the Bible says about the importance of creating healthy thinking patterns."

**Icebreaker - 8 mins**

*You will need:*

1. The resources as listed on page 1.

- Before the session, cut 2 sheets of copy paper into eight rectangles and write the name of one of the objects on each of the separate pieces of paper.
- Fold the papers in half twice so that the words cannot be seen, and place them in the bowl.
- Place your collection of objects on a table.
- Divide people into groups of 3-4.
- Give each group a sheet of paper and a pen.
- Ask one person from each group to take a piece of paper from the bowl to select the object for their group.
- When each group has received an object, allow three minutes for them to list as many different and creative uses for their object as they possibly can.
- After three minutes use a buzzer or bell to stop the activity.
- Ask which group thought of the most uses and which group thought of the most creative use for their object.

**Ask:** 'What happens when we try to think about familiar things in a new and creative way?'

**Mission Possible - 15 mins**

*You will need:*

1. Copies of the 'Thinking and Doing' work sheet

- Give everyone a copy of the 'Thinking and Doing' worksheet and let them discuss it in groups of 2-3

**Ask:** 'What new ideas do you have about how your thinking affects your behaviour, your relationships, and the way you reflect God's character?'

**Word Search - 25/35 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
- Ask for feedback if people are comfortable sharing.

# Brainwaves

**Family Focus - 15 mins**

*You will need:*

1. Drinks and cups.
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together - 10 mins**

*You will need:*

1. Copies of the 'Praying Together – Exchanging Rocks for Diamonds' sheet from the resource section.
2. Pens

- Give each person in the family a 'rock and diamond' prayer sheet and a pen.
- Ask them to follow the instructions on the page.

**JAM (Jesus and Me) Session - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu - (optional)**

*You will need:*

1. Glass beads or shapes that look like diamonds

- Give each person a 'diamond' to keep in a place where it will remind them to focus on their true, beautiful and valuable thoughts.

**Closing Prayer**

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# 22 KID for Teens: Handout: Brainwaves
# Mission Possible: Thinking & Doing

You're standing at the bus stop and a friend goes past on the other side of the road. He doesn't wave, or say 'hi!'

**Possible negative thoughts:**

He doesn't like me any more.
Nobody likes me.
I must have done something to upset him.
I must look really ugly/stupid today.
He is ashamed of me and doesn't want anyone to know he is friends with me.

**Truthful or positive thoughts:**

He probably didn't see me because he's busy looking where he's going.
He is busy listening to his iPod.
He knows I usually travel by car.

**Things I might do if I believe these negative thoughts**

**Things I might do if I believe these Positive thoughts**

After doing this exercise what new thoughts do I have...

- About the way I sometimes think?

- About the effects of the way I sometimes think about my relationship with God?

- About the effects of the way I sometimes think about my relationship with others?

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# 22 KID for Teens: Handout: Brainwaves Word Search - Jonah's Journey I

## Read the book of Jonah (it's only 4 chapters)

The thing I most like about Jonah's story is....

The most important thing for me about Jonah's story is...

When I explore Jonah's story I recognise some of my own thinking patterns such as...

From Jonah 4:10-11, complete the sentence: "The truth about God is..."

## Let's read what the Bible has to say about how to have healthy thoughts.

2 Corinthians 10:5

John 8:32

Philippians 4:8

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# 22 KID for Teens: Handout: Brainwaves
# Word Search - Jonah's Journey II

The book of Jonah is a very honest story about a normal human being struggling with a mixture of helpful and unhelpful thought patterns.

Let's explore what happened to him and some of the consequences of his different thoughts and actions. Fill in the gaps and add other thoughts of your own as you explore the story.

| Jonah's thoughts and beliefs | Actions | Then what happens? | Truth |
|---|---|---|---|
| Jonah 1:3 – Jonah thinks he can run away from God. | Jonah tries to run away from God. | Jonah takes a boat in the opposite direction to Ninevah. | Romans 8:35-39 |
| Jonah 1:10 Jonah thinks he can hide from God. | Jonah sleeps in the boat and tries to hide. | *How does God respond to Jonah's game of hide and seek?* | Psalm 139:7-10 |
| Jonah 1:10-12 Jonah admits that the storm is his fault for disobeying God. | *What do the sailors feel they have to do?* | *What effects does Jonah's choice have on the sailors?* | 1 John 1:9 |
| Jonah 2 – Jonah recognises that God is in control | *What does Jonah say to God?* | | Romans 8:28 |
| Jonah 3:1-4 – Jonah chooses to obey God by... | *Jonah obeys God by...* | | John 14:15 |
| Jonah 4:1 - Jonah is angry because.... | | | 2 Peter 3:9 |
| Jonah 4:3 - He thinks his life isn't worth living because he feels... | | | Psalm 139:13-16 |
| Jonah 4:6 - Jonah is grateful because... | | | Psalm 91 |
| Jonah 4:8 - He thinks his life isn't worth living because... | | | Psalm 139:13-16 |
| Jonah 4:9 - Jonah is angry because.... | | | 2 Peter 3:9 |

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Lesson 22 -

## Family Discussion Card

A faulty thinking pattern I think I might have is...

Something that helps me think about good things is...

Something that happened because I chose to think healthy thoughts was...

A thought that helps me to feel close to God is...

Lesson 22 -

Family Discussion Card

A faulty thinking pattern I think I might have is...

Something that helps me think about good things is...

Something that happened because I chose to think healthy thoughts was...

A thought that helps me to feel close to God is...

Lesson 22 -

Family Discussion Card

A faulty thinking pattern I think I might have is...

Something that helps me think about good things is...

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Family Discussion Card

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Something that happened because I chose to think healthy thoughts was...

A thought that helps me to feel close to God is...

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# 22 KID for Teens: Handout: Brainwaves

## Praying Together - Exchanging Rocks for Diamonds

Write one of your unhealthy/unhelpful thought patterns in the central rock-shape.

Pass the page around your family and invite each person to write a message or Bible verse that is true and that contradicts your unhelpful thought.

When you receive your sheet of paper back again, pray quietly, giving your ugly 'rock' thought to God. Ask him to help you reflect more of his character by helping you to exchange your untrue and hurtful rocky thoughts into beautiful, precious, true and sparkling diamond thoughts.

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# 22 Jesus and Me: Journal Lesson 22
# Brainwaves: Find the Diamonds!

Look up the 'diamond' texts and find how they can counteract the unhelpful thought patterns.

| Unhelpful Thought Pattern | Healthy, Truthful and Biblical Thought |
|---|---|
| I can't cope with this. | Matthew 6:25-34 |
| Nobody loves me. | 1 Corinthians 12:4-11 |
| I'll never be any good. | 2 Corinthians 5:17, 18 |
| If I can be perfect enough people will like me. | Matthew 11:28-30 |
| I need everyone to love me. | 1 Corinthians 6:20; John 10:10; Psalm 139:13-18; Zephaniah 3:17 |
| I am afraid about the future. | 1 John 4:8-11 |
| My life isn't worth living. | Isaiah 64:6; Romans 3:23 |
| I'm better than him or her. | John 3:16; Romans 8:31-39 |
| I wish I could do what he/she does. | Jeremiah 29:1 |
| I'm so horrible that God could never love me or forgive me. | James 1:17; Romans 8:28 |
| God isn't interested in the small details of my life. | John 3:16 |
| Everything bad that happens to me is God's fault. | Galatians 3:28 |

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# 22 Jesus and Me: Journal Lesson 22
# Brainwaves: Thinking Patterns

## Which thinking patterns have you noticed in your life?

Think about the following thought patterns. Which patterns are the ones that you are most likely to find in your mind? Or which thought messages are you most likely to tell yourself?

Circle the unhelpful thinking patterns that you recognise in your own mind, think about how they affect your life, and then turn to the next page.

| Unhelpful thinking patterns | Some thoughts that fit into the pattern |
|---|---|
| **Minimising**<br><br>Making things seem less serious than they really are | It's not that bad. I don't really care.<br><br>There's nothing I can do about it.<br><br>'Am I bovvered?' |
| **Magnifying**<br><br>Making things seem much worse than they really are – Making mountains out of molehills | If this happens my whole world will fall to pieces.<br><br>This is the worst possible thing that could happen to me.<br><br>I'll never be happy again. |
| **Polarising**<br><br>Going to the opposite extreme or over-reacting | If he doesn't like me then I won't like him.<br><br>If I can't do it this way then I won't do it at all. |
| **Generalising**<br><br>Thinking that this experience applies to every other experience I will have | This always happens to me.<br><br>If this happens in this situation it will happen in every other situation too.<br><br>If one thing is bad or broken then all the other things like it will be bad or broken too |
| **Personalising**<br><br>Everything is about me, or everything is my fault | It's all my fault.<br><br>If only I hadn't done such and such it would have been alright.<br><br>What did I do wrong?<br><br>This happened to me because other people don't really like me or they don't understand me.<br><br>This event only worked out well because I was involved in it. |
| **Emotional reasoning**<br><br>Basing my understanding of events on my feelings. | Everything is terrible because I feel terrible.<br><br>Everything is alright because I feel alright.<br><br>If I feel this then everyone else will feel the same way, too. |

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# 22 Jesus and Me: Journal Lesson 22
# Challenging my thought patterns

| | |
|---|---|
| I think my most common unhelpful thought pattern is: | |
| The sort of messages I tell myself because of this thought pattern are: | |
| When I think like this I'm more likely to do: | |
| When I think like this I'm more likely to see myself as: | |
| When I think like this my relationships are affected because I tend to: | |
| When I think like this my relationship with God is affected because I tend to: | |
| When I think like this it is harder for me to reflect God's character because: | |
| **My thinking pattern is unhelpful because it's not based on reality.** | **Satan also likes me to think like this because it discourages me.** |
| Some Biblical truths that will help me create a healthier thinking pattern are... (Include as many helpful Bible verses as you can find!) | |
| Some good things that might happen if I start to think in a healthier way are: | |

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# 22 Jesus and Me: Journal Lesson 22
# Brainwaves: Diamond-Mining:

When miners are looking for precious stones they often have to sift away all the gravel, sand and useless stones in order to find the ones that are worth keeping.

## Sifting your thoughts

Think about some of the messages that are running around inside your head.

Whenever you notice a positive, healthy and truthful message going through your mind, or a negative, unhealthy and untrue message, write each one down on a separate piece of paper.

Then look at the papers and sift through your thoughts.

## Read Philippians 4:8

What are some of the different categories of positive thoughts listed in this verse?

If one of your thoughts fits within one of the descriptions in Philippians 4:8 it is like a diamond. Keep it, save it, treasure it and think more thoughts like this. It is a very precious thought that will protect your mind and help you to be more like Jesus.

Perhaps you could make or find a treasure box and keep your positive thoughts and messages in a special place.

## Read 2 Corinthians 10:5 and John 8:32

If you recognise that one of your thoughts prevents you from experiencing happiness, peace or love, find a Bible verse that counteracts your unhelpful, gravelly thought and turns it into a true, lovely and diamond thought.

Keep the diamond thoughts and throw away the unhelpful thoughts. Perhaps you could burn it in your fireplace, or on a barbeque, or you could shred it and throw it away. You might choose to recycle the paper, but try not to recycle the thought as well!

Use the template on the next page to write down your 'rubbish' thoughts and your 'diamond' thoughts.

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# 22 Jesus and Me: Journal Lesson 22
# Brainwaves: Diamond-Mining II:

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# Collect Diamonds!

Collect some objects together that represent positive 'diamond' thoughts. Make a display of them in a bowl, jar or as a collage. Intermingle them with Bible verses and promises that you've also found helpful.

# Make a card

Do you know someone who has rubbishy thinking patterns that are hurting their life? Make a card or gift with a Bible verse or promise that might help them to think diamond thoughts.

# Write yourself a letter from God

God is really happy when we think true thoughts about ourselves.

Write yourself a letter from God counteracting your unhealthy and unhelpful thoughts and encouraging you to think diamond thoughts.

# Imagine

Imagine your life without your unhelpful thoughts.

List all the good things that might happen if you let God transform your thinking so you can reflect more of his character.

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KID for Teens: Leader's Guide

# Invisible Friend

The Holy Spirit is a vital friend for every Christian. Today we'll discover some of the exciting things that his friendship can do for our lives and our spiritual growth.

23

## You will need...

- Marker pens/felt pens
- CD Player and CD of soft worship music

**Icebreaker:**

- Cotton balls – cotton wool
- Drinking straws
- Tables with smooth surfaces
- 1 sheet of A4 sized card per table
- Pencil
- Ruler
- Sticky tape
- Scissors

**Word Search:**

- Copies of Word Search studies - 1 study per person

**Family Focus Time:**

- Cups and pure water or pure juice
- Family Discussion Cards - 1 card per family

**Praying Together:**

- No extra equipment needed this week

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Heart shaped balloons (or other shape if hearts are not available)

**Mission Possible:**

- Holy Spirit table signs printed onto attractive paper or thin card (see resources)
- White table cloths – 1 per table to cover the table top
- A3 sheets of white paper – 1 per table (or use 2 separate A4 sheets instead)
- Pens – 2-3 per table
- Tea light or candle in a storm lantern or other safe container
- Soft, attractive blanket or quilt
- Hot water bottle in a cover filled with hot water
- A mug of hot chocolate and a plate of cookies
- A jug or two of pure fresh water
- Some attractive drinking glasses – 1 glass per person if possible
- Large, attractively wrapped box, or selection of quality gift bags in toning colours
- A directional compass
- A remote controlled toy (try to find one that isn't very noisy!)
- A small blackboard, chalks and a blackboard eraser
- An electric fan with thin ribbons tied to the guard that stream out when the fan is turned on
- 2 heart-shaped balloons (plus spares) one inflated and one flat
- A leather-bound Bible
- An attractive new notebook and pencil
- A collection of art and craft materials
- A model or picture of a dove, or some white feathers
- An electrical socket extension cable
- A first-aid kit
- An apron
- A small hammer
- A magnifying glass
- A hand mirror
- A pair of glasses
- A map
- A microscope
- A pair of binoculars
- A battery
- A Sat Nav
- A handkerchief

## By the end of the session, the group members will:

- Know that the Holy Spirit wants to be our close friend.
- Feel a longing to have a closer friendship with the Holy Spirit.
- Respond by inviting the Holy Spirit to help them grow and develop their Christian characters so that they can become more like Jesus.

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# 23 KID for Teens: Leaders Guide: Invisible Friend

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (previous page).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What does the Holy Spirit mean to you? How close a friendship do you have with him? How has he helped you to become more like Jesus? What has his power helped you to do? What exciting adventures have you had together?If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

**Welcome and Prayer – 5 mins**

## Say:

"Think about your best friend. What kind of things do best friends do for each other? (Encourage people to call out their ideas). Today we're going to discover what having an invisible and supernatural friend can mean for our lives...This special friend wants to be best friends with every Christian, but some Christians are afraid of him, some have no idea that he wants to be their closest friend, and some never invite him to spend time with them. This special friend is the Holy Spirit."

**Icebreaker - 8 mins**

*You will need:*

1. Articles listed under Icebreaker (page 1)

- Before the session set up as many rectangular tables as you need, and turn them into 'blow football' pitches.
- Cut the sheet of A4 card in half from top to bottom so you have 2 long, narrow strips of card.
- Mark the centre of each piece of card with a pencil. Fold the two smaller ends so that they meet at this centre point. Crease them firmly and open them out again until they form a 90 degree angle with the centre section. This is a goal. Make two for each table.
- Stick a cardboard goal to the centre of each short side of a rectangular table using the tape. The two short arms should extend towards the centre of the table.
- Divide people into teams of 2 or 4.
- Ask the teams to try and blow the cotton ball into the opposite goal, standing only behind the short end of the table, and only moving the ball by blowing through the straw.
- Nothing must touch the balls when they are in play, except the air blowing through the straws.
- A goal is scored when a cotton ball hits the back of the cardboard goal.
- Allow 5 minutes of competitive fun and then call everyone together.

**Ask**: 'How easy was it to guide a cotton ball by blowing through a straw? What can you learn about the Holy Spirit by doing this activity?'

# 23 KID for Teens: Leaders Guide: Invisible Friend

**Mission Possible - Discovering our invisible friend - 25 mins**

*You will need:*
1. The resources listed under Mission Possible on page 1.

- Before the session starts, arrange the tables with the instruction cards and all the equipment. If you have long tables you can put 2 cards on one table. Allow plenty of space between each section so that people don't feel rushed or crowded.
- If you had to use all your tables for the football game recruit helpers to quickly transform them into the Holy Spirit tables.

- If necessary, cover the activities with extra tablecloths to prevent people from being distracted by them. Remove the cloths when you are ready to begin this section. Invite group members to visit as many of the tables as possible and to write down any of their ideas on the paper provided on the tables. Allow 20 minutes for this activity.

## Holy Spirit Discovery Feedback

- Spend a few minutes feeding back.
- Ask people to find a partner and give the pairs two minutes to list three reasons why the Holy Spirit is a really good friend to have.
- Allow another few minutes for the pairs to feed back some of their ideas to the larger group.

**Word Search – 25 mins**

*You will need:*
1. Paper and pens
2. Copies of Word Search studies - 1 study per person
3. CD player and CD of soft worship music

- This Word Search is to be done individually.
- Give people the space and peace to study this alone.
- During the study, play some quiet, worshipful music.
- Allow time for everyone to read through the information about inviting the Holy Spirit to help them.

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together - 7 mins**

- Invite one person at a time to say one thing that they would really like the Holy Spirit to help them with in their lives. If someone doesn't want to describe their need out loud, it is important to respect their request for privacy.
- Then ask everyone else in the family to pile their right hands gently on top of the person's head.
- Let them take it in turns to pray a sentence prayer for the Holy Spirit to help the person towards their spiritual goals.
- Continue the pattern until everyone has been prayed for in this way.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu**

*You will need:*
1. Heart-shaped balloons or other balloons

- Give each person a flat balloon to remind them of the importance of being filled with the Holy Spirit. A flat, airless balloon isn't much fun, or much use. It needs to be filled with invisible air to bring it 'alive' and make it useful and interesting.

**Closing Prayer**

## Holy Spirit - Fire

On the table is a lit candle that represents the fire of the Holy Spirit. In what ways is the Holy Spirit like a burning fire? Write your ideas on the paper provided on the table.

Acts 2:3-4

1

## Holy Spirit - Wind

On the table are a fan and an inflated balloon that represent the Holy Spirit as a powerful, rushing or mysterious wind.
Contrast these objects with the flat, airless balloon.

How is the Holy Spirit like a powerful wind?

Write your ideas on the paper provided on the table.

John 3:8, Acts 2:3

2

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## Holy Spirit - Dove

On the table is a dove or
some white feathers that
represent the Holy Spirit
as a descending dove.
In what ways is the Holy Spirit
like a dove?
Write your ideas on the paper
provided on the table.

Matthew 3:16-17

3

## Holy Spirit - Comforter

On the table are some things that
represent the Holy Spirit as a
Comforter, such as a blanket, quilt,
handkerchief, hot water bottle,
mug of hot chocolate, etc.

In what ways does the Holy Spirit
comfort us?

Write your ideas on the paper
provided on the table.

John 14:16
(sometimes translated 'Advocate')

4

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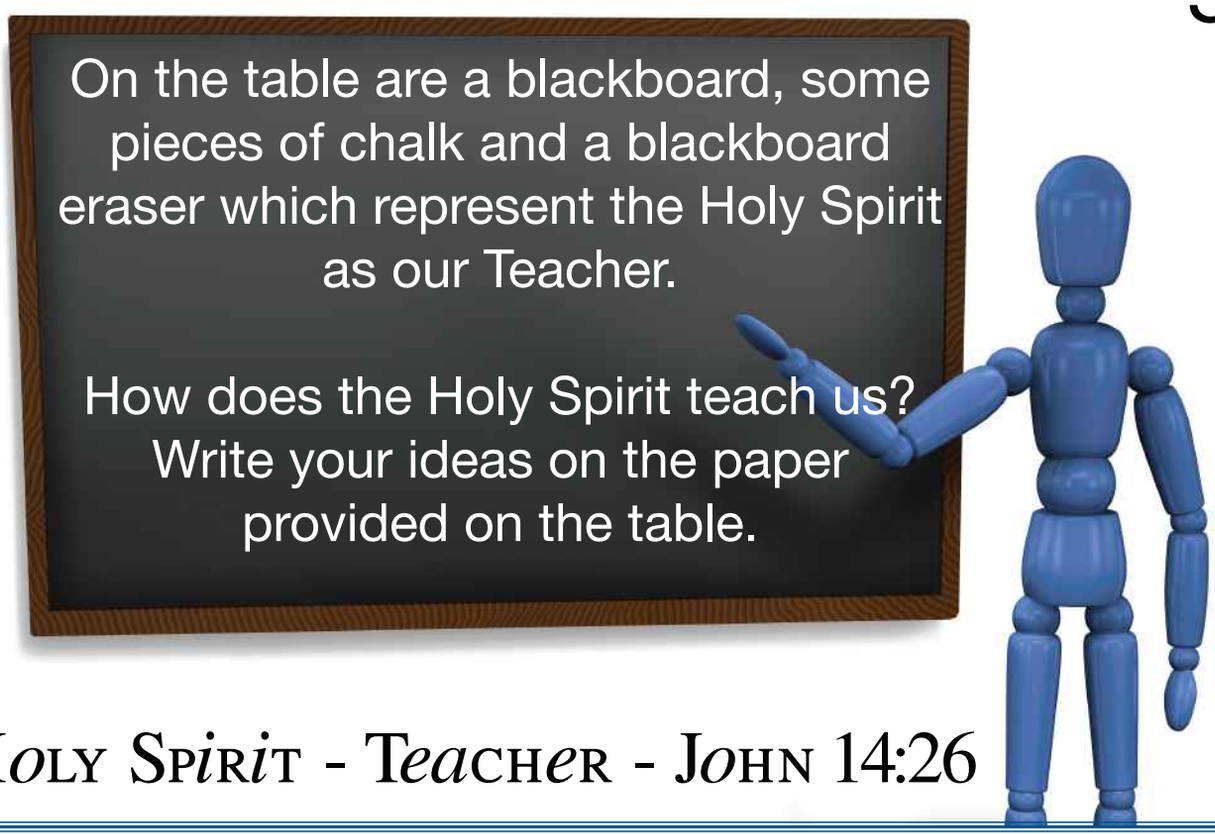
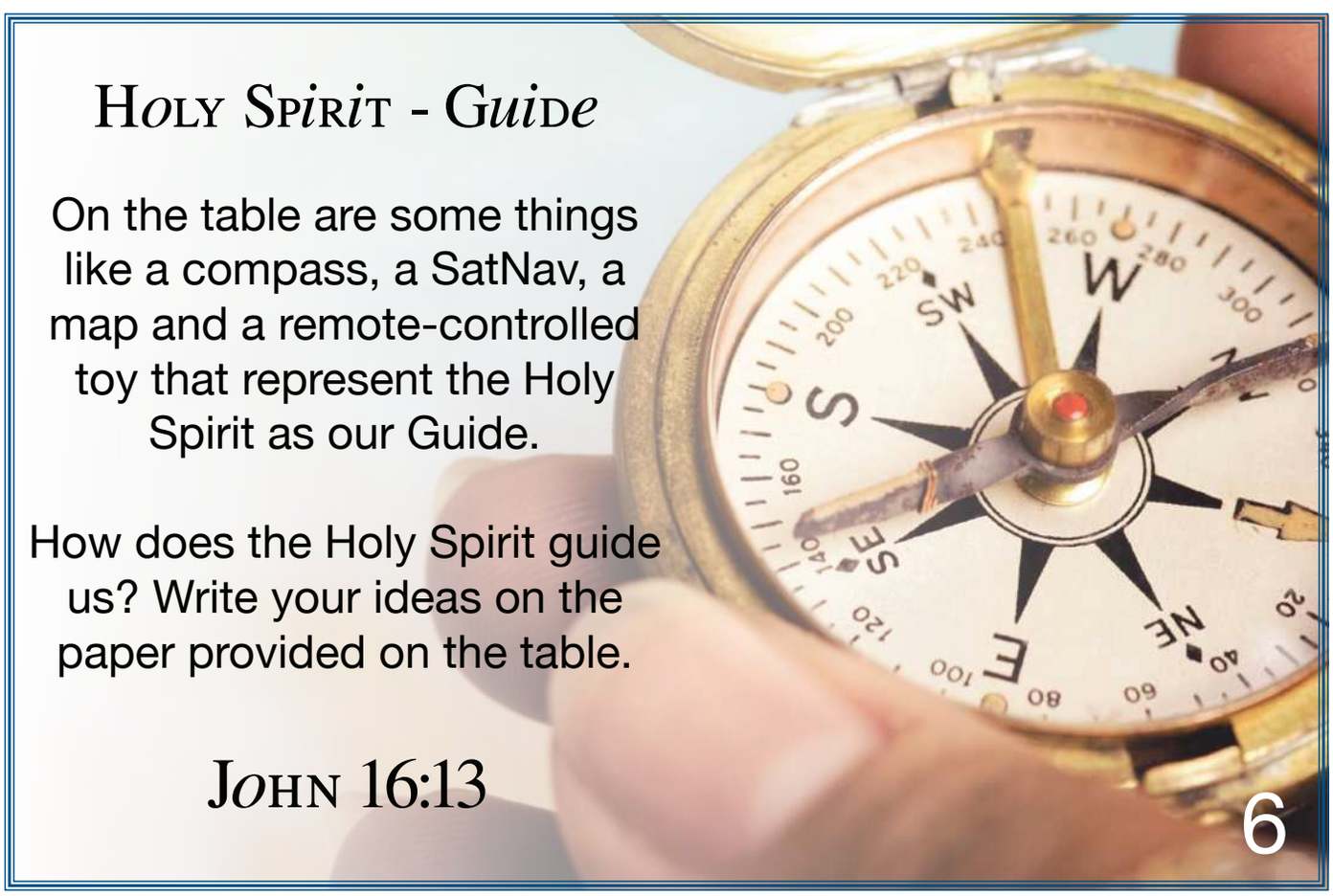
5



On the table are a blackboard, some pieces of chalk and a blackboard eraser which represent the Holy Spirit as our Teacher.

How does the Holy Spirit teach us? Write your ideas on the paper provided on the table.

## Holy Spirit - Teacher - John 14:26



## Holy Spirit - Guide

On the table are some things like a compass, a SatNav, a map and a remote-controlled toy that represent the Holy Spirit as our Guide.

How does the Holy Spirit guide us? Write your ideas on the paper provided on the table.

## John 16:13

6

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## Holy Spirit - Water

On the table are a jug of water and some glasses that represent the Holy Spirit as Water.

Take a drink of water if you wish.

How is the Holy Spirit like Water?
Write your ideas on the paper provided on the table.

John 7:37-39

7

On the table are some gift bags or presents that represent the Holy Spirit as the generous giver of good gifts.

What are some of the gifts that the Holy Spirit gives to us?

Write your ideas on the paper provided on the table.

## Holy Spirit - Giver of Good Gifts

1 Corinthians 12:1-11

8

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## Holy Spirit - Inspiration

On the table are a Bible, some art materials and a notebook and pencil that represent the Holy Spirit as our Inspiration.

How does the Holy Spirit inspire us? Write your ideas on the paper provided on the table.

1 Corinthians 2:9-13
2 Peter 1:20-21

9

## Holy Spirit - Helper

On the table are an apron, a hammer and a first-aid kit that represent the Holy Spirit as our helper.

How does the Holy Spirit help us when we're struggling, or when we don't know what to do?

Write your ideas on the paper provided on the table.

John 14:16-17, 26

10

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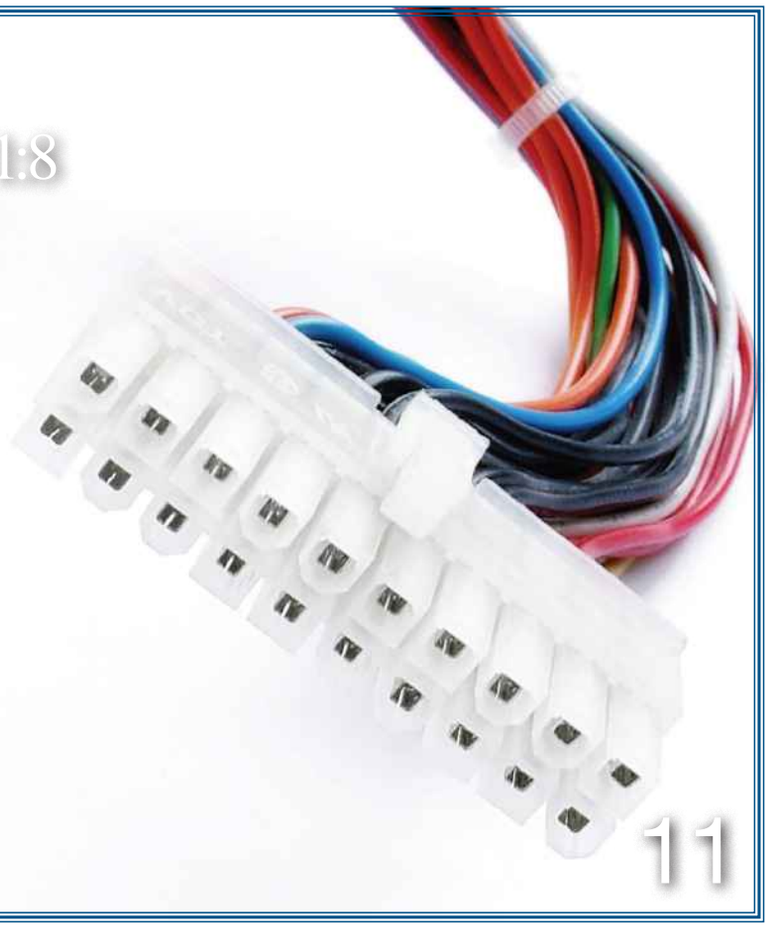
## Holy Spirit - Power Source - Acts 1:8

On the table are some batteries and an electrical extension cable that represent the Holy Spirit as our power source.

What does the Holy Spirit give us power to do? Write your ideas on the paper provided on the table.



11

## Holy Spirit - Optician

On the table are some things like a pair of glasses, a mirror, a magnifying glass, a microscope and a pair of binoculars that represent the Holy Spirit as someone who helps us to see ourselves more clearly. Why does the Holy Spirit want to help us examine ourselves more closely? Write your ideas on the paper provided on the table.

John 16:8

12

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# 23 KID for Teens: Handout: Invisible Friend
# Word Search - Spirited!

What did you personally learn about the Holy Spirit during the discovery activity?

How much does God want to help you have the gift of the Holy Spirit's friendship? *Luke 11:11-13*

What do we need to do so that we're ready to be friends with the Holy Spirit? *Luke 11:9-10*

God can't make us admit our sins, or fill us with a desire to change our lives. But the Holy Spirit can help us by...
*John 16:8*

*John 16:13*

He doesn't show us our sins to make us feel bad, or to shame us, but because he loves us, and wants to help us become as much like Jesus as we possibly can.

Even when the Holy Spirit is our best friend we'll still have to struggle with some things, because we are human beings living on a sinful planet. What are some of the things that will continue to challenge us?
*Ephesians 6:12*

God cares about us when life is tough, and when we face challenges that sometimes seem too big for us to handle, so he has given us some special promises.
*Discover what they are in: Isaiah 41:10; Matthew 28:20b; Matthew 11:28-30; 1 Corinthians 10:13 and write the main points below.*

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# 23 KID for Teens: Handout: Invisible Friend
# Plug into the Power!

The Holy Spirit is an amazing power-source that we can plug into whenever we need strength, guidance, comfort and wisdom.

**Think** of something in your life that you long to change, or an area of your life that needs God's help.

**Admit** that you need the power and help of the Holy Spirit. Be honest with yourself and with him.

**Pray** for the Holy Spirit to strengthen you and to show you the changes you need to make. Tell the Holy Spirit that you know you can't change all by yourself, and tell him that you need his supernatural power to help you know what needs to be changed.

**Ask** the Holy Spirit to give you the strength and courage to work with him to make the changes you need to make. We can only grow to become more like Jesus when the Holy Spirit is helping us. We're powerless without him because we'll only end up doing things in our own imperfect way, or we might feel proud of our achievements and begin to think we can grow spiritually without his help, which is never going to work!

**Believe** that God will do what he has said he will do to help you. Trust him completely. Search in the Bible for the promises that God has made for your specific need. Read them, study them, understand them and use them to inspire your prayers.

**Act** on what you know to be right, because God has said so, rather than on how you're feeling. Feelings are not very dependable and they can distract you from doing what's right. If you're not sure what to do, keep asking God to send his Holy Spirit to guide you.

**Thank God** for working in you and building your character to become more like his. Thank him even if you can't see any results just yet, and trust that he is working, even if it is slowly and quietly behind the scenes, or in a different way than you were expecting.

**Be confident** that God will help you to change when you sincerely want to become like him.

Spiritual growth is a **process.** Sometimes there are instant miracles, but usually the Holy Spirit works with us slowly, over time. He took 40 years to shape Moses into a leader for the Israelites!

It is important not to be discouraged. We must:

- Remember the promises that God has made.
- Know that he has heard our prayers.
- Believe that he will always answer our prayers when we ask him to help us grow spiritually and when we ask him to develop our characters so that we are more like him.
- Trust that he is working in our lives even when we can't see any evidence.

Each time we go through this process we'll learn to trust God more deeply and our characters will reflect more of his character.

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Lesson 23 -

## Family Discussion Card

Something new that I discovered today about the Holy Spirit is...

One time when I experienced the Holy Spirit's friendship in a special way was...

I like the idea of the Holy Spirit being like a close friend because...

I would really like the Holy Spirit to help me...

Lesson 23 -

Family Discussion Card

Something new that I discovered today about the Holy Spirit is...

One time when I experienced the Holy Spirit's friendship in a special way was...

I like the idea of the Holy Spirit being like a close friend because...

I would really like the Holy Spirit to help me...

Lesson 23 -

Family Discussion Card

Something new that I discovered today about the Holy Spirit is...

One time when I experienced the Holy Spirit's friendship in a special way was...

I like the idea of the Holy Spirit being like a close friend because...

I would really like the Holy Spirit to help me...

Lesson 23 -

Family Discussion Card

Something new that I discovered today about the Holy Spirit is...

One time when I experienced the Holy Spirit's friendship in a special way was...

I like the idea of the Holy Spirit being like a close friend because...

I would really like the Holy Spirit to help me...

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# 23 Jesus and Me: Journal Lesson 23: Invisible Friend: Spirited!

What have you learned about the Holy Spirit during this week's session?

| | |
|---|---|
| What do you like best about having the Holy Spirit as your friend? | Which metaphors and symbols of the Holy Spirit do you find most meaningful? |
| When you think about the Holy Spirit what questions do you have?<br><br>How do you think God would answer your questions? | What do you think is the most important thing that the Holy Spirit can do for you? |

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# 23 Jesus and Me: Journal Lesson 23: Invisible Friend: Spirited!

The three most important changes that I would like the Holy Spirit to help me make in my life are...

1.

2.

3.

Use this list as you pray that the Holy Spirit will be with you and help you to become more like Jesus.

Believe that he will help you.
Find promises in the Bible that give you hope.
Thank him for helping you.
Look for signs of hope and change in your life.
*(Philippians 4:8)*

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# 23 Jesus and Me: Journal Lesson 23
# The Holy Spirit is God living in you

Draw a symbol, picture or diagram to illustrate the Holy Spirit living inside you.

For example:

'Do you not know that your body is a temple of the Holy Spirit, who is in you, whom you have received from God? You are not your own.'

- 1 Corinthians 6:19

What does it mean to you to be the temple of the Holy Spirit - the place where he wants to live?

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# 23 Jesus and Me: Journal Lesson 23
# Invisible Friend

## You're Invited!
Take a blank card and create a special invitation asking the Holy Spirit to come and live in your life and be your best friend.

Explain why you would like the Holy Spirit to be your friend and describe some of the things that you look forward to doing together with him.

## Holy Spirit Display
Make a display of objects that remind you of the Holy Spirit's work and keep them in a jar or bowl where you will see them often.

## Holy Spirit Reminder
Choose one object that reminds you of the Holy Spirit's special friendship with you. Keep it where it will always remind you that he is living inside you and wants to help you to be strong.

## Holy Spirit Hero
The Holy Spirit is a special kind of spiritual super-hero who rescues, teaches, helps and guides us. Design a super-hero profile for the Holy Spirit that illustrates his special skills and powers. What might he look like (we know he can look like a dove or a flame of fire)? What can he do? When does he turn up to help us?

Use this imaginative activity in a worshipful way to help the Holy Spirit become more real to you.

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# 23 Jesus and Me: Journal Lesson 23
## Invisible Friend: Holy Spirit Detective Journal

This week ask the Holy Spirit to help you with a challenge you are facing, or ask him to help you develop an area of your character where you would like to be more like Jesus.

Look for clues each day and, however small, write them down. Clues which show that the Holy Spirit is with you, or is helping you in some way. Notice each time you hear the Holy Spirit guiding you, when you have the strength to make a good choice, or whenever you sense his inspiration.

| Day | Clues that the Holy Spirit is at work in my life |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

What have you noticed this week that has really encouraged you?

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KID for Teens: Leader's Guide

# Thinking about feelings

God created us to have feelings. They are an important part of being human. They are not wrong or bad, they are just feelings. And they can be very useful. Today we'll learn how to understand our feelings and how we can respond to our feelings, and the feelings of others, in ways that share God's love.

24

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Was there ever a time when God used your emotions to help you learn more about him, or to help someone else? How have your emotions helped or hindered you in your spiritual journey ? If the Holy Spirit invites you to do so, be ready to tell the story of your experience during the welcome or the conclusion. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need...

- Marker pens/felt pens

**Icebreaker:**

- Emotion Cards; *Copy these onto thin card and cut apart – you will need one per person (it won't matter if you have to double up and have two people with identical cards)*

**Mission Possible:**

- Copies of the 'Emotional Explorer' sheets

**Word Search:**

- A3 paper and marker pens
- Copies of 'Word Search' studies enough for 1 set per person

**Family Focus Time:**

- Family Discussion Cards - 1 card per family

**Praying Together:**

- A large bag of nuts and raisins - if someone has a nut allergy use carrots, crackers or hard vegetables instead of nuts.
- Small bowls – 1 per family
- Praying Together cards, - 1 per family. (see Resources section).

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Soft cotton balls

## By the end of the session, the group members will:

- Know that God created them to experience a full range of human emotions, and that Jesus experienced many of their human emotions during his life on earth.
- Feel that their feelings, and the feelings of others, are important and that their feelings are not to be thought 'bad', nor are they to be ignored.
- Respond by choosing to express their feelings, and respond to the feelings of others, in ways that reflect God's loving, compassionate and patient character.

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# 24 KID for Teens: Leaders Guide: Invisible Friend

**Welcome and Prayer – 5 mins**

## Say:

"We sometimes think that our feelings are a bit like the little girl in the British nursery rhyme. When they are good they are very, very good, but when they are bad, they are horrid! Today we will discover why God has given us feelings and how they can be useful and important in our spiritual journeys, rather than being misleading, dangerous and confusing."

**Icebreaker - 8 mins**

*You will need:*

1. Emotion Cards

- Hand everyone an 'Emotion Card' and ask them not to show it to anyone else.
- When you say 'Go!' each person has to talk to someone else as if they have the emotion that is printed on their card, but they are not to mention the word on the card.
- Each person has to guess the emotion their partner is trying to depict.
- If someone guesses correctly they swap their Emotion Cards and then they go and find someone else to talk to, using the emotion on their new card.
- Stop everyone after 5 minutes.
- Ask each person to tell their partner why they are not feeling like the word on the card, so that they can debrief and not take on the emotions they have been acting out.
- This is very important to do as it protects the emotional well-being of the group members.

**Ask**: 'What did you find easy about this exercise? What did you find hard about this exercise? What did you find interesting about this exercise?'

**Mission Possible: Emotional Explorer - 15 mins**

*You will need:*

- Emotional Explorer sheets
- Pens

- Ask everyone to work in their own family groups and give them 7-10 minutes to work though this exercise.
- Ask them to think about Jesus and the different emotions he may have felt in his life. Some are clearly named and described and others may have to be guessed because of the context.
- This is an important exercise because many people are afraid of their strong emotions and think that 'good' Christians don't show their emotions, or have negative emotions. But Jesus had many strong feelings and he wasn't afraid to express them.

### Emotional Explorer Feedback

- What did you discover by exploring some of Jesus' emotions?
- Which of Jesus' feelings surprised you the most? Why?
- Has this changed the way you think about your own emotions?

# Invisible Friend

**Word Search - 35 mins**

*You will need:*

1. A3 paper and marker pens
2. Copies of Word Search studies - 1 set of studies per person

- Let each person choose which Word Search they would most like to study and then divide the group up into four smaller groups based around the four studies (anger, fear, worry and sadness). Try to have at least 3 people in each group. It is also important that everyone feels comfortable with their study group, so be willing to be flexible, but also make sure that no one is left out.
- Give out A3 paper and marker pens to the groups looking at anger, fear and worry.
- Allow 20 minutes for the study and then bring them back to the main group.
- Invite each group to present their discoveries to the rest of the group.

**Family Focus – 15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together - 10 mins**

*You will need:*

1. A large bag of nuts and raisins (If someone has a nut allergy use carrots, crackers or hard vegetables instead of nuts).
2. Small bowls – 1 per family
3. Prayer time instruction cards – one card per family (see resource section)

- Give each family a small bowl of nuts and raisins or alternative.
- Ask them to pass the bowl around the circle of their family.
- Each person in turn takes a nut or hard edible object out of the bowl and tells the rest of their family members about an emotion that is a tough challenge for them at the moment. They can say as little or as much about the emotion as they like. If they wish they can just name the emotion.
- Then everyone eats one nut as they think about the hard thing their family member is facing.
- Then they each pray a simple prayer that God will help the person with their challenging emotion. They also pray that God will help them know what to say or how to respond when their family member is struggling with the emotion.
- During the next round of prayers, each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
- This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu**

*You will need:*

1. Soft cotton balls

- Give each person a soft cotton ball.
- The cotton ball is a reminder that we need to express our feelings in ways that are pure and in ways that are kind to ourselves and others, so that we can reflect the character of Jesus in our lives.

**Closing Prayer**

| | | |
|---|---|---|
| Fear | Disappointment | Happiness |
| Excitement | Frustration | Irritation |
| Sadness | Resentful | Peaceful |
| Bored | Ashamed | Confused |
| Confident | Shy | Content |
| Suspicious | Panicky | Dependent |
| Curious | Playful | Tired |
| Guilty | Loving | Compassionate |
| Impulsive | Rejected | Anxious |

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# 24 KID for Teens: Handout: Thinking about Feelings
# Mission Possible: Emotional Explorer

Jesus had feelings too. Work as a family group and fill in the different gaps on this grid to learn more about Jesus' emotional experiences.

| Jesus' emotion | Where can we read about Jesus' emotion? |
|---|---|
| | John 11:33-38 |
| | John 11:34-36; Luke 19:41-44 |
| | Luke 17:11-18; Luke 22:54-61; Matthew 26:40-41 |
| | Matthew 23:37-39; Matthew 11:16-19 |
| | Matthew 26:10 |
| | John 12:27 |
| | John 2:13-17 |
| | Matthew 26:39; Mark 14:33-36 |
| | Mark 15:34 |
| | Luke 7:9 |
| | Luke 7:13; Matthew 20:29-33 |
| | Luke 10:21 |
| | Matthew 26:37 |

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# Word Search A: Managing Anger

Work together as a group to develop a definition for anger. Write your ideas below:

What do we know about God's anger? Exodus 34:6; Psalm 103:8-10

There are two kinds of anger – one which we might experience when we feel attacked (protecting self), and one which we might experience when we see or hear of others being attacked or abused (protecting others).

Which anger is Jesus expressing in John 2:13-17?

## Our anger is a God-given emotion. It helps us to identify something that needs to change in our relationships.

What 3 practical and helpful tips does James give us about relationships and anger, in James 1:19-20?

1.

2.

3.

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# Word Search A: Managing Anger

What do the verses in Ephesians 4:26, 27, 29, 30, 31, 32 and 15 tell us about anger and how we should deal with it?

Write down all the different ideas and guidelines you can find in these verses to help you manage anger in an appropriate and Christ-like way. There are at least ten of them!

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

How can our anger damage our relationships with other people and with God?

What suggestions does Solomon have for dealing with angry people? Proverbs 15:1

Read 1 Corinthians 13:4-8 – What principles can you find in these verses for dealing with your own anger?

How can we show Gods love to those around us through the ways we express our own anger and the ways we relate to other people's anger?

Make a large poster of your discoveries about anger to share with the other groups in feedback time.

Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about managing anger in a loving way.

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# 24 KID for Teens: Handout: Thinking about feelings
# Word Search A: Managing Anger

When we notice a feeling of anger building up inside us it is useful to stay calm and tell the person: 'I think I need to go away and think about this on my own for a while. Can we get together and talk about this some more in a few hours' time?'

## Here are a few suggestions about what to do...

- Use your thinking space to think about the feeling you have that is underlying your anger – disappointment, hurt, frustration, rejection, loss, shame, being misunderstood etc...
- Ask yourself: 'What are the most important things that need to be changed in this situation?
- Then ask yourself what you can do, positively and lovingly, that might make a difference to the situation.

## Then think of a five point sentence to express your concerns and your needs in a constructive, positive and helpful way:

1. When A happens (be specific and non-blaming about the situation or Activating event)
2. I feel B (Be clear about your main emotion, which may not be anger)
3. Because C (give a Clear non-blaming reason why you feel that way)
4. And I think it would help me if you could D (offer a simple, helpful, non-blaming, practical suggestion that would be easy for the other person to Do)
5. Because then I would feel E... (positive Emotion)

For example:

"*When I see the dirty plates left on the table after dinner*

*I feel disappointed/frustrated/sad*

*Because I've already worked hard to make the meal*

*And I think it would help me if you could put your things in the dishwasher/help me wash up*

*Because then I would feel supported/that my efforts to cook were appreciated, etc.*"

Practice saying this sentence a few times so that you can easily say it in a way that sounds caring and loving.

## How does this response fit with the guidelines you developed from exploring the verses in Ephesians 4?

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# Word Search B: Sadness

Work together as a group to develop a definition for sadness. Write your ideas below:

When does God feel sad? Genesis 6:5-7

Why do you think Jesus wept at the tomb of Lazarus when he already knew he would raise him from the dead? John 11:35

How does David describe his sadness? Psalm 31:9-13
Write some of his ideas below:

Is sadness sometimes good for us? Ecclesiastes 3:3, 7:3

Read Psalm 56:8
What does God do with our tears and sadness? Why do you think he does this?

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# Word Search B: Sadness

What else does God promise to do for us when we feel sad?

2 Corinthians 1:3-7

Matthew 5:4

Psalm 34:17-18

Psalm 46:10

How should we not respond when someone is sad? Proverbs 25:20

What's the best way of responding when someone else is feeling sad? Romans 12:15b

How do we do this, and why do you think this is the most loving way of responding to someone's sadness?

What can we learn from all the previous verses that can help us know how to respond to our own sadness?

What does God eventually promise to do with our sadness? Revelation 21:1-4

What principles have you discovered in this study that will help you to respond lovingly to your own sadness and to the sadness of others?

Make a large poster of your discoveries about sadness to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own sadness, and the sadness of others, in a kind and loving way.

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# Word Search B: Sadness

When we feel sad it may be because we have lost something or someone that is precious to us. It maybe that someone has died, or said good-bye, or abandoned us. Maybe our computer has crashed and we've lost an important piece of homework. Maybe we have lost something more abstract, such as our dignity if someone has shamed us. Maybe we feel hurt because we have been betrayed or let down, or our hopes have been dashed...or maybe we feel alone – lonely from other people, or even lonely from God.

Sadness is an appropriate response to losing something very special. Our sense of loss and sadness is greatest when the person we have lost has been very important and special to us. So our sadness can be a reminder that we have had a very special relationship in the past, which we are missing badly.

Some things that happen to us are very sad indeed. It's natural that it can take a longer time to feel happy again after something very sad has happened and we need to be very patient with ourselves and with each other.

"Rejoice with those who rejoice; mourn with those who mourn."
- *Romans 12:15*

Identify why you feel so sad. When did the sadness start? When do you feel most sad? When does the sadness fade, and what do you think makes it fade for a while?

Paul, Jesus and God give us the best solution for sadness (see the verses in the study): **'Comfort' is the best medicine for sadness.**

**We need comfort from God.** God cries with us and he hurts too, when we are sad. It was never part of his original plan that we should live in a world with death and suffering.

He is the source of all real comfort because one day he will wipe away all our tears. Imagine him comforting you by holding you tight against his chest as you cry. Imagine his tears mingling with yours as he strokes your cheek and imagine the words of comfort he might long to say to you.

**We also need comfort from each other.** Paul tells us to be sad with those who are sad. People who are experiencing sadness don't need our logic and reasoning, or our cheerful distractions. They need someone who's willing to be sad with them so that they don't have to cry alone. They also need people who will comfort their sadness in different ways, to suit their individual needs, and eventually they'll begin to feel better.

If you are sad, write a list of things that the people around you could do to comfort you. Tell people what you need them to do so that they feel confident being with you and comforting you. If you know someone who's sad, help them to make a list of their favourite comforting things and ask them what you can do to comfort them, too. It may be a long process, but every act of comfort will help to melt away the sadness.

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# Word Search C: Worry & Anxiety

Work together as a group to develop a definition for worry. Write your ideas below:

How does God relate to worry? Romans 8:26-39

What are the different things David tells us to do when we are worried?
Look in Psalm 37:1-7 to find at least 8 things that you can do when you feel worried.

Is 'worry' sometimes good for us?

Some constructive 'worry' and concern helps us to plan ahead to prevent future problems and disaster. Proverbs 27:12

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# Word Search C: Worry & Anxiety

## What does Jesus say about worry?

Matthew 6:25-34 and Luke 12:22-31 (these are similar passages), Matthew 11:28-30, Luke 10:38-42, Luke 12:11-1, John 14:1-3

## What does God say that soothes our worries?

Psalm 46:1 and 10, Romans 8:28, 37-39, Isaiah 40:29-31

What does Paul tell us to do in Philippians 4:6-7?

What does Peter tell us to do in 1 Peter 5:7?

The best thing we can do with our worries is to give them to God.

Why is this the best idea? List as many reasons as possible.

How can we respond, in ways that show God's love, when someone else is worried or anxious?

Make a large poster of your discoveries about worry and anxiety to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own worry and anxiety, and the worries of others, in a kind and loving way.

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# Word Search C: Worry & Anxiety

Life is full of many things that can cause us to be worried and concerned. Every week we hear of new and dangerous things that can threaten our health and safety, our work, our homes, and our finances. Every day we hear more bad news on the TV, Internet and in the newspapers than most of our ancestors heard in their lifetime!

## So what can we do with our worries?

The most important thing is to develop our trust in God. Many of the verses in the previous study about worry are about God reassuring his people that he is in control and in charge. Things may seem troubling, but his ultimate plan is for our well-being and eternal safety (John 14:1-3).

## How do we develop our trust in God?

1. Look in the Bible and see how God kept his promises to his people through the ages.
2. Study the Bible prophecies and see how God always did what he said he would do.
3. Read the stories of people in the Bible and how God took care of them in difficult circumstances and provided for their needs in miraculous ways.
4. Look at our own lives and see how God has woven our mistakes, our sad times and our struggles into a beautiful tapestry. There may be some loose ends and parts of the picture that don't look quite right at the moment, but it is all work in progress and he's not finished with us yet. It is often amazing when we look back on our lives and see how God used all kinds of difficult experiences to help us grow and come closer to him. He will keep on doing that.

## What can we do with our worries?

1. We can look at the things we can change in our lives and try to do something different.
2. We can accept the things we can't change and give them to God because he can work miracles.
3. We can shape our worries into prayers *(Philippians 4:6-7)*. Whenever a worry pops into our mind we can turn it into a prayer and give it to God to look after.
4. We can thank God for the good things he is doing. It is when we learn to delight in him that he will give us the desires of our heart *(Psalm 37:4)*.

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# Word Search D: Fear

Work together as a group to develop a definition of fear. Write your ideas below:

It is important to understand that there are two different kinds of fear in the Bible:

1. Awe and respect for God
2. Terror, alarm, horror, panic, trepidation, etc

Is fear sometimes good for us? Psalm 111:10; Proverbs 1:7; Proverbs 9:10

How does God reassure us when we feel afraid?

Psalm 23

Psalm 46:10

Psalm 91:11

Psalm 118:6

Isaiah 41:10

Romans 8:28

James 1:2-4

How should we respond when someone else is feeling afraid? 1 John 4:18-19

What does perfect love do? 1 Corinthians 13:4-8

How can the different actions in 1 Corinthians 13 take away the fears of those around us?

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# 24 Word Search D: Fear

Fear is a very important emotion because it's been put into our brains to keep us safe.

When we feel afraid of something our body gets ready to run away from it, or it gets ready to fight it, or we want to be close to other people who can reassure us and help us to run or fight if we need to.

If we weren't afraid we could do some very dangerous things. Fear is very protective. We feel very afraid, our bodies respond to protect us and then our fear subsides again. But sometimes our fears can be so big that they stop us from doing good things, or enjoying our lives, or feeling that God still loves and forgives us.

## Try asking yourself the following questions:

- What am I most afraid of?
- How big is my fear? Is my fear really too big for the thing which makes me feel afraid?
- How does this fear limit my life and my happiness?
- What effect does this fear have on me, my relationships with other people, and my relationship with God?
- When do I feel less afraid? What helps me to feel safer at those times?
- What could other people do that would help me to feel less afraid?
- How can my trust in God help me to feel less afraid?
- Throughout the Bible God tells different people not to be afraid because he is with them. How can I experience God's closeness to me? How might this experience take away my fear?
- What kind of perfect love experience would help me to feel less afraid, or take away my fear completely?
- When I feel afraid I can pray to God and know he is on my side.
- When I feel afraid I can recite a psalm or other memorised verses that help to reassure me.
- I can remind myself that everything that happens to me is for a good purpose and God won't let anything bad happen unless he wants to make something good come out of it for me.

Make a large poster of your discoveries about fear to share with the other groups in feedback time. Use diagrams, words, pictures, flow-charts, etc, whatever you need to give a clear message about responding to your own fears, and the fears of others, in a kind and loving way.

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Lesson 24 -

## Family Discussion Card

One of my favourite emotions is..... because...

When I feel sad it helps me to feel better when someone...

I like the story about Jesus feeling.....because...

Something I have learned today about why God have us feelings is...

Lesson 24 -

Family Discussion Card

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When I feel sad it helps me to feel better when someone...

I like the story about Jesus feeling.....because...

Something I have learned today about why God have us feelings is...

Lesson 24 -

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Lesson 24 -

Family Discussion Card

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When I feel sad it helps me to feel better when someone...

I like the story about Jesus feeling.....because...

Something I have learned today about why God have us feelings is...

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## Tough and sweet emotion prayers

- Take a small bowl of nuts and raisins, (or alternative).
- Pass the bowl around the circle of your family.
- Let each person in turn take a nut or hard edible object out of the bowl.
- They tell the rest of their family members about an emotion that is a tough challenge for them at the moment. They can say as little or as much about the emotion as they like. If they wish they can just name the emotion.
- Everyone eats one nut as they think about the hard thing their family member is facing.
- Then each person prays a simple prayer that God will help the person with their challenging emotion.
- They also pray that God will help them know what to say or how to respond when their family member is struggling with this emotion.
- Everyone has a turn sharing their tough emotion and being prayed for.
- During the next round of prayers each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
- This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.

## Tough and sweet emotion prayers

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- Pass the bowl around the circle of your family.
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- Everyone eats one nut as they think about the hard thing their family member is facing.
- Then each person prays a simple prayer that God will help the person with their challenging emotion.
- They also pray that God will help them know what to say or how to respond when their family member is struggling with this emotion.
- Everyone has a turn sharing their tough emotion and being prayed for.
- During the next round of prayers each person celebrates an emotion that they enjoy, and everyone joins in their celebration by eating a raisin as a symbol of delicious and energising emotions.
- This time each person prays a prayer of thanks for the lovely emotions God has given for our enjoyment.

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# 24 Jesus and Me: Journal Lesson 24: Feelings: My Favourite Texts

Choose your favourite or helpful verses about feelings. Write them in the table below. Use a concordance or the Internet to help you find the verses you need.

Think of other feelings you have that you enjoy, or that bother you from time to time, and add them to the list, too.

| | |
|---|---|
| Love | 1 Corinthians 13, 1 John 4 |
| Anger | |
| Happiness | |
| Fear | |
| Disappointment | |
| Delight | |
| Feeling overwhelmed | |
| Contentedness | |
| Worry | |
| | |
| | |

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# 24 Jesus and Me: Journal Lesson 24: Feelings: People with Feelings

Choose a favourite Bible character and chart their life events in the left hand column. In the right hand column write the feelings that the Bible tells you they had, or that you think they might have had.

Pick any character you like, or here are a few suggestions: Adam, Eve, Noah, Abraham, Joseph, Moses, Ruth, David, Elijah, Esther, Mary, Peter

My Character: _____

| Life events | Emotions |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |
| | |

- Which parts of their story do you like the best?
- Where in their story did God mostly develop their character?
- Which parts of their story are similar to your life experiences?
- What have you discovered about emotions from thinking about this Bible character?

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# 24 Jesus and Me: Journal Lesson 24
# Feelings: Powerful Emotions

Sometimes our feelings are very powerful. Even our positive feelings can sometimes be so strong that they can interfere with our relationship with God and with those around us.

In the following exercises you'll be able to explore one of your strong feelings and the challenging effects it may be having in your life.

You will also be able to explore, from time to time the things that help you to manage your emotion well. Maybe you don't get angry when you're at school or work, but you do at home...

If you're having difficulty managing some of your strong feelings, you don't have to struggle alone. Prayer is very helpful because it links you with the greatest power in the universe. It also connects you with your loving Father, who remembers that humans are fragile (Psalm 103). God wants to comfort you (2 Corinthians 1:3,4) and help you to make good choices. You only have to ask and he'll give you all the extra wisdom you need (James 1:5). It may be a good idea to find a Christian counsellor you can trust, or you may also be able to talk to a close relative, youth leader or pastor.

Work through the next few pages on your own and don't be afraid to talk to someone if you get stuck, or if your feelings feel too big and powerful for you to manage safely on your own.

If you have several strong emotions that you want to explore, start by practising these activities on the emotion that is simplest to deal with, and then move to the more challenging emotions when you are familiar with the different activities.

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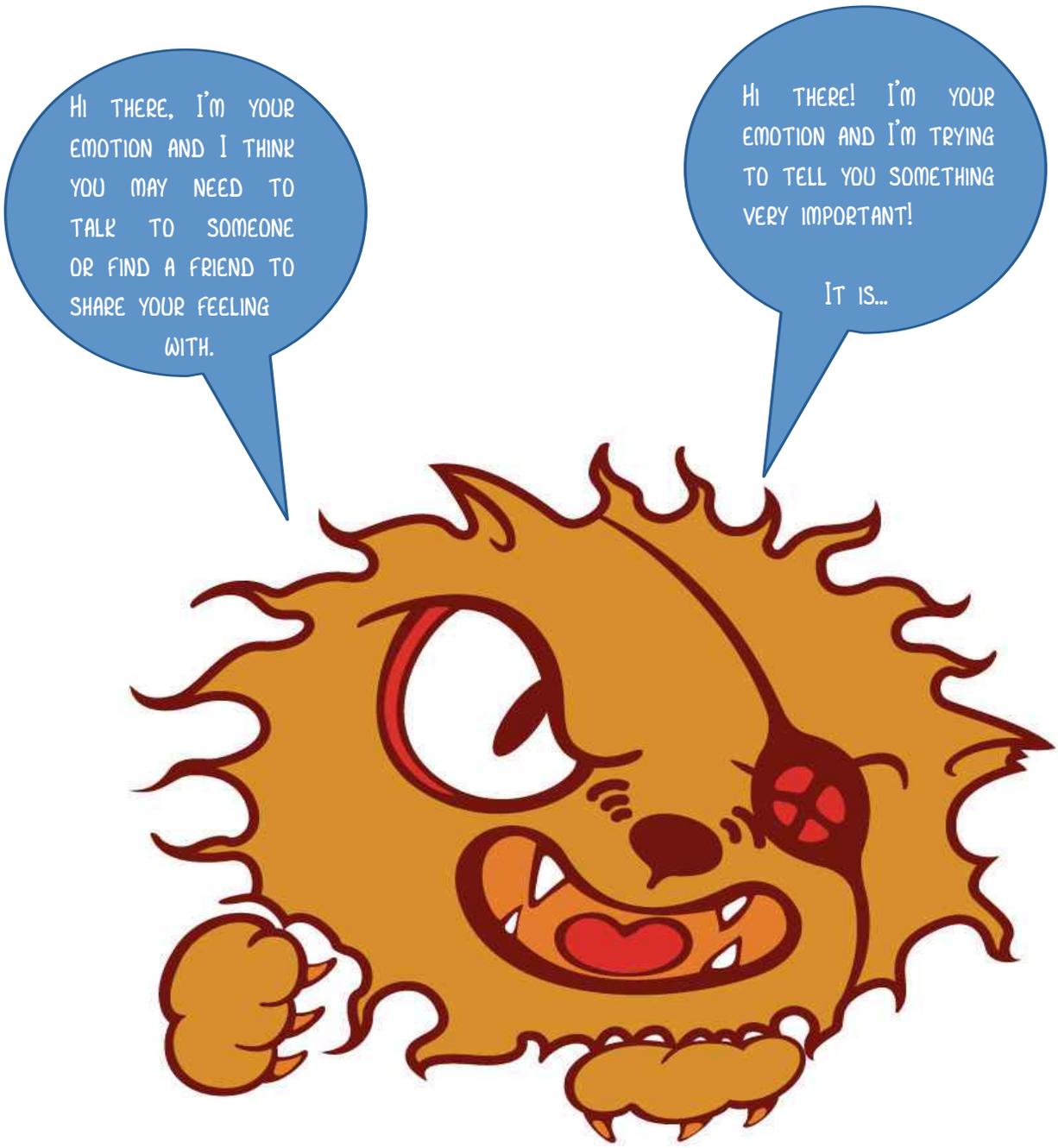
# 24 Jesus and Me: Journal Lesson 24
# What is my emotion trying to tell me?

Our emotions are important messages from our brain that help to keep us safe, healthy and happy!

Our emotions are also there to encourage us to 'connect' with other people - to talk to them and relate to them.




HI THERE! I'M ONE OF YOUR EMOTIONS AND MY NAME IS.....

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# 24 Jesus and Me: Journal Lesson 24
# Exploring one of my strong emotions

Think about one of your stronger emotions (especially one that bothers you from time to time).

The effect that this strong emotion has on me and my life, e.g. how I see myself, how I cope, etc.

The effect that this strong emotion has on my relationship with God.

My Strong Emotion

Describe your emotion here, or draw a picture of what it would look like if it were a creature...

The effect that this strong emotion has on my relationship with my family and with my friends...

What does this strong emotion stop me from doing or prevent me from enjoying?

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# 24 Jesus and Me: Journal Lesson 24
# When I managed my strong emotion well

## Think about a time when you managed your strong emotion really well.

## What helped you respond to your emotion differently this time?

- Your relationship with God
- You claimed God's promises to help you
- You prayed
- You took some 'time out' to think about things quietly
- You felt stronger and better able to cope, for some reason
- You thought about your emotion in a different way
- You were concerned about upsetting the people around you
- Somebody important was nearby
- You were in a public place
- You weren't so tired
- Something good had just happened to you
- Something else helped

Describe what you think was different about this time when you had strong feelings, and yet you managed them better than you usually do.

When you managed your strong emotions well...

What effect did it have on the way you saw yourself?

What effect did it have on your relationship with God?

What effect did it have on your relationship with your friends and family?

How do you think your life would be happier, and more loving if you managed this emotion differently?

What would you like to do differently the next time you feel this strong emotion?

Ask God to help you use anything you have learnt from this exercise to help you to manage your strong emotions better in the future.

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# 24 Jesus and Me: Journal Lesson 24
# Praying about Strong Emotions

Use this outline to help you pray about your strong emotion

## Praise God
- For making you the unique person you are
- For the gift of your emotions which enrich your life and your relationship with him and others
- For being in control of the whole universe
- For anything else you can think of

## Tell God about your struggles with your strong emotion
- Describe the effect the emotion has on you
- Describe the effect the emotion has on your spiritual life and your relationship with him
- Describe the effect your emotion has on those around you

## Confess any damage that your emotions may have caused
- If appropriate, admit that your strong emotions have hurt other people as well as you

## Ask God for help
- Simply ask God to help you manage your strong emotion in a healthier way
- Ask him to help you do what is right, especially if your strong emotion is hurting yourself or other people
- Ask him to heal the painful source of the strong emotion which may be something that has happened to you in the past

## Claim God's Promises
- List the promises and the Bible verses that you've found helpful when you've been thinking and praying about the strong emotion
- Ask God to keep his promises and to help you when you struggle

## Trust God to help you and believe in him
- Tell God that you believe he has heard you and that he will help you, just as he has promised

## Thank God
- Thank God for his love, his forgiveness and his help
- Ask him to answer your prayer in Jesus' name

## Keep looking, thanking and praising
- Keep looking for signs that God is working with you
- Keep thanking him for every sign of hope you see, however small

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# 24 Jesus and Me: Journal Lesson 24
# Other things you can do

## Promise Booklet/Bookmark

Choose a strong emotion that sometimes challenges you.

Explore the Bible for verses, promises and help in dealing with this emotion.

Choose the verses that you find most encouraging and helpful and make a tiny booklet or bookmark of these verses.

Use the booklet or bookmark to remind you that God wants to help you when your emotions seem too strong to handle.

## Key-ring

Choose the most helpful verse about your strong emotion and make a key-ring that features the verse. You can buy plastic ones that pop open so you can insert your own design.

This can remind you that God's promises and his wisdom are the keys to managing our strong emotions.

## Poster

Choose a Bible verse that encourages you when you are struggling with strong emotions that prevent you from experiencing the full life that God wants you to experience.

Create a poster that illustrates this verse and display it in a place where it will help you.

## Emotigraph

Make an 'emotigraph' for your family.

Print off several sets of emoticons from the Internet or draw your own.

If possible print them onto magnetic 'paper' which you can run through your computer printer.

Cut the emoticons apart so that you have lots of mini magnets with an emoticon on each magnet.

Make another set of magnets labelled with each family member's name or photo.

Stick the photos or names on the refrigerator and stick the emoticons nearby.

Invite each person to put an emoticon next to their name when they are struggling with an emotion.

Other family members can pray for them, and respond to them with love and care.

You can also use the magnets to stick encouraging Bible verses next to the names and emoticons.

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KID for Teens: Leader's Guide

# Alive!

It's so easy to take life for granted when we are healthy and active. But life is an amazing gift from God, and a gift like this needs to be cherished and protected.

25

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

### Leadership Personal Preparation:

Have you ever made a choice to live more healthfully? What difference did it make when you decided to drink more, take more exercise, lose weight, sleep better, etc? How did it help you to work better, be a more loving person, do something different for God, or worship him in a more meaningful way? If you haven't done this before, ask God to help you do one thing to live a healthier life this week, and then tell the group your story. Or find someone in the group or in your church community who has a life-changing health story to share.

If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Keep the focus positive and grace-filled rather than making people feel bad about their past health mistakes. Encourage people towards the healthy goals they have for their lives.

## You will need:

- Pencils, crayons, marker pens (felt tips)

**Icebreaker - Life Challenge:**
- Sheets of plain paper

**Mission Possible:**
- Copies of 'Life Changing...' from the resource section - 1 per person

**Word Search:**
- Copies of Word Search studies - 1 study per person
- Large sheets of flip chart paper
- Thick marker pens

**Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family

**Praying Together:**
- An A4 sheet of coloured card printed with the 'Prayer for Healing' instructions (see resources) – 1 per family
- Clear adhesive film or laminating pouches and laminator
- Permanent pens
- A generous supply of Band-Aid type plasters

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- Per person: a realistic-looking toy egg (or a bottle of water with a plain sticky label attached)
- Permanent marker pens

## By the end of the session, the group members will:

- Know that the quality of their life and health is an important factor in their ability to serve and worship God.
- Feel a desire to make healthy choices that are life-enhancing.
- Respond by asking God to help them recognise at least one life-style change they need to make so that they can live life more abundantly and reflect his character.

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# 25 KID for Teens: Leaders Guide: Alive!

**Welcome and Prayer – 5 mins**

## Say:

> "Jesus said that he came to earth so that we would be able to live our lives to the maximum (John 10:10). In other words, he really wants to help us experience our life in the best way possible, with healthy bodies and minds, so that nothing in our bodies can get in the way of our relationship with him or our relationships with the people around us."

**Icebreaker - Life Challenge - 8 mins**

*You will need:*

1. Sheets of plain paper
2. Pencils, crayons, felt tips (marker pens)

- Give each person a sheet of plain paper and provide plenty of drawing materials.
- Allow 3 minutes for them to draw a 'self-portrait' of how they looked standing up in the clothes they wore yesterday. Encourage them to add as much detail as they can in the time that they have. Stick and line drawings are fine as long as they show facial features, limbs and fingers. The pictures must be anonymous.
- After 3 minutes ask everyone to swap their picture with someone else.
- Swap pictures 2 more times so that it's hard to know whose picture you have, unless they were a very good artist or you have a very small group!
- Make sure that no one ends up with their own self-portrait.
- Now ask each person to think of a long-term illness, an addiction to drugs, tobacco or alcohol, or a disability and to write it on the picture they are holding. They must also draw something on the self-portrait to illustrate this illness, addiction or disability.
- Once all the pictures have received a 'life-challenge' ask people to place them on the table and let each person find their own picture again.
- Move straight into 'Mission Possible'.

**Mission Possible - Life Changing - 12 mins**

*You will need:*

1. Copies of 'Life Changing...' from the resource section - 1 per person
2. Pens

- Give each person a copy of 'Life Changing...' and ask everyone to find a partner.
- Ask them to look at their pictures together and work through the 'Life Changing...' sheet one point at a time – so that each person considers the first point, and discusses it with their partner before moving to the second point – to make sure that everyone has a chance to explore their life-changing issues.
- After 7 minutes bring the group together for feedback.

## Ask:

- 'What did you discover through doing this exercise?' (invite group feedback)
- 'On a scale of 1-10, how important is your health to you?' (allow people to reflect privately)
- 'On a scale of 1-10, how much are you taking care of your life?' (allow people to reflect privately)
- 'How can we protect our life and health and the lives and health of other people?' (invite group feedback)

# 25 KID for Teens: Leaders Guide: Mirror, mirror

**Word Search - 35 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person
3. Large sheets of flip chart paper and thick marker pens

- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
- Allow 30 minutes for this study, including at least 10 minutes for each group to develop a health promotion idea.
- Call the groups back together and let them show each other the ideas they have developed.

## Ask:

'What projects could we do as a group to help promote healthy living in our local community?'

**Family Focus – 15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together - 10 mins**

*You will need:*

1. An A4 sheet of coloured card printed with the 'Prayer for Healing' instructions (see resources) – 1 per family
2. Clear adhesive film or laminating pouches and laminator
3. Permanent pens
4. A generous supply of Band-Aid type plasters

- Before the session print the cards, cut them apart and laminate them or cover them in clear adhesive film. Or let families cover their own cards with film in the session if you run out of time.
- Give one card to each family.
- Invite families to think of the people they know who need healing for physical, emotional, relational or spiritual problems.
- Ask them to write the names of the people on the Band-Aids and stick them onto their card.
- Ask them to pray for the people they have listed and ask God what they could do to help the person they care about.
- Let them take the card home and continue to pray for those who need healing.
- When someone is healed their Band-Aid can be removed from the card.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' Journal Pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*

1. A toy egg that looks real (a reminder that life is fragile) OR a bottle of water with a plain sticky label attached
2. Permanent marker pens

- Give each person an egg or a labelled bottle of water.
- Ask each person to think of something that they want to do differently which will help them to live healthier lives and reflect God's character.
- Invite them to write this on their egg or bottle as a reminder.

**Closing Prayer**

# 25 KID for Teens: Handout: Alive!
# Mission Possible: Life-Changing

Look at your portrait. What illness, addiction or disability have you been given?

Imagine that this has really happened to you and think about the effects this might have on your life. Write your illness, addiction or disability in the middle of the table, and the possible effects in the boxes around the edge.

| | | |
|---|---|---|
| Effects on my future career plans... | Effects on my finances... | Effects on my health and general life-expectancy... |
| Effects on my leisure and hobbies... | Life-changing illness, addiction or disability: | Effects on my relationship with my friends... |
| Effects on my family... | Possible positive effects on my life... | Effects on my hopes and dreams... |

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# 25 KID for Teens: Handout: Alive!
# Word Search I

God spoke the rest of creation into being. But when God made Adam he did something different. What two things did he use? Genesis 2:7

_____ + _____ =

Why do you think God used both of these things to create a human being?

Remembering that we are made from these things how does this help us to understand how to live well?

What does Paul say in 1 Corinthians 10:31 about why we eat food and drink water?

What does 1 Corinthians 6:19-20 say about taking care of our body?

Why is looking after my body so important?

Who does my body really belong to?

Why does my body not belong to me?

Why did God pay such a high price for me?

What does my body do to help God?

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# Word Search II

What difference does it make to the way I live my life when I realise that my body belongs to God and not to me?

List some ideas from the rest of the group:

## Healthy ideas...

In your group spend a few minutes developing an idea to help promote healthy living in your community - a promotional give-away; posters; a TV advertisement; etc. You will show this to the other groups during feedback time.

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Lesson 25 -

## Family Discussion Card

One thing I would like to do to be healthier is....

One thing I already do to keep myself healthy is...

One thing I would like to do to help other people choose a healthier lifestyle is...

Ways in which the rest of my family could help me with my health goals are...

Lesson 25 -

Family Discussion Card

One thing I would like to do to be healthier is....

One thing I already do to keep myself healthy is...

One thing I would like to do to help other people choose a healthier lifestyle is...

Ways in which the rest of my family could help me with my health goals are...

Lesson 25 -

Family Discussion Card

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Lesson 25 -

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One thing I would like to do to help other people choose a healthier lifestyle is...

Ways in which the rest of my family could help me with my health goals are...

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# 25 KID for Teens: Handout: Praying Together: Alive! Praying for Healing

Write the names of people who need physical, emotional, relational and spiritual healing on Band-Aid plasters and stick them onto this card.

Pray for their healing and also ask God what you can do to help and support them through this challenging time.

When they've been healed, remove their Band-Aid from the card and praise God for their healing.

Add fresh names to the card when you hear of other people who need healing.

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# 25 Jesus and Me: Journal Lesson 25
# Alive: God made you Amazing!

## Read Psalm 139:13-18, and then verses 1-6

We are incredible made by God. Think about the different parts of your body and list some of the wonderful features of each specially designed part.

Brain:

Mouth:

Hands:

Lungs & Breathing:

Speech:

Legs:

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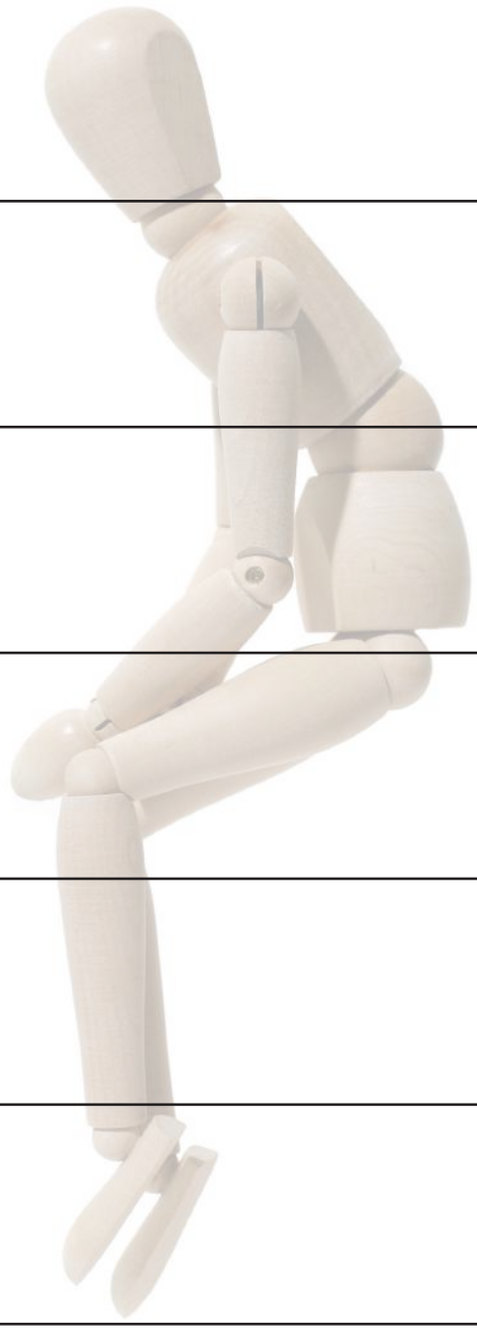
# 25 Jesus and Me: Journal Lesson 25

# Alive: Made in His Image

God made you to reflect his character and to share his love with others.

Think about the different parts of your body and list some of the ways in which each part can be used to reflect his loving character to those around you.

| Body Part | How this body part can share God's love and help others to know him |
|---|---|
| Brain | |
| Eyes | |
| Ears | |
| Speech | |
| Hands | |
| Legs | |



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# 25 Jesus and Me: Journal Lesson 25
# Alive: You're an Architect!

Your body is the place where the Holy Spirit lives. He lives inside you and your body provides a special place for him to live on earth.

## Read 1 Corinthians 6:19,20

What difference does it make to your life when you think about the Holy Spirit living in you?

If you were to choose one natural or man-made place that would make a suitable home for the Holy Spirit, what would you choose and why?

What kind of place would you like to create for the Holy Spirit of God to live in your life?

As you think about the Holy Spirit living in you, what difference does it make to the way you want to live your life?

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# 25 Jesus and Me: Journal Lesson 25
## Alive: You're an Architect!

Ask the Holy Spirit to help you know how to create the best place for him to live in your life.

Spend some time reflecting on this thought and write down your ideas here:

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# 25 Jesus and Me: Journal Lesson 25
# Alive: Just one thing...

Many of the things we can do to care for our bodies are very simple.

Ask God to help you choose one of the following life-builders that would make the biggest difference to your health, and then try it for a week.

- Go to bed an hour earlier
- Drink 2 extra glasses of water a day
- Walk for at least 20 minutes a day
- Eat a piece of fruit instead of dessert every day
- Spend 30 minutes a day outside in the fresh air
- Use the stairs instead of a lift
- Eat a healthy breakfast
- Relax for 15 minutes a day
- Spend 5 minutes listening to God every day
- Hug someone special every day
- Something else I would like to do every day for my health is...

| | |
|---|---|
| My chosen life-builder | |
| How I will make sure that I keep to my life-building plan | |
| The difference this could make to my physical life | |
| The difference this could make to my relationships | |
| The difference this could make to my spiritual life | |
| How I feel at the end of the week's experiment | |

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# 25 Jesus and Me: Journal Lesson 25
# Wanted Alive! Poster

Design a poster that will positively encourage someone to do one thing to make their life healthier.

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# 25 Jesus and Me: Journal Lesson 25
# Alive! Other ideas

## Healthy eating & drinking

- Make a special meal together with your family that is healthy and really delicious.
- Measure how much water you're drinking and see if you need to drink more to bring your level up to eight glasses a day (more in hot weather or when you are exercising).

## Healthy living

- Do some fun exercise together, as a family, such as playing a game of football, going for a swim, climbing a hill, skating, etc. Invite another family to join you.
- Go to bed 30 minutes earlier and see how much better you feel when you've had plenty of sleep.
- Instead of buying a chocolate bar or other treat, save your money to buy something that will make you feel healthier instead, such as a beginner session for a sport or activity that you've always wanted to try.

## Healthy thinking

- Make a special reminder for yourself that your life is a wonderful gift from God, and something to be treasured and protected. Put it somewhere where you'll see it every day.
- Take time to thank God for everything your body can do. It's an amazing creation!

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Kids In Discipleship
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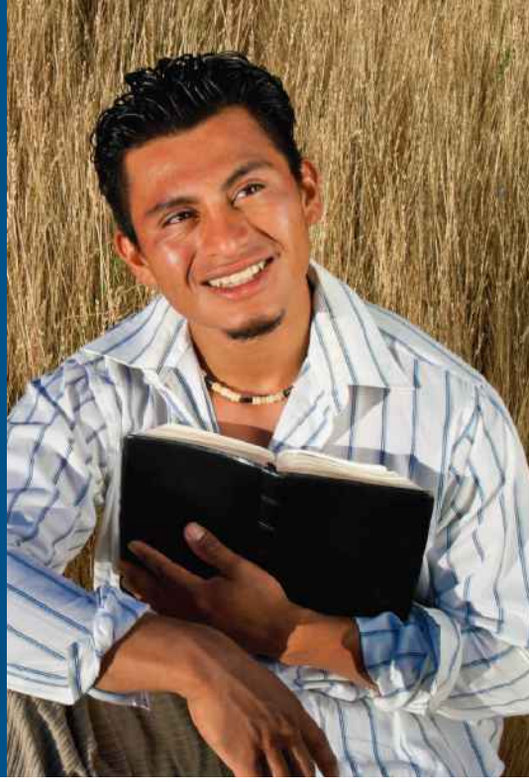
KID for Teens: Leader's Guide

# Ouch!

26

One of the big questions is 'Why does God allow pain and suffering? It's a big question, but maybe it's not the most important question when we think about the suffering in the world...



## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

- One of the biggest challenges that Christians or non-Christians have to deal with, is the question 'Why do we have to suffer?' This is a huge theological question debated by the greatest minds in the world, and there are no easy answers. An easier question for us to answer might be 'How can suffering bring us closer to God and to each other?'
- Have you ever suffered badly, or seen someone else suffering? How did you make sense of what was happening? What comforts and reassures you when your life is painful? Do you have a story to tell about the positive effects of suffering in your life?
- If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Biros, pencils, permanent marker pens
- Paper

**Icebreaker - Hurt and Helped:**

- Hurt and help cards - copied and cut apart

**Mission Possible - Nasty News:**

- Newspaper articles about suffering: illness, victims of crime, natural disasters, wars, accidents, injustices & other painful experiences
- Glue stick
- Copies of 'Why does it hurt so much?' copied onto thin card. Use a glue stick to stick one of the newspaper stories onto each card.

**Word Search:**

- Copies of Word Search studies - 1 per person

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- Strips of torn cotton cloth to mimic bandages – one per person
- Red pens that will write easily on the cloth (biros, fine fabric pens or other permanent pens) - 1 per family

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'JAM' Journal Pages per participant

**Take-away Menu (optional):**

- Large chunky metal nails
- Small pieces of rough wood
- Thin card or craft foam in flesh-coloured tones
- Scissors
- Plenty of hammers – provide ones with 'claws' that can also be used to pull the nails out of the wood

## By the end of the session, the group members will:

- Know that it was never God's intention for pain to be a part of our world, but God can use our painful experiences to help us grow closer to him and to those around us.
- Feel that God cares when we hurt, and he suffers and cries with us.
- Respond by choosing to show God's love by relieving some of the suffering in the world.

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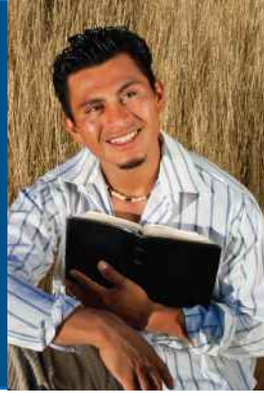
# 26 KID for Teens: Leaders Guide: Ouch!



**Welcome and Prayer – 5 mins**

## Say:

"Experiencing pain is not high on most people's wish lists. No one really wants to feel pain, and yet it is an important part of being human. We discover how to keep ourselves safe by learning that hot or sharp things can hurt us. We avoid dangerous situations because we can imagine the pain we might feel if we had an accident. Responding to other people's pain is also an important part of being human. Our capacity to love and care for each other grows when we learn to look beyond our own suffering to find ways to relieve the suffering of someone else. The question we'll explore today is not 'Why am I suffering?' but 'What can I do about someone else's suffering?'"

**Icebreaker - Hurt and Helped - 5 mins**

*You will need:*

1. 'Hurt and Help' cards - copied and cut apart

- Make sure that you pair up the cards to match the numbers of your group, so that each 'hurt' has a matching 'help' somewhere in the group.
- Give each person one of the 'hurt' or 'help' cards.
- Ask all those with a 'hurt' card to sit on a chair.
- Ask each person to mime and act their helps and hurts, so that a 'help' person can find someone with a 'hurt' that needs their help.
- The challenge is that no one is allowed to talk and no one is allowed to show anyone what's written on their card!
- See how quickly everyone with a 'help' can meet the needs of a 'hurting' person.

**Mission Possible - Nasty News - 15 mins**

*You will need:*

1. Copies of 'Why does it hurt so much?' copied onto thin card with pictures prepared as instructed on page 1.
2. Pens and paper

- Give 2 cards to each group of 3-4 people. Make sure there is at least one adult in each group.
- Let the groups have 10 minutes to answer the questions on the cards, and to bring their ideas back to the group.

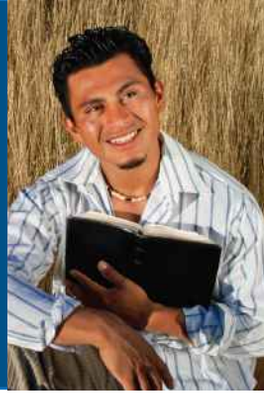
**Ask:** 'What would you say to the people in these news stories if they asked you why they were suffering so much?'

**Word Search - 25 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 set per person

- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
- Allow 20 minutes for this study.
- Call the groups back together and invite them to share any fresh insights and ideas they have about suffering.



**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a Discussion Card.

**Family Prayer Time - 10 mins**

*You will need:*
1. Strips of torn cotton cloth to mimic bandages – one per person
2. Red pens that will write easily on the cloth (biros or fine fabric pens or other permanent pens) 1 per family

- Give each person a strip of cloth.
- Ask them to think of one thing in their life that is hurting them at the moment and which they are happy to talk about with the rest of their family.
- Ask each person to write their 'hurt' on a strip of bandage cloth and to place their bandages in the middle of their family group, where they can be seen by the rest of the family members.
- Then let each person, from the youngest to the oldest, choose one of the bandage strips.
- Encourage everyone to pray for the person whose bandage strip they have chosen. They can pray aloud or silently, but it may be helpful if they can place their hand on the hurting person's shoulder while they pray.
- Each person can keep the bandage strip they chose to remind them to pray for the other person's hurt.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*
1. The resources listed on page 1 under 'Take-Away Menu'

- Give each person a piece of card or craft foam in the flesh colour of their choice.
- Ask them to use a pencil to draw an outline of their hand on the foam and to cut out their hand-shape using the scissors.
- Give each person a piece of rough wood and a large nail.
- Ask them to place their foam cut-out hand on the rough wood and to hammer the nail through the palm of their foam hand, and into the wood.
- As they do so invite them to think about how Jesus suffered so that he could share in our suffering, and also how he rose again, so that our suffering could be ended forever.
- Then ask them to pull the nail out again, using the hammer claw, as they prayerfully think about one way in which they could reduce the suffering in the world.
- Ask them to use the permanent pens to write on their 'hand' one thing they would like to do to relieve at least one person's suffering.
- Let them take the wood, nail and 'hand' away as a reminder of today's session.

## Closing Prayer

| | |
|---|---|
| I am hungry | I have food |
| I am thirsty | I have water |
| I am cold | I have warm clothes |
| I am lonely | I want to be your friend |
| I am ill | I have medicine |
| I am homeless | I have room for you |
| I am poor | I can give you skills so you can work |

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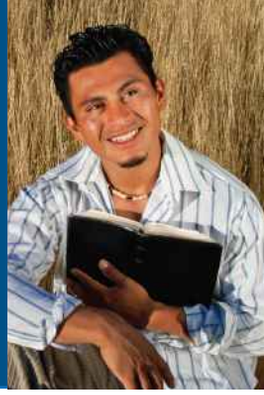
# 26 KID for Teens: Handout: Ouch!
# Why does it hurt so much?



(stick a newspaper story on this card that describes
an event in which someone is suffering in some way)

Discuss these questions and write some answers on a different sheet of paper:

- What are the biggest hurts in this story?
- Why do you think these hurts happened?
- Who is responsible for this hurt?
- What would you say to someone who asked you why God allowed this to happen?
- Can we live on earth without being hurt and feeling pain?
- What might happen if we lived in a world with sin but we felt no hurt or pain?

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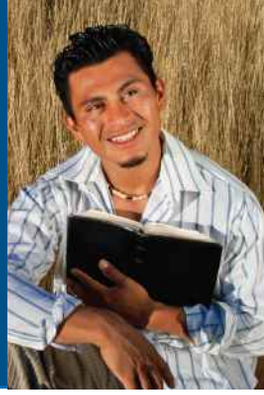
# 26 KID for Teens: Handout: Ouch! Word Search I



What does Peter say about suffering in 1 Peter 4:12,13?

What are the four main causes for suffering that we will experience during our lives?

a) Revelation 12:12

b) Romans 6:23

c) Jeremiah 9:7

d) John 15:2

When you think about these four texts how do they change your view of suffering?

Read Matthew 5:10-11. What do you think about what Jesus says about suffering?

Talk with a partner about a time when you suffered, but something good came out of your suffering.
What did you learn from this discussion?

Can you think of some examples of suffering in the Bible that resulted in positive things happening, such as incidents in the lives of Moses and Joseph?

What can we learn from these examples?

Read 1 Peter 1:7
What does this verse tell us about the meaning of suffering?

Discuss the following statement:

> "The biggest question for *us,* when it comes to suffering, is not
> 'Where is God when people hurt?';
> it is 'Where are we when people hurt?'"

How does this statement change your perspective of God, suffering and you?

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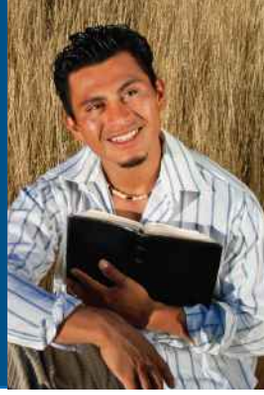
# 26 KID for Teens: Handout: Ouch!
# Word Search II



How did Jesus suffer for us? Read Isaiah 53:1-12

Make a list of other ways that Jesus suffered when he was on earth.

How did he respond to his own suffering? Matthew 26:36-46.

Find verses and stories that illustrate Jesus' response to the suffering of others.

Hunger

Fear

Thirst

Blindness

Sadness

Disability

Guilt

Loneliness

Illness

Read Matthew 25:31-46. What's the most important message in this story?

Discuss the following statement:

> "Suffering is not in this world to make us hurt.
> Suffering is in this world to make us compassionate."

How does this statement change your perspective of God, suffering and you?

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Lesson 26 -

## Family Discussion Card

A time when someone really helped me when I was hurt was...

An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...

Lesson 26 -

Family Discussion Card

A time when someone really helped me when I was hurt was...

An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...

Lesson 26 -

Family Discussion Card

A time when someone really helped me when I was hurt was...

An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...

Lesson 26 -

Family Discussion Card

A time when someone really helped me when I was hurt was...

An idea, thought or Bible verse that helps me to make some sense of suffering is...

The biggest hurt or suffering in my life at the moment is...

A specific hurt I would like to eradicate from the world forever would be...

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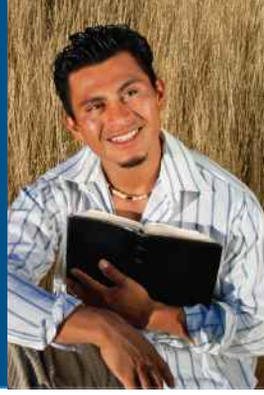
# 26 Jesus and Me: Journal Lesson 26: Ouch! Growing Pains...



| An 'ouch!' I have experienced in my life | Ways in which the 'ouch!' helped me to grow as a Christian |
|---|---|
| | |
| | |
| | |
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| | |
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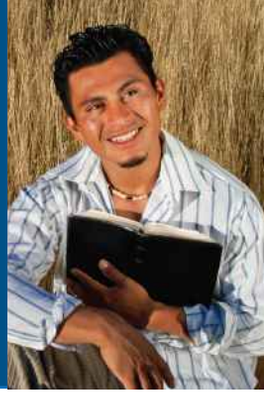
# 26 Jesus and Me: Journal Lesson 26
# Ouch! Letter from God



Think about someone you know who is suffering in some way. Spend a few moments looking at them through God's eyes. How does God see your hurting friend? What might he want to say to encourage them and reassure them?

Write a letter that God might write to encourage your suffering friend.

When you have finished the letter, think about how this process may have changed the way you think about:

- Your friend
- His or her suffering
- Yourself
- Your responsibility as a loving Christian
- God

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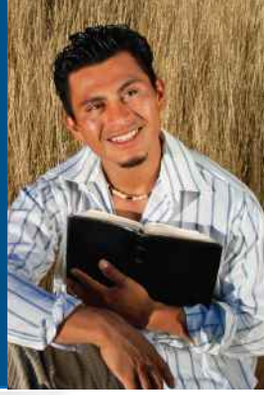
# 26 Jesus and Me: Journal Lesson 26
# Ouch! The most important thing...



## Read Matthew 25:35-36

What are the six human sufferings that Jesus lists in these verses, and how could you respond to these needs today?

1.

2.

3.

4.

5.

6.

Prayerfully find a way to help relieve the suffering of someone in your community this week. Write down what happened to you.

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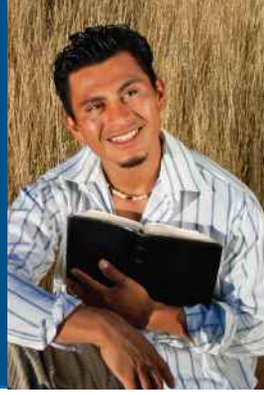
# 26 Jesus and Me: Journal Lesson 26

# Ouch! The Big Question...



*"The biggest question for us, when it comes to suffering, is not 'Where is God when people hurt?'; it is 'Where are we when people hurt?'*

or

*Suffering is not in this world to make us hurt. Suffering is in this world to make us compassionate.*

Choose one of the above statements (or write your own). Make a poster, bookmark, badge, t-shirt design etc that would encourage people to think about their response to the question of suffering. Sketch out your ideas on the notepad below.

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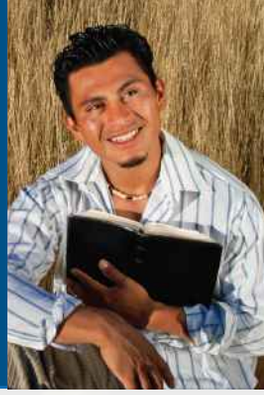
# 26 Jesus and Me: Journal Lesson 26
# Ouch! Psalm 23



Psalm 23 has comforted suffering people for thousands of years. Explore it for yourself and discover the different kinds of comfort and support that God offers us throughout our lives, and throughout our suffering.

| Verse | Rewrite the verse in your own words | What does this verse tell you about God's relationship with you? |
|---|---|---|
| 1 | | |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |

How could you use this psalm to help someone else who is suffering or to comfort yourself during a difficult time?

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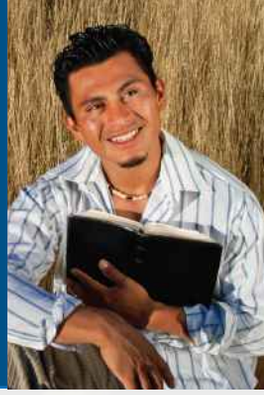
# 26 Jesus and Me: Journal Lesson 26
# Ouch! What shape is Psalm 23?



Draw a simple diagram to illustrate Psalm 23.

You could think of Psalm 23 as a circle or spiral because at the beginning we see that God gives us everything we need (food, water, rest and guidance) and at the end he gives us more than we need (a feast, an overflowing cup, and a place in his house)...

How does this perspective shape our understanding of verse 4?

Or are there other shapes and patterns you can discover in this Psalm?

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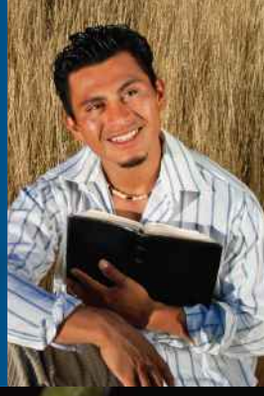
# 26 Jesus and Me: Journal Lesson 26
# Ouch! Psalm 23 Interactive Journey



Create an interactive journey for yourself, or your family, to help you reflect on Psalm 23.

*Verse* 1 - List all the things that God has provided for you. Work together if you are in a family or group.

*Verse* 2 – Find a field of green grass, a comfortable chair in the sun, or a relaxing place indoors, and just rest, being aware that God is right there with you.

*Verse 3a* – Drink a tall glass of fresh water and think about the ways God refreshes you when you feel tired and thirsty.

*Verse* 3B – Walk along an attractive pathway through a park or forest. Use a compass or map to help you.

*Verse* 4 – Blindfold one person and have another person guide them along a pathway, staying close to them at all times. If you have a stick you can use it like a shepherd's crook to help the blindfolded person to feel extra safe.

*Verse* 5 – Have a mini-feast together. Honour each other as special guests and pour large glasses of your favourite juice – they don't really have to overflow as that could be a bit messy!

*Verse* 6 – Give each other a big hug to remind each other of God's loving kindness. Create or find something for your home or room to remind you that God is always with you.

These are just a few ideas. Have fun and think of your own ways to experience this psalm together. Maybe each person could plan an activity for one or two verses.

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KID for Teens: Leader's Guide

# Connections I

A man once asked Jesus about the most important commandment. Jesus said that the first and greatest commandment was to love God with all of our emotions, body, spirit and mind, and the second was like it – to love other people as much as we love ourselves. Jesus also invited his followers to love each other as he had loved them (John 13:34). But how can we really love each other the way God intended?

27

### Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

### Leadership Personal Preparation:

- As you study this lesson for yourself take some time to think about your own relational connections. Which two of these five relational connectors are most important to you? When did someone relationally connect with you in one of these special ways? What did they do? How did it feel when someone showed you God's love in this way?

- Think about the relational connections that the people around you need. Try appreciating them, showing them acceptance, being warmly affectionate, etc, and notice the difference it makes to your relationship.

- If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Biros, pencils, permanent marker pens
- Paper

**Icebreaker - Connected**

- Balls of attractive, thick, multi-coloured wool – 1 per family or group of 3-4 people

**Word Search:**

- Copies of Word Search studies - 1 per person

**Mission Possible - Connection Collection:**

- Copies of 'Connection Collection' – 1 per person copied onto thin card

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- One plain index card or postcard-sized piece of card per person
- Felt-tipped pens

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'JAM' Journal Pages per participant

**Take-away Menu (optional):**

- A ball of attractive, thick, multi-coloured wool (perhaps the same wool you used for the Icebreaker)
- Scissors

## By the end of the session, the group members will:

- Know that they help each other to experience God's love when they take the time to 'love one another' and build healthy relationships.
- Feel a desire to connect with others by meeting the relational needs of those around them.
- Respond by asking God to help them see other people through his loving eyes so that they become more aware of other people's needs.

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# 27 KID for Teens: Leaders Guide: Connections I

**Welcome and Prayer – 3 mins**

## Say:

"In the Old Testament God gave his people, through Moses, the Ten Commandments to show us how to love God and love other people. When Jesus lived on earth he told people that the most important commandments were to love God with all their heart and soul and mind and to love their neighbours as themselves. But how do we put these commandments into action in our everyday relationships with each other?

Paul helped by scattering lots of different relational connection commandments throughout his letters and writings. We know we've stumbled across one of these connection commandments when we find the words 'one another'. These 'one-another' statements are jam-packed with wisdom to help us have better relationships with the people we love, and to make good connections with the people around us, all through our lives."

**Icebreaker - Connected - 10 mins**

This activity is best done in family groups – but if you feel your group would be happier doing this in friendship groups you can adapt it to suit your needs.

*You will need:*

1. Balls of attractive, thick, multi-coloured wool – 1 per family or group of 3-4 people (or use any kind of string or wool)

- Give the oldest person in each family or group a ball of wool.
- Ask each group to stand in a circle about 3 metres in diameter.
- Ask the person with the ball of wool to keep hold of the loose end of the wool and to throw the ball of wool to someone else in the group, so that the wool connects them.
- The person throwing the ball of wool must say something appreciative to the person who catches the ball of wool. Such as, 'I really appreciated it when you helped me to clear up after dinner this evening.'
- The person who has just caught the ball of wool keeps holding onto the strand of wool and throws the ball of wool to another person.
- Again, the thrower says something appreciative about the person who catches the ball of wool.
- Allow the groups to keep doing this for about 5-7 minutes, making sure that everyone is appreciated at least 3 times.
- Ask the groups to notice how connected they have become by the strands of wool, and by their experience of appreciation.
- Ask each group to wind up their ball of wool neatly and give it back to you.

### Feedback - Ask:

'How do words of appreciation help you to feel warmly connected to each other?

What effect might a lack of appreciation, or criticism, have on these warm connections?'

# Connections I

**Word Search - 30 mins**

*You will need:*
1. Paper and pens
2. Copies of Word Search studies - 1 set of studies per person

- Divide your large group into 5 smaller groups and allocate one of the studies to each group.
- Allow 20 minutes study time.
- Bring the groups back together for some brief feedback and encourage everyone to study the other topics during the week.

**Ask:** 'What difference do you think it will make to your relationships when you put these connecting-one-another principles into practice?'

**Mission Possible – Connection Collection - 10 mins**

*You will need:*
1. Copies of 'Connection Collection' - 1 per person copied onto thin card
2. Pens

- Give one copy of the 'Connection Collection' to each person.
- Ask them to find 5 other people to connect with, including at least two people they may not know so well.
- Whenever they find someone to connect with they must write something in one of the boxes on each other's 'Connection Collection' card.
- Each person can only write in one of the other person's boxes.
- Allow 5-7 minutes for this activity.

**Ask:** 'What effect did this 'connecting' activity have on your relationships with each other?'

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let the everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Family Prayer Time - 10 mins**

*You will need:*
1. One plain index card or postcard-sized piece of card per person
2. Felt-tipped pens
3. One plain index card or postcard-sized piece of card per person
4. Felt-tipped pens

- Give each person a card and a felt-tipped pen.
- Ask them to draw a pair of eyes on their card and write 'Dear God, please help me to see other people through your eyes rather than mine. Amen.'

**Say:** 'When we see people through God's eyes we are more likely to understand the kinds of connections we need to make with them.'

- Ask the families to sit together in their own circles and to spend a few minutes quietly thinking about each other and 'looking' at each other through God's eyes.
- Ask them to wonder about how they see each other differently when they look at each other from God's perspective.
- Ask them to use this quiet prayer experience to think about how God wants them to connect with each other.

**Jam Session (Jesus and Me) - 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*
1. A ball of attractive, thick, multi-coloured wool (use the same wool you used for the Icebreaker)
2. Scissors

- Cut the wool into lengths of at least 30cm.
- Give each person a length of wool to remind them to create warm connections with other people, because every warm connection helps each person to be stronger and to experience more of God's love for them.

## Closing Prayer

# 27 KID for Teens: Handout: Connections I
# Word Search - Acceptance

## Welcoming each other unconditionally, without criticism or rejection, whatever mistakes have been made.

Read Romans 15:7 and write it here:

What does this verse tell us about how to accept each other?

How did Jesus connect with other people by accepting them?

John 8:1-11

Luke 19:1-10

What can we learn about accepting each other from these two stories?

How do you know when someone needs to feel accepted?

How would you show someone else that you accepted them as completely as Jesus has accepted you? What difference would this acceptance connection make to both of you?

Tell each other about a time when you felt completely accepted by someone, after you had made a big mistake.

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# 27 KID for Teens: Handout: Connections I
# Word Search - Affection

## Showing care and love for each other through words and actions

Read Romans 16:16, and Mark 10:13-16, and write them here:

What do these verses tell us about showing warmth and love to each other?

How else did Jesus connect with people by caring for them in warm and affectionate ways?

Mark 1:40-42

John 13:3-12

What can we learn from these stories about showing caring affection to each other?

How would you know when someone close to you needs to hear some caring words, or experience an affectionate touch?

What are some of the warm and caring things you could say and do to connect with someone who needs to feel loved and wanted?

Tell each other about a time when someone's caring love made a difference to your life.

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# 27 KID for Teens: Handout: Connections I
# Word Search - Appreciation

## Saying thank you, or praising each other

Read 1 Corinthians 11:2, 2 Corinthians 7:4 and Philippians 1:4 and write them here:

What do these verses tell us about the importance of saying thank you and praising each other?

Paul's letter to the Corinthians suggests that there were quite a few big problems in the church in Corinth, but he still praises them! Why do you think he did this?

How did Jesus connect with a woman by meeting her need for appreciation and gratitude?

Matthew 26:4-13

How do you think Jesus felt when some people forgot to say thank you? Luke 17:11-19

What can we learn from these stories about the importance of appreciating each other?

How would you know if someone needed your appreciation?

What are some of the things you could say or do to connect with other people by appreciating them? What difference might your appreciation make to those around you?

Tell each other a story about a time when someone appreciated you in a way that was really helpful. What effect did the appreciation have on your relationship with each other?

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# 27 KID for Teens: Handout: Connections I
# Word Search - Approval

## Showing each other how much you value your relationship

Read Ephesians 4:29, and Mark 1:11 and write them here:

What do these verses tell us about showing each other that we value our relationships?

How did God show how much he valued his son Jesus?

Matthew 3:16-17

How do you think Jesus felt when he heard these words?

How did Jesus show his friends how much he valued his relationship with them?

John 15:15

How do you think the disciples felt when they heard these words?

What can we learn from these stories about valuing the relationships we have with each other?

How could we tell if someone close to us needed to know how much we valued the relationship we have with them?

What are some of the things we could say and do to show others how much we value our relationships with them?

Tell each other any stories you have about a time when someone showed you how much they valued their relationship with you.

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# 27 KID for Teens: Handout: Connections I
# Word Search - Attention

## Being interested in each other's lives, sharing in each other's hobbies, etc

Read 1 Corinthians 12:24b-27 and Philemon 22 and write them here:

What do these verses tell us about being interested in the things that matter to other people?

How did Jesus meet our need for attention, and enter our world?

Philippians 2:1-8

Matthew 1:23

How did Jesus connect with the Samaritan woman by paying attention to the important things in her life?

John 4:3-15

What can we learn from this story about the importance of being interested in the things that matter to other people, or the things that are important to them?

How could you tell if someone needed some attention, someone to listen to their ideas or someone who was interested in learning more about them?

What could you say or do to show someone that you're really interested in their life and the things that are important to them?

Tell each other what happened when someone took the time to be interested in the things that really mattered to you. How did this positively affect your relationship with the other person?

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# 27 KID for Teens: Handout: Connections I
# Connection Collection

| | |
|---|---|
| **Instructions:**<br>• Find five people to connect with, including at least two people you don't know very well.<br>• Each time you find a partner you must write something in one of the boxes on each other's 'Connection Collection' card.<br>• Each person can only write in one of your boxes.<br>• Each person must write in a different box.<br>• You have 5 minutes to fill all your boxes.<br>• Connect! | **Something I appreciate about what you do or have done is...** |
| **Write something warm and caring in this box.** | **Write a question in this box that shows you are interested in this person's life.** |
| **Write a blessing in this box, or something that shows how much you value your relationship with this person.** | **Something special I have noticed about you is...** |

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Lesson 27 -

## Family Discussion Card

I think the most important relational connector for me at the moment is... (acceptance, affection, appreciation, approval, attention)

A time when someone met my connection need for acceptance was ...

If someone wanted to give me attention I would like them to...

Something new I learned from today's Word Search was...

Lesson 27 -

Family Discussion Card

I think the most important relational connector for me at the moment is... (acceptance, affection, appreciation, approval, attention)

A time when someone met my connection need for acceptance was ...

If someone wanted to give me attention I would like them to...

Something new I learned from today's Word Search was...

Lesson 27 -

Family Discussion Card

I think the most important relational connector for me at the moment is... (acceptance, affection, appreciation, approval, attention)

A time when someone met my connection need for acceptance was ...

If someone wanted to give me attention I would like them to...

Something new I learned from today's Word Search was...

Lesson 27 -

Family Discussion Card

I think the most important relational connector for me at the moment is... (acceptance, affection, appreciation, approval, attention)

A time when someone met my connection need for acceptance was ...

If someone wanted to give me attention I would like them to...

Something new I learned from today's Word Search was...

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# 27 Jesus and Me: Journal Lesson 27: Connections I: Acceptance

Collect some more stories of total acceptance.

| In the Bible | In the news |
|---|---|
| Zacchaeus | A mother whose son had been murdered in South Africa adopted her son's killer as her own son when he came out of prison |
| **In novels, films, stories, etc.** | **In my life** |
| Beauty and the Beast | The most meaningful acceptance I ever received in my life was when: |

Imagine how it felt to be the different characters in these stories when they experienced total acceptance.

What difference does it make to your relationship with God when another human being accepts you unconditionally?

What difference could your unconditional acceptance make to someone else's relationship with God?

Who is the person that most needs to experience your acceptance? What difference could your acceptance make to their life and yours?

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# 27 Jesus and Me: Journal Lesson 27: Connections I: Affection

## List at least twenty ways to show affection

10 ways you can use words to show care and affection:

1. Send a caring text message
2.
3.
4.
5.
6.
7.
8.
9.
10.

10 things you can do to show care and affection:

1. Pat someone on the back
2.
3.
4.
5.
6.
7.
8.
9.
10.

What's your favourite way of receiving affection?

Which person in your family most needs your hug, a pat on the back, or to hear how much you love them?

How does being warm and caring towards someone else help both of you to experience God's love in a richer way?

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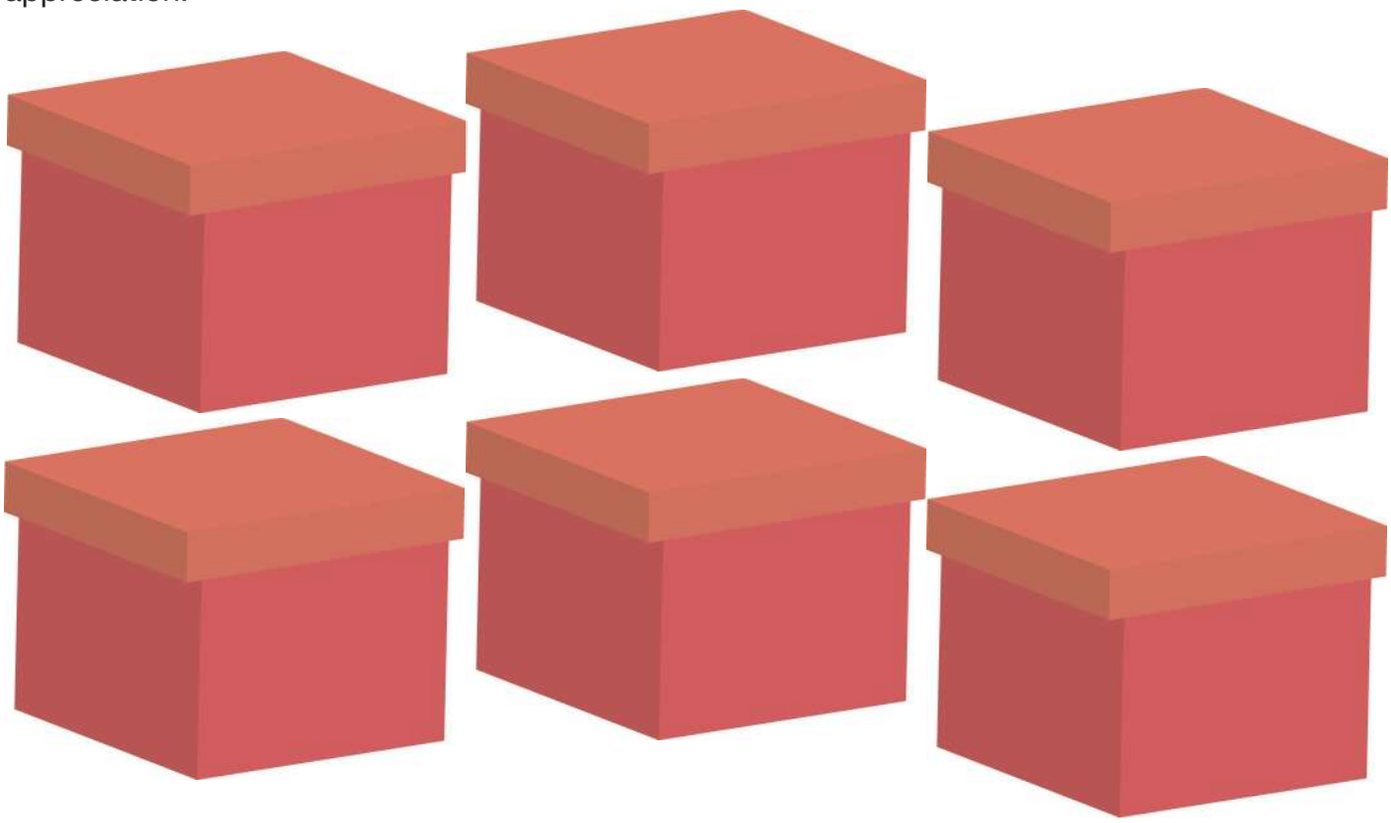
# 27 Jesus and Me: Journal Lesson 27: Connections I: Appreciation

What would be the best way to show appreciation to each person in your family for some of the special things they have done for you?

E.g. Thank you cards, talking to them and telling them how much you appreciate them, writing a letter, sending flowers, finding an appropriate gift, etc...

Write each person's name on a different box and then write down how you'll show them your appreciation.



Which person in your family would appreciate your appreciation the most?

What effect does being thankful and appreciative towards each other have on your relationships?

What effect does being thankful and appreciative towards each other have on each person's relationship with God?

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# 27 Jesus and Me: Journal Lesson 27: Connections I: Approval

Here are some examples of things people can say or do to show how much they value each other.

✓ Put a tick in the ones you would like someone to say or do for you.

(Circle) the ones you would like to do for someone else.

(Put your own idea here)

Give them a fun award such as a 'best friend' or 'greatest dad' certificate

God did the best thing for me when he gave me you.

I feel really good when I'm with you.

Throw a party in their honour - especialy when it's not their birthday

(Put your own idea here)

Give a thoughtful present for no special occasion

I'm so glad you're my...mum/dad/daughter/friend!

I'm really going to miss you when you're away.

I'd like you to meet my friend - she's just the best!

(Put your own idea here)

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# 27 Jesus and Me: Journal Lesson 27
## Connections I: Attention

What are the things that interest your family and friends?
How could you take a bigger interest in their lives?

| Person's name | The important things in their lives (people hobbies, work, hopes, study, God, etc) | What could you do to take a bigger interest in their lives - questions you could ask and things you could do - such as share in their hobbes, help them to study, etc. |
|---|---|---|
| | | |
| | | |
| | | |
| | | |
| | | |
| | | |

How do you feel when someone pays real attention to you, listens to you, asks you questions about your life, cares about your hopes and dreams, and joins you in your hobbies?

Make a list of questions you could ask that would show you were really interested in someone else's life.

How can taking the time to connect with each other by being interested in each other's lives, help you to experience God's personal interest in each of your lives?

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KID for Teens: Leader's Guide

# Connections II

A man once asked Jesus about the most important commandment. Jesus said that the first and greatest commandment was to love God with all of our emotions, body, spirit and mind, and the second was like it – to love other people as much as we love ourselves. Jesus also invited his followers to love each other as he had loved them (John 13:34). But how can we really love each other the way God intended?

28

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

This week, experiment with looking at people through God's eyes. Ask him to help you show those around you how much he loves them by the way you relate to them. The more we connect with people in warm and loving ways, the easier it is for them to believe that God loves them too.

If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

- Marker pens/felt pens

**Introduction:**
- An old flat sheet
- A large umbrella
- A funnel
- A packet of small sparkly red heart-shaped metal confetti or tiny gold stars

**Icebreaker:**
- Copies of the 'Connection Counters' copied onto 5 or 6 different colours of card – enough for 1 sheet of counters per person
- Cut out each set of 'Connection Counters' and clip them together with a paper clip or peg.
- Scissors
- Paper clips or pegs, etc

**Word Search:**
- Copies of Word Search studies - 1 study per person

**Mission Possible:**
- 'Connection Detective' response sheets – 1 per person

**Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**
- (No requirements this week)

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- A set of 'Connection Counters' for each person

## By the end of the session, the group members will:

- Know that they help each other to experience God's love when they take the time to connect with each other and build healthy relationships.
- Feel a desire to connect with other people in ways that build stronger relationships.
- Respond by asking God to help them connect with other people in ways that help them to experience more of his love for them.

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# 28 KID for Teens: Leaders Guide: Connections II

**Welcome and Prayer – 5 mins**

## Say:

"Last week we explored five relational connectors – acceptance, affection, appreciation, approval, and attention. Today we are going to look at five more that we find in the New Testament – comfort, encouragement, respect, security, and support.

These relational connectors are really important to understand because they help us to build healthy relationships with each other. The more we connect with people in warm and loving ways, the easier it is for them to believe that God loves them too."

**Introduction Illustration - Umbrellas and Funnels**

*You will need:*

1. An old flat sheet
2. A large umbrella
3. A funnel
4. A packet of small sparkly red heart-shaped metal confetti or tiny gold stars

- Lay the sheet on the floor
- Ask for a volunteer. It is best if they have smooth, short hair!
- Explain that God is pouring his love down on us all the time, but often we prevent each other experiencing his love because we don't show love to each other.
- Put up the umbrella and hold it over the volunteer.
- Sprinkle some of the confetti onto the umbrella and show how it slides off the sides of the umbrella so that the person underneath doesn't feel it at all.
- Ask the group to suggest some of the 'umbrella things' we do that prevent people from experiencing God's love (rejection, criticism, discouragement, etc).
- Say that God wants us to be funnels instead of umbrellas. Funnels catch as much of God's love as possible and focus it directly onto other people.
- Take down the umbrella and hold a funnel over the volunteer's head.
- Pour confetti through the funnel. This illustrates how we can capture God's love and focus it into other people's lives when we're experiencing God's love in our lives too.

**Icebreaker - 'Connection Counters' - 7 mins**

1. *You will need:*
   The ready-prepared sets of 'Connection Counters' as described on page 1.

- When everyone has arrived, count how many people you have in the group and unclip enough counters for everyone to have a complete set.
- Shuffle all the counters.
- Give each person a pile of ten randomly assorted counters.
- Tell them that the goal is for each person to collect ten different 'Connection Counters' of the same colour.
- They can only swap one counter at a time.
- Allow 5 minutes for this activity and then see who has the most complete set of counters of the same colour.

**Word Search – 25 mins**

*You will need:*
1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- Discuss and fill out the Word Search sheet in small groups of at least 2-3 people. You will need at least 5 groups.
- Allow 20 minutes for this study.
- Call all the groups back together for feedback.

## Ask:

'How does understanding more about these relational connectors help us to become better funnels of God's love?'

**Mission Possible - 'Connection Detectives' - 15 mins**

*You will need:*
1. 1 copy of 'Connection Detectives' per person
2. Pens

- Give each person a copy of the 'Connection Detectives'.
- Ask them to find a 'co-detective'.
- Tell them to read through the clues on the sheet and to think about the kinds of relational connectors that the people speaking might want or need.
- Ask them to list in the right hand column any relational connectors that might be 'hiding' in the statements written in the left hand column.
- Allow 5 minutes for this activity and then bring the group together. It doesn't matter if they haven't finished the task.

## Feedback:

- Read out the different statements and let the 'detectives' suggest some of the connectors that they discovered.
- Invite them to continue being 'Connection Detectives' while they're listening to the people around them.
- They can be curious and say, 'It sounds as if you could do with some encouragement! I wonder what kind of encouragement you would find most helpful right now.'

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Family Prayer Time - 10 mins**

- Ask each family to have a prayer time, thanking God for each other and asking him to help them be better funnels of his love.

**JAM Session (Jesus and Me) – 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*
1. 1 set of 'Connection Counters' per person

- Give each person a set of 'Connection Counters' as a reminder of the last two weeks lessons. Perhaps they could laminate them and turn them into fridge magnets or find other creative ways to display or use them.

## Closing Prayer

Acceptance

Affection

Appreciation

Approval

Attention

Comfort

Encouragement

Respect

Security

Support

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# Responding to each other's hurt with caring words, actions and touch

Read Romans 12:15b and 2 Corinthians 1:3-4 and write them here:

What do these verses tell us about how to comfort each other?

How did Jesus comfort people? Matthew 5:4; John 11:35; Mark 4:35-40

What can we learn from these verses about how to comfort each other?

How can you tell when someone needs you to comfort them?

What can you say or do to comfort someone who is feeling sad, lonely, or in pain?

Tell each other about a time when someone comforted you in a special way. What effect did this have on your relationship with them?

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# Word Search - Encouragement

## Encouraging each other towards your different goals

Read 1 Thessalonians 5:11 and write it here:

What does this verse help us to understand about encouragement?

How did Jesus encourage people? Matthew 8:10, John 14:1-3;

What can we learn from these verses about encouraging each other?

How would you know if someone needed encouragement?

What can you say or do to encourage someone who is exhausted, burnt out, or about to give up?

Tell each other about a time when someone encouraged you and helped you to reach an important goal. What effect did this have on your relationship with them?

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# Word Search - Respect

## Treating others as more important than yourself

Read Romans 12:10b and Philippians 2:3 and write the verses below:

What do these verses tell us about how to respect each other?

How did Jesus show respect to people who were being insulted and bullied?

John 8:11

Matthew 26:6-13

What can we learn from these verses about how to show respect to other people, especially those who are feeling unworthy, embarrassed or ashamed?

How would you know if someone needed your respect and honour to help them regain their dignity?

What can you say or do to help someone feel respected instead of ashamed or put down?

Tell each other any stories you have about the importance of respecting each other. What effect does being respected by someone have on your relationship with them?

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# Word Search - Security

## Helping each other to feel safe, protected and peaceful

Read 1 John 4:18 and Romans 12:18 and write them here:

What do these verses tell us about helping each other to feel safe?

How did Jesus help people to feel safe? Read Mark 4:39 and John 14:27

What can we learn from these verses about the importance of helping each other to feel safe?

How would you recognise if someone felt insecure and needed you to help them feel safe?

What can you say or do to help someone feel safe when they're feeling afraid?

Tell a story about a time when someone protected you or helped you to feel safe. How did this affect your relationship with this person?

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# 28 KID for Teens: Handout: Connections II
# Mission Possible - Connection Detectives!

People often give us clues about the kinds of relational connections they need from us. Read the statements below and see if you can detect what the speaker might need. They may need more than one relational connection, so collect all the evidence you can find!

acceptance – affection – appreciation – approval - attention

comfort – encouragement – respect – security - support

| Clue | Possible connection needs |
|---|---|
| I don't want to do this any more. | |
| Please will you listen to me. | |
| Will you always be my friend? | |
| I feel terrible. | |
| How can you ever forgive me? | |
| I'm not sure that they really want me around. | |
| I'd love you to come shopping with me. | |
| I've just washed the car for you. | |
| Am I more important to you than your laptop? | |
| Please can I have a back rub? | |
| I don't think I'll ever finish this project. | |

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Lesson 28 -

## Family Discussion Card

I think my top 'connection' need right now is... (comfort, encouragement,respect, security, support)

A time when someone met my need for encouragement was...

If someone wanted to give me some support this week I would love them to help me...

Something new I learned from today's Word Search was...

Lesson 28 -

Family Discussion Card

I think my top 'connection' need right now is... (comfort, encouragement,respect, security, support)

A time when someone met my need for encouragement was...

If someone wanted to give me some support this week I would love them to help me...

Something new I learned from today's Word Search was...

Lesson 28 -

Family Discussion Card

I think my top 'connection' need right now is... (comfort, encouragement,respect, security, support)

A time when someone met my need for encouragement was...

If someone wanted to give me some support this week I would love them to help me...

Something new I learned from today's Word Search was...

Lesson 28 -

Family Discussion Card

I think my top 'connection' need right now is... (comfort, encouragement,respect, security, support)

A time when someone met my need for encouragement was...

If someone wanted to give me some support this week I would love them to help me...

Something new I learned from today's Word Search was...

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# 28 Jesus and Me: Journal Lesson 28: Connections II: Comfort

How can you ‘be sad with those who are sad’?

What do you find difficult about ‘being sad with those who are sad’?

Make a list of the comforting things you feel comfortable doing.

When are you most likely to feel sad or need comfort?

How would you like someone to comfort you if you were sad or in pain?

**When we comfort someone who is sad, it helps them to experience a compassionate God who cares for them when they hurt.**

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# 28 Jesus and Me: Journal Lesson 28: Connections II: Encouragement

## Wave a flag!

Think of some people you know who would really appreciate your encouragement:

- Your family members
- Your teacher
- Your colleagues
- Your pastor and his family
- Other church members
- People who are parenting on their own
- People who are caring for other people, etc
- People who are facing big challenges in their lives.

- Create a cheering flag to give to someone who needs encouragement, just like the flags that you wave to cheer on your favourite sports team.
- Write an encouraging message on an attractive cardboard flag and decorate it with craft materials.
- Stick the flag onto a plant stick and put it in a place where it will encourage them.

When are you most likely to need encouragement?

How would you like someone to encourage you?

How does encouraging someone help them to experience God's love for them?

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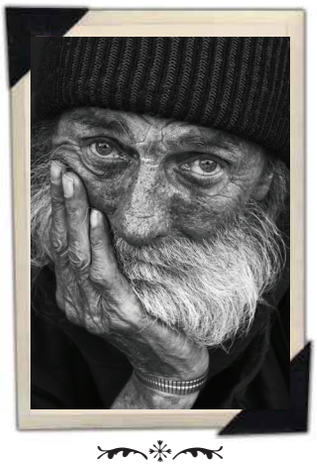
# 28 Jesus and Me: Journal Lesson 28: Connections II: Respect

Respect is treating other people as if they are more important than us.

Think about the people listed below and write what you could do to show them special respect.

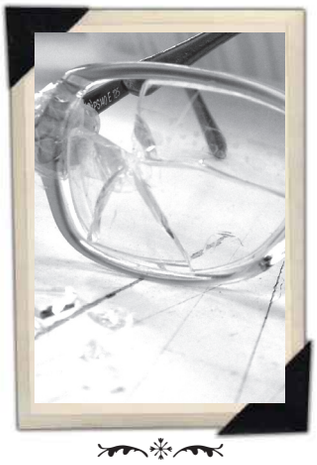


A homeless person

A small child

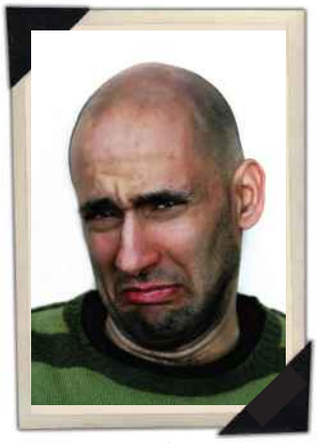
Someone from a different culture

Someone who disagrees with you



Someone who is being bullied

Your parents



Someone who is being rude to you

I would like people to show respect to me by...

Respecting other people helps them to feel especially loved by God because...

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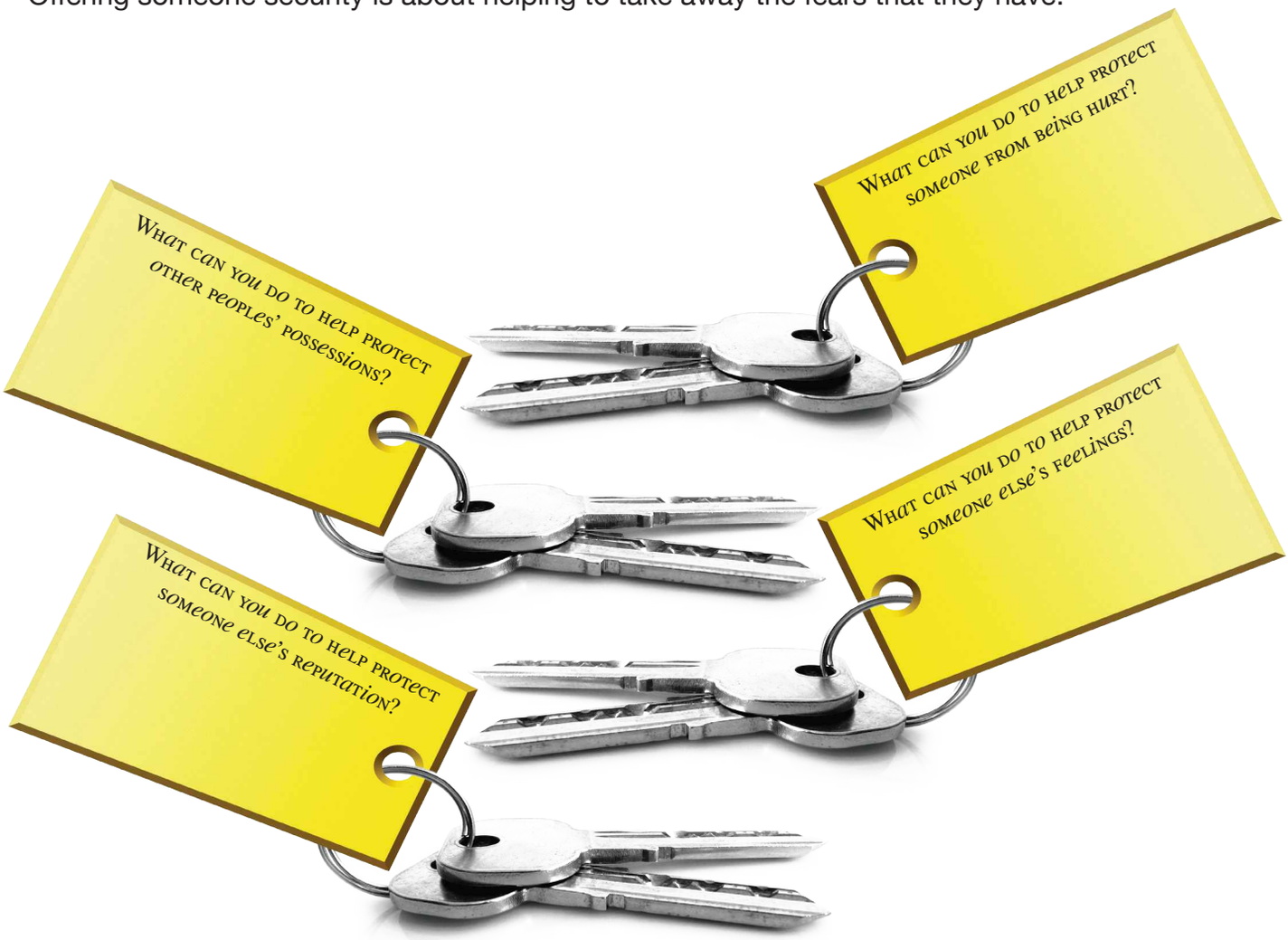
# 28 Jesus and Me: Journal Lesson 28: Connections II: Security

Offering someone security is about helping to take away the fears that they have.




What are the areas in your life where you feel unsafe, or insecure?

How can you ask someone you trust to help protect you and help you feel safe?

How does 'perfect love' prevent people from feeling afraid?

How does helping other people to feel safe, help them to understand more about God's perfect love for them?

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# 28 Jesus and Me: Journal Lesson 28: Connections II: Support

Our own family members need our support too!

- Draw one of your family members on the top of each column.
- Write a list on each person's column of all the ways you could help to support them.
- Draw more columns on a different sheet of paper if you have a big family!
- How would you like your family to support you? Perhaps your family members could discuss all their different needs for support.
- How does supporting each other in your home help each of you to experience more of God's love?

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# 28 Jesus and Me: Journal Lesson 28: Connections II: My Relational Connections

For each relational connection list the ways you like to experience that connection and list the ways you could ask someone else to meet that need for you.

| Relational Connector | How I like to experience this relational connector | How I could ask for my relational connection to be met |
|---|---|---|
| Acceptance | e.g. Mum making my favourite dinner when I failed to stop any goals and my team lost. | e.g. 'Mum, when I feel like a complete failure at football, your cooking makes me feel better again! Please can you make my favourite dinner tonight?' |
| Affection | | |
| Appreciation | | |
| Approval – being valued | | |
| Attention | | |
| Comfort | | |
| Encouragement | | |
| Respect | | |
| Security | | |

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KID for Teens: Leader's Guide

# Good news!

Christianity is not a secret to be kept – it's a gift to be shared. The good news that Jesus has saved us, and that we can have an eternal holiday in heaven, is the best news ever! So how can we share the gift of good news with others?

29

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

How did you discover the good news that Jesus saves and forgives you and wants to take you to heaven? Do you still think of it as good news, or has it become old news for you? How can this news be fresh every morning in your life?

What are the top ten good news stories that God has written in your life? If you were to tell someone what Jesus has done for you, what would you say? Can you think of a time when you shared the good news of God's love with another person and they were touched or excited by your story?

If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

**Icebreaker - Good News Relay:**
- A collection of identical newspapers – one per group of 4-6 people
- 1 sheet of flip-chart paper per group
- Sticky tack to stick the flip-chart sheets to the wall
- Glue-sticks
- One table per group (or do the activity on the floor)

**Word Search:**
- Copies of Word Search studies - 1 study per person
- Paper and pens

**Mission Possible:**
- Copies of 'The Top Ten Good News Headlines!' – 1 per group of 3-4 people
- Pens
- 12-15 sticky notes per group

**Family Focus Time:**
- Copies of 'Our Good News Paper' – 1 per family (alternative activity would be to use the Family
- Discussion Cards)
- Cups and drinks

**Praying Together:**
- A selection of buttons, beads, stones, shells (use whatever you have available to provide a wide variety of objects)
- Bowls

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- Small sachets of salt

## By the end of the session, the group members will:

- Know the good news that Jesus brought into the world and also the good news that Jesus has brought into their personal lives.
- Feel a desire to share the good news about Jesus with others
- Respond by discovering their own good news stories and finding others with whom they can share the good news.

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# 29 KID for Teens: Leaders Guide: Consequences

**Welcome, Prayer and introduction – 5 mins**

## Say:

"What's the best news you've ever heard? How did you feel when you heard it? What difference did the news make to your life? And how would you feel if your friend had a wonderful secret and they didn't share their good news with you? Good news is meant to be shared...Today we'll explore the good news that Jesus has shared with us, and look at some different ways we can share that news with others."

**Icebreaker - Good News Relay - 15 mins**

*You will need:*

1. The requirements as set out on page 1.

- Prepare for the activity by sticking one sheet of flip-chart paper per group along a long wall.
- Use a random method for dividing people into groups of 4-6 people and arrange the groups along the wall facing the paper sheets.
- Give each group a newspaper and a glue-stick.
- Explain that this is a relay race and when you tell them to start they have to read through their newspapers looking for any examples of good news that they can find.
- Then one person has to tear out the news article, run to the flip-chart paper, and stick the article on the paper using a glue-stick.
- It is up to each group to decide how they will manage the task.
- Allow them 5-7 minutes to do the activity. Then stop and see who has found the most good news stories.
- You can also look at the different kinds of good news stories that have been found, such as medical research, adverts for sales, good news about the economy, someone who has been heroic or saved from harm, etc.

**Word Search - 25/35 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
- Allow 20 minutes for this study.
- Call the groups back for feedback.

**Mission Possible - The Top Ten Good News Headlines! - 20 mins**

*You will need:*

1. Copies of 'The Top Ten Good News Headlines!' – 1 per group of 3-4 people
2. About 12-15 sticky notes per group
3. Pens

- Divide people into groups of 3-4 people.
- Give each group a copy of 'The Top Ten Good News Headlines' and a pile of sticky notes.
- All the instructions are written on the sheet, but you can explain the activity so that everyone understands what to do.
- Allow 7-10 minutes for this activity, and then bring the group back together to feedback their top ten good news headlines.
- Use a flip-chart and draw 10 lines across the paper and number them 1-10.
- Stick each group's sticky notes on the line where they placed them in their own top ten and see which good news messages score highest.

## Feedback:

- 'Do you all agree with these top ten ratings?
- If not, why not?
- What other good news headlines did you choose?'

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Copies of 'Our Good News Paper' - 1 per family (or use the family discussion cards)

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a copy of 'Our Good News Paper' or the Family Discussion Cards
- Allow families ten minutes to start working on this activity.

**Family Prayer Time – 10 mins**

*You will need:*
1. A selection of buttons, beads, stones, shells, whatever you have available – but there must be a wide variety of objects
2. Bowls

- Give every family a bowl of the different bits and bobs you have gathered together.
- Ask them to pray silently and ask God to show them a friend who needs to know the good news about his love, or forgiveness, etc.
- Then invite them to sift through the objects in their bowls until everyone has found one object that reminds them of someone who needs to hear the good news.
- If they wish they can show their objects to each other and say why they chose a particular object to represent their friend.
- Pray a brief prayer together asking the Holy Spirit to guide each of you in the best way to share the good news with your friends.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' Journal Pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optional)**

*You will need:*
1. Small sachets of salt

- Give each person a small sachet of salt and read Matthew 5:13, preferably in a modern translation. In 'The Message' Bible it says that God's people are to be like salt and to bring out the God-flavours in the world.
- Ask the group to think of all the ways we use salt today.
- Then ask them to think about the kind of salt they would like to be in the community where they live.
- How can some of the ideas about being salt help them to share the good news of Jesus with those around them?

## Closing Prayer

# 29 KID for Teens: Handout: Good News Word Search: What is the Good News?

Read the verses below and list the different good news messages you can find in them - there may be more than one message per verse!

| Reference | What is the good news in this verse? |
|---|---|
| John 3:16 | |
| John 10:14-16 | |
| John 14:1-3 | |
| John 14:27 | |
| John 16:5-7 | |
| Matthew 5:4 | |
| Matthew 7:7-11 | |
| Matthew 5:10-12 | |
| List any other good news messages which Jesus taught: | |
| | |
| | |
| | |

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# 29 KID for Teens: Handout: Good News

## Word Search: How did Jesus share the good news?

Read the verses below and list the many different ways that Jesus shared the good news with other people.

| Reference | Different ways that Jesus shared the good news with others |
|---|---|
| Matthew 8:16 | |
| Matthew 9:10-13 | |
| Luke 8:49-56 | |
| John 4:1-15 | |
| John 8:1-11 | |
| John 13:1-17 | |
| Luke 19:1-10 | |
| Luke 18:15-16 | |
| John 3:16 | |
| List any other ways in which Jesus shared the good news | |
| | |
| | |
| | |

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# 29 KID for Teens: Handout: Good News
## Word Search: A parable about the Good News

Read the Parable of the Seed-Sower (Matthew 13:1-9 and 18-23) and explore it in closer detail.

| The Symbol | Who or what does it represent? |
|---|---|
| The farmer | |
| The field | |
| The seed | |
| The road | |
| The birds | |
| The rocky ground | |
| The sun | |
| The thorn bushes | |
| The good ground | |
| The harvested seed | |

**Some questions to wonder about:**

- What do you like best about this parable?
- What is the most important message in this parable for you?
- Where would you put yourself in the parable? On what kind of ground has the seed fallen in your life?
- If you had written this parable would you have added any other places where the seeds could have fallen, or any other features? Or would you have left some parts of the story out?
- How might Jesus tell this parable differently if he told it today?

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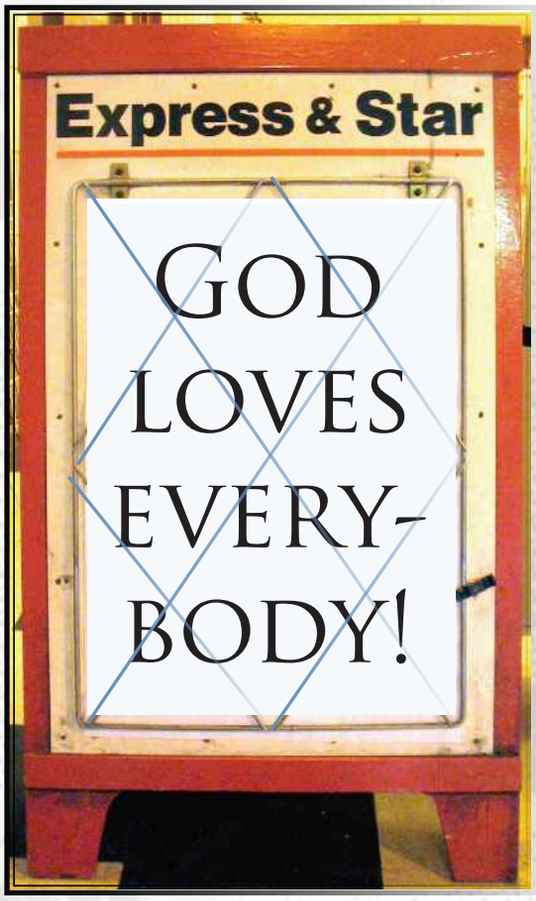
# 29 KID for Teens: Handout: Good News
# Top Ten Good News Headlines

If you were to choose the 'top ten good news headlines' in the Christian faith what would you choose? If you were to rank them, what would be top of the list, and then second, and so on?

Here are some of the headlines that you might choose:




Jesus says 'There's nothing I can't forgive!'

There Really is Life after Death!

Heaven - The Best Holiday Destination Ever!

You've been Handmade by the Creator!

Write these and five more of God's 'good news headlines' on sticky notes, and then work together to decide which ones are the best good news and second best, and so on. Feel free to rewrite these headlines if you think of snappier ones!

Then stick your headlines onto the 'top ten' chart on the next page, with the best news on the top line etc.

You will need to work fast! Like all good newspapers, there's a deadline!

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# Top Ten Good News Headlines

| | 'Top Ten Good News Headlines!' |
|---|---|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| 5. | |
| 6. | |
| 7. | |
| 8. | |
| 9. | |
| 10. | |

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29

KID for Teens: Handout: Good News

# Our Good News Paper

Edition 1844

Free for Everyone

## Our Good News Paper

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Lesson 29 -

## Family Discussion Card

For me the best news about God is...

The best news any human being ever told me was...

Whenever I hear good news I feel...

If I didn't know the good news about God my life would be different because...

Lesson 29 -

Family Discussion Card

For me the best news about God is...

The best news any human being ever told me was...

Whenever I hear good news I feel...

If I didn't know the good news about God my life would be different because...

Lesson 29 -

Family Discussion Card

For me the best news about God is...

The best news any human being ever told me was...

Whenever I hear good news I feel...

If I didn't know the good news about God my life would be different because...

Lesson 29 -

Family Discussion Card

For me the best news about God is...

The best news any human being ever told me was...

Whenever I hear good news I feel...

If I didn't know the good news about God my life would be different because...

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# 29 Jesus and Me: Journal Lesson 29: Good News: Sharing Parables

Read each of the following parables and wonder about what each of them can help you to understand about sharing the good news with other people.

Match each parable to its possible meaning and then add some extra meanings and ideas of your own.

| Parable | Possible Meanings |
|---|---|
| The Mustard Seed<br>Matthew 13:31-32 | We share the good news freely, but the people who hear it are responsible for what they do with the message. |
| The Yeast in the Dough<br>Matthew 13:33 | We might tell someone a tiny part of the good news, but it can grow in their hearts until it becomes so big that other people can share in it, too. |
| The Story of the Salt<br>Matthew 5:13 | We share the good news about God when people can see us living our lives well and caring for them. |
| The Story of the Seed-Sower<br>Matthew 13:1-9 | We may share the good news with someone, and it might seem as if they aren't really listening. But sometimes they are listening, and their whole life changes. |
| The Story of the Light on a Light-Stand<br>Matthew 5:14-16 | The good news that we share with people works invisibly, changing them from the inside out. |
| The Story of the Two Sons<br>Matthew 21:28-32 | We share the good news of Jesus when we live lovingly amongst the people around us. |
| | |
| | |

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# 29 Jesus and Me: Journal Lesson 29: Good News: Sharing the Good News

How could you share the good news about God with your friends in ways that work for you? Think about some of the ways Jesus used (see the Word Search study).

Make a list of the different ways in which someone might tell you some good news. Then think how each of these might be used to help you share the good news of God's love and forgiveness with your friends.

Here are some examples: newspaper, radio, email, internet, twitter, SMS/text messaging, facebook, phone call, talking to a friend, at a celebration, by letter, in a greetings card, through a leaflet, etc.

| How good news can be shared | How this method could be used to share the good news about God's love |
|---|---|
| | |
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# 29 Jesus and Me: Journal Lesson 29: Good News: What's your story?

## What are the good news stories about God in your life?

Think about them and how you could use these stories to inspire and encourage other people, too.
You could make a mini newspaper of your personal good news stories, or write them in a journal or notebook.

A good news story about a time when God helped me to do something amazing:

A picture of you...

A good news story about the difference that knowing Jesus has made to my life...

I feel positive about the future because...

I believe in Jesus because...

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# 29 Jesus and Me: Journal Lesson 29: Good News: But I'm really shy...

Maybe you don't feel that talking is your gift...Jesus didn't always talk or preach. He went to dinner parties, made people feel welcome, blessed them, helped them to feel better, encouraged them, rescued them, fed them and painted thought-provoking pictures with his words.

How could you share Jesus with others?

### By creating visual images

Through your art, photos, posters, PowerPoints, creativity, symbols, etc

### By being helpful

By going on a mission project, feeding the homeless, packing shoe-boxes for ADRA, etc.

### By listening

By listening to your friends when they are hurting or confused, by being there for them

## In what other ways can you share Jesus without speaking?

### By writing

Writing stories, blogs, texts, linking interesting things to your Facebook page, writing thought-provoking dramas, etc

### By living your life well

Being a good example of forgiveness, living peacefully with others, being honest, living with integrity, etc.

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# 29 Jesus and Me: Journal Lesson 29: Good News: That's interesting!

Paul liked to witness by learning about people's culture, beliefs and interests. Then he used what he had learned about them to share Jesus with them in a way they could understand.

## Read 1 Corinthians 9:17-23 and Colossians 4:5-6

(use a modern translation if possible)

What can you learn about witnessing from these verses?

List your friends, their interests and some of the ways you could use their interests to help them become curious about spiritual things.

| Friend | Their interests | How I could use their interests to increase their curiosity about spiritual things |
|---|---|---|
| | | |
| | | |
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# 29 Jesus and Me: Journal Lesson 29: Good News: Questions, Questions

Jesus often asked questions, especially when he wanted people to think about important issues. Asking questions is a good idea because we can find out what our friends really think, and they may ask us about our ideas, too.

Here are some questions that you could ask your friends...

What other questions could you ask?

What do you think really happens after people die?

What do you think God is like?

What kind of God would you like God to be?

What do you think will happen to this earth in the end?

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KID for Teens: Leader's Guide

# Save the World!

When God made human beings we were created to take care of the earth, the animals, the plants, the water, the air, the resources in the ground and each other... but something has gone horribly wrong... What are Christians supposed to do about it?

30

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

Have you ever spent a long time making something really special, which was then carelessly or accidentally damaged or destroyed? Do you have a favourite place that reminds you of the Garden of Eden? How strongly do you feel about caring for the world? What are you doing to protect the world and its resources? What are you doing to help people who are suffering because their environment has been damaged?

If the Holy Spirit invites you to do so, be willing to share something of your thoughts and ideas during today's session, . Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

**Icebreaker:**
- Option 1: Inflatable toy globes or blue beach balls – 1 per 6-8 people
- Option 2: 'If the World Could Speak' sheets from the resource section – copy 1 per person
- Pens

**Word Search:**
- Copies of Word Search studies - 1 set of studies per person
- Pens

**Mission Possible:**
- Plain paper or copies of 'Two Gifts for the World' (resource section) – 1 per group of 3-5 people
- Pencils, felt-tipped pens and colouring materials

**Family Focus Time:**
- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**
- One dice per family

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- Lots of different pictures of nature showing landscapes, flowers, trees, animals, stars and planets, water, sea, birds, fish etc. (use calendar pictures, or print pictures from your computer or the Internet)
- Sticky notes and pens

## By the end of the session, the group members will:

- Know that God made the world perfectly and that he wanted human beings to respect, enjoy and take care of his amazing creation.
- Feel a responsibility to help take care of the world and God's creative masterpieces.
- Respond by choosing to live in ways that help to protect God's creation and that share the world's precious resources with those who need them most.

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# 30 KID for Teens: Leaders Guide: Save the World!

**Welcome, Prayer and Introduction – 5 mins**

## Say:

"Imagine you painted an amazing picture. You felt really good about it because it was the best picture you'd ever made! You left it on the kitchen table to dry, but when you came back to collect it, someone had spilt orange juice on it, the dog had chewed one of the corners and walked over it with his muddy paws, and the middle was scorched where someone had put a hot pan on it.

How would you feel? How do you think God feels when he looks at our world today?"

**Icebreaker - 10 mins**

*For Option 1, you will need:*

1. Inflatable toy globes or blue beach balls - 1 per 6-8 people

- Divide the large group into smaller groups of 6-8 people according to the amount of people and the number of inflatable globes or balls you have available.
- Ask them to throw the ball randomly from one person to another within their group.
- Whoever catches the ball must say something that the world might like to say to us, if only it could speak. Each person must try to give a different answer, and it's ok to be creative or funny!
- Allow 5-7 minutes for this activity and then bring everyone together for a brief time of feedback.

**Ask:** 'If the world could say only one sentence, what do you think it would say?'

*Option 2:*

- If you can't find inflatable globes or you don't have the space to do this activity - print and use the 'If the World Could Speak' posters from the resource section. Ask people to write or draw a message in the world's speech bubble, and then show and discuss their posters in small groups.

**Word Search - 25 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 study per person

- There are three different studies for this Word Search. Keep groups small (3-6 people) and make sure that there is an even balance of groups looking at each one of the three studies (A, B or C).
- Allow 20 minutes for this study.
- Call the groups back for feedback.

## Ask:

- 'When God looks at the earth, and the damage we have done to the environment, what do you think he is most concerned about?
- What are the most important things on earth that humans need to protect in the 21st century?
- What responsibility to take care of the world do Christians have when we believe God will destroy everything and make a new earth?
- Is it worth trying to recycle things, or taking care of the earth in small ways, when huge damage is being done to the environment by industry, carbon emissions, natural disasters and irresponsible agriculture?'

- Encourage people to explore the studies further in their personal JAM sessions this week.

# 30 KID for Teens: Leaders Guide: Save the World!

**Mission Possible - A gift for the world - 10 mins**

*You will need:*

1. Plain paper or copies of 'Two Gifts for the World' (from the resource section) – 1 copy per group of 3-5 people
2. Pencils, felt-tipped pens and colouring materials

- Use a fun and random way to create groups of 4-5 people.
- Give each group some sheets of plain paper or copies of 'Two Gifts for the World' and ask them to work together to invent or create some important presents for the world:
- A specific gift that would help to protect one aspect of the environment (e.g. fast growing trees that combat deforestation and provide lots of food; a cloud catcher to take rain to drought-ridden areas, etc.)
- A specific gift that would relieve one aspect of human suffering (e.g. immunisation against AIDS; a world-wide food sharing scheme to relieve hunger, etc.)
- Encourage groups to be thoughtful, creative and imaginative – the ideas don't have to be at all realistic or possible!
- Ask the groups to draw pictures or diagrams of their two gifts.
- Allow five minutes for this activity and then ask each group to show the gifts they have chosen and to say why they think they would make a big difference to the world.
- Have a vote for the best idea, if you wish!

**Family Focus - 15 mins**

*You will need:*

1. Drinks and cups.
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a discussion card.

**Praying together - 10 mins**

*You will need:*

1. One dice per family

- Give each family a dice.
- Ask each person to throw the dice. Each number on the dice corresponds to a day in creation week:
  1. light or new beginnings
  2. some kind of water (lake, river, rain, drinking water, etc) or air
  3. food, plants, trees, flowers, grass, etc
  4. sun, moon or stars
  5. birds or things that live in water
  6. animals or people
- The person throwing the dice can then choose how they will pray about the things that God created on that day.

**The prayers can be:**

- Praising God for the things he made on that day of creation
- Thanking him for something he created on that day that you especially appreciate or enjoy
- Saying sorry to God for the damage that humans have done to something created on that day
- Asking God to help you know what you can do to help protect something that was created on that day.

**JAM (Jesus and Me) Session - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the 'Jesus and Me' Journal Pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu - (optional) - 10 mins**

*You will need:*

1. Lots of different pictures of nature showing landscapes, flowers, trees, animals, stars and planets, water, sea, birds, fish etc. (use calendar pictures, or print pictures from your computer or the Internet)
2. Sticky Notes and Pens

- Spread all the pictures on some tables where everyone can see them.
- Ask each person to choose their favourite picture and to take it home to remind them to take care of God's creation.
- Give every person a sticky note and invite them to write on it:
- one thing they will do differently to help take care of God's creation

**and**

- one thing they will do to help share the world's resources with the people who need them (such as helping needy communities to dig their own wells, providing goats and chickens for poor families in third world communities, supporting ADRA, etc)

## Closing Prayer

# 30 KID for Teens: Handout: Save the World! Icebreaker: If the World could speak...

Imagine the world could speak...What do you think it would say to us? Would it tell us where it hurts the most? Or what we could do to make things better? Or would it tell us off for being so neglectful and selfish? Or would it tell us to look after each other better? I wonder...

Just imagine, and then fill in the speech bubble.

When you have filled in your speech bubble, find 2 or 3 other people and share your ideas. Then discuss how you could respond to the SOS message that the world has been trying to send us.

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# 30 KID for Teens: Handout: Save the World! Word Search - Day One

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:1-5

What did God create on the first day?

What would it be like to live in a world with very little light? Or in a place like northern Norway where there is no sun-light for several months of the year?

It has been suggested that the earth had light on the first three days before the sun was created because God was there during the day. (See Revelation 21:23) What do you think about this idea?

Jesus is the light of the world (John 8:12). Why is light a good metaphor or symbol for Jesus?

Jesus asks us to be lights too (Matthew 5:14-16).
List some lights that do different kinds of important jobs. Then discuss how Christians can be like those lights in the world today, and help the people around them. E.g. headlights, nightlights, stop lights, lasers, lighthouses, etc.

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# 30 KID for Teens: Handout: Save the World! Word Search - Day Two

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:6-8

What did God create on the second day?

How have humans damaged the atmosphere?

How vulnerable would the world be without the sky, the clouds, the air and the atmosphere to protect it?

What is the Christian's responsibility for protecting vulnerable people?

What do you think it would be like to live in a place where there was a war and where it was difficult to find safety and protection?

List some vulnerable groups that you know and some of the different ways that Christians could help to protect them.

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# 30 KID for Teens: Handout: Save the World! Word Search - Day Three

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:9-13

What did God create on the third day?

How have humans damaged the forests, crops and other plants?

What would the world be like without plants, grass, trees, fruit, nuts, flowers, grains, vegetables, etc?

What do you think it would be like to live in a desert where there are very few edible plants, or in a place where a drought or flood has destroyed all the crops?

What can Christians do to help people who are starving because there is not enough food growing in their community?

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# 30 KID for Teens: Handout: Save the World! Word Search - Day Four

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:14-19

What did God create on the fourth day?

What would the world be like without the sun, moon, planets and stars?

It is easy to understand the importance of the sun to our world, but what about the moon, stars and planets? Why do you think God gave us the stars and the planets? How do they help us?

Some people use the stars, moon and planets to try and predict their future, or to tell horoscopes. How could you help them to find a better way to understand their future, and to help them think more about God who created the amazing universe?

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# 30 KID for Teens: Handout: Save the World! Word Search - Day Five

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:20-23

What did God create on the fifth day?

How have humans damaged sea-life and endangered birds?

What do you think the world would be like if nothing lived in the sea?

What would you miss the most if there were no birds?

What is our responsibility to people who need to move away from their homes to find other places where there is food, warmth, care and safety (rather like the way that birds migrate)? How can Christians help and support them?

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# 30 KID for Teens: Handout: Save the World! Word Search - Day Six

Read the verses below in different translations of the Bible, including 'The Message' if possible.

## Read Genesis 1:24-31

What did God create on the sixth day?

How have human beings hurt the animal kingdom?

What would the world be like without animals?

How have humans hurt other humans?

What would the world be like without human beings?

What do you think it would be like to live a life where you hardly ever met or spoke to another human being?

How can Christians care for those who are lonely and isolated from other people by their own fears, their disabilities, their illness, being in prison, being orphaned or through other circumstances?

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# 30 KID for Teens: Handout: Save the World! Two Gifts for the World

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Lesson 30 -

## Family Discussion Card

If I could do one thing to take care of the world, I would like to...

If I were God, I would be most upset about the mess people have made of...

I think the most beautiful thing God has created is...

Three ways I looked after the world this week were by...

Lesson 30 -

Family Discussion Card

If I could do one thing to take care of the world, I would like to...

If I were God, I would be most upset about the mess people have made of...

I think the most beautiful thing God has created is...

Three ways I looked after the world this week were by...

Lesson 30 -

Family Discussion Card

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Lesson 30 -

Family Discussion Card

If I could do one thing to take care of the world, I would like to...

If I were God, I would be most upset about the mess people have made of...

I think the most beautiful thing God has created is...

Three ways I looked after the world this week were by...

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# 30 Jesus and Me: Journal Lesson 30
# Save the World!

Read Genesis 1:1 to Genesis 2:4 and complete the following table:

| Day | What God Created: | I think the most amazing things that God created on this day were: (you may need to be creative and think hard...) |
|---|---|---|
| 1 | Light | Lasers, infrared, ultra violet, colours... |
| 2 | | |
| 3 | | |
| 4 | | |
| 5 | | |
| 6 | | |
| 7 | | |

What do you think are the ten best things that God made, apart from humans?

Which day of creation do you think was the most important and why?

If you could have watched God at work on earth for one day during creation week, which day would you most like to have experienced?

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# 30 Jesus and Me: Journal Lesson 30
# Save the World!

Make a list of all the things you do this week that help to protect God's creation (apart from looking after yourself, of course!)

| Day | What I did to save the world! |
|---|---|
| | |
| | |
| | |
| | |
| | |
| | |
| | |

What did I do that made the biggest difference to the world?

What else could I have done to make a difference to the world?

What did I do to save the world that might also have made a positive difference to the life of another human being (such as buying fairtrade goods, buying from a charity shop, etc)?

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# 30 Jesus and Me: Journal Lesson 30
## Save the World: Write a Creation Praise Psalm

Write a psalm of praise for God's creation.

Write one or two verses praising God for something he created, inspired by what he made on each of the days of creation.

(PS. If you need some extra inspiration read Psalm 104)

Make a PowerPoint presentation of nature pictures to accompany your psalm and show it to the rest of your family, group or church. Find a piece of music to accompany your psalm or set it to music and make a praise song.

| Day | My verses that praise God for what he made on this day... |
|---|---|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |

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## Jesus and Me: Journal Lesson 30 : Save the World: Poster

Design a poster to encourage people to do something that will help to save the world.

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# 30 Jesus and Me: Journal Lesson 30
# Save the world: Wasted!

- What happens to the world when I waste things without even thinking about it?
- What is the best way for me to take care of the world and the people in it?
- Write your ideas on extra (scrap!) paper if there's not enough space below.

## Food

When I throw away food, eat too much food, eat food that has travelled a long way, or eat food that has been grown in environmentally unfriendly ways...
How might it affect:

Me?

My family?

My local environment?

The place where the food was made?

The people who grow and make my food?

The world?

What could I do that would be helpful?

## Water

When I leave taps running, have long showers, wash my clothes after wearing them for a couple of hours, water my lawn every day, etc...How might it affect:

Me?

My family?

My local environment?

The place where fabric comes from?

The people who make my clothes?

The world?

What could I do that would be helpful?

## Energy

When I leave lights on, have lots of hot baths, turn up the heating, leave the heating on when I'm out, boil too much water, drive my car everywhere, etc...
How might it affect:

Me?

My family?

My local environment?

The place where the fuel comes from?

The people who work to make the fuel?

The world?

What could I do that would be helpful?

## Clothes

When I buy clothes I don't need, buy fashionable clothes every season, buy cheap clothes made by people in poor conditions, throw clothes away instead of mending and adapting them... How might it affect:

Me?

My family?

My local environment?

The place where fabric comes from?

The people who make my clothes?

The world?

What could I do that would be helpful?

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# 30 Jesus and Me: Journal Lesson 30
# Fun Ways to Save the World!

## Have a Swap Party

Collect up all your unwanted and outgrown clothes and any other things that you don't really need or want any more.

Invite all your friends to do the same.

Check that no one in your own family wants to keep any of your things.

Bring all your things to one big room and set them out neatly on separate tables (male clothes, female clothes, CDs, books, other stuff, etc).

Encourage people to take away only the things they really need or want. Take any unwanted things to a charity shop.

For more helpful information see www.recyclingweek.planetark.org/documents/doc-92-swap-party-guide-final.pdf

## Creation Reminders

Make something simple that reminds you to take care of God's creation.

Make a display of objects that remind you of each of the days of creation, such as a bookmark or poster.

Find seven beads that remind you of each of the seven days of creation and thread them together to make an unusual key-ring or a tag for your bag.

## Improve your World

Ask the people who live near your church to suggest ways in which your local environment could be improved.

Work together as a church team to improve your local area, such as picking up rubbish, tidying up messy places, planting trees, etc. Check with your local council first to find out what you're allowed to do and how to do it safely and well.

Invite someone to make a report about your activity for the local paper.

## Recycled Creation Day

Collect together all the interesting craft materials that you can find such as scraps of wood, paint, nails, picture frames, fabrics, buttons, ribbons, attractive paper, stickers, corks – anything you can find.

Encourage your friends to do the same.

Bring them all to one big space, with tools such as brushes, hammers, sewing kits, glue, scissors, hole-punches, etc.

Spend a day making wonderful recycled things for yourself, or to give away as presents. Or make things and auction them to church members or friends.

Put any money you make from the auction or sale towards a charity that cares for people.

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Kids In Discipleship
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KID for Teens: Leader's Guide

# Delight

31

As Adventists we know all about why we keep the Sabbath, and how to keep the Sabbath. But God really wants us to enjoy the Sabbath so much that we call it the most delightful day of the week!

## You will need:

**Icebreaker:**

- A large bag of balloons – assorted colours
- A bag of red heart-shaped balloons (or use ordinary red balloons instead)
- A bag of dried beans
- Permanent marker pens (so that they won't wipe off the balloons onto your hands)
- Sealable food bags or other small bags
- A devise to blow up balloons if you are lacking in puff!
- Copies of the Busy Balloons instruction card – 1 per group

**To Prepare:**

- Estimate the number of small groups of 5-6 people you can make from your larger group and prepare as follows.
- If you didn't buy heart-shaped red balloons, separate out the red ones from the big bag of balloons. 2 red balloons per small group.
- 10 non-red balloons for each small group.
- Assemble a small bag for each group (5-6 people) containing:
- 2 red coloured balloons (plain or heart-shaped)
- 10 other balloons
- 30 dried beans
- 1 permanent marker pen
- Have some extra balloons - including red ones - on hand.

**Word Search:**

- Copies of Word Search studies - 1 study per person
- Paper and pens

**Mission Possible:**

- Copies of the outline letters – to spell the word SABBATH
- Colourful felt-tipped pens (marker pens)
- Scissors
- Glue stick
- Large sheet of coloured card (big enough to be a background for the SABBATH letters)

**Family Focus Time:**

- Cups and drinks
- Family Discussion Cards - 1 card per family

**Family Prayer Time:**

- A small gift bag or bowl per family
- A selection of the following things – at least 6 per family
- A large seed or packet of seeds
- A small bar of soap
- A battery
- A safety pin
- A smooth white stone
- An old key
- A sachet of salt
- A pearl bead
- A star (such as metallic confetti stars)
- A dove (some wedding table confetti contains little white doves)
- A paper handkerchief
- A small tube or sample of hand cream

**Jesus and Me (JAM) Session:**

- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**

- Cheap plastic key-rings with write-on tags – 1 per person (write a clear '7' or 'seven' on each tag)

## By the end of the session, the group members will:

- Know that God gave them the gift of Sabbath to add delight, peace, love and joy to their lives.
- Feel a longing to enjoy Sabbath as a delightful gift of rest and refreshment.
- Respond by discovering new ways as individuals, families and as a whole church community to make Sabbath a delight.

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# 31 KID for Teens: Leaders Guide: Delight

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (previous page).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

What's the most delightful Sabbath you've ever had? What do you most enjoy doing on Sabbath? What difference do delightful Sabbaths make to your spiritual life, your worship, and the rest of your week? Is there something delightful you've always wanted to do on Sabbath, but you've never had the chance? If you were to plan your perfect Sabbath, what would you do, where would you go, what would you eat, and who would you share the day with? If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

**Welcome and Prayer – 3 mins**

## Say:

"Sabbath is an amazing gift from God. He didn't need to rest, but he knew that we would need a break from the busy-ness of our everyday lives. He didn't give the Sabbath to us to be a chore or a bore. He wanted it to be a day of pure delight."

**Icebreaker - Busy Balloons - 15 mins**

*You will need:*

1. The bags prepared according to instructions on Page 1.
2. Copies of the Busy Balloons instruction card – 1 per group

- Inflate a few extra balloons, including red ones, in case any groups need some extras.
- When everyone has arrived, use a fun way to divide people into groups of 5-6.
- Give each group their small bag and ask them to follow the instructions on the card in the bag.
- Keep an eye on the groups – if some groups are managing to keep their balloons in the air too easily, add a few more balloons to their group to make their task more difficult.
- If any red balloons pop, give the group another red balloon to replace it.
- After the groups have been busy keeping all their balloons in the air for a few minutes, and they are (hopefully) beginning to get tired, ask them to let all the balloons drop to the ground except the red ones and to carry on playing.
- It should be much easier for the groups to keep just two balloons in the air.

**Feedback**: What does this activity help you to understand about the Sabbath?

**Word Search - 20 mins**

*You will need:*

1. Paper and pens
2. Copies of Word Search studies - 1 set of studies per person

- In small groups of 4-5 people, discuss and fill out the Word Search sheet. Make sure you have at least 4 groups.
- Allow about 15 minutes for this study.
- Call the groups back together and ask them to present their main points and their list of ideas.
- Thank them for their ideas and move into the next activity.

# 31 KID for Teens: Leaders Guide: Delight

**Mission Possible - Filling the Sabbath with Delight - 15 mins**

*You will need:*

1. Copies of the SABBATH outline letters
2. Colourful felt-tipped pens
3. Scissors
4. Glue sticks
5. Large sheet of coloured cardboard – big enough to be a background for the Sabbath letters

- Divide your group into 7 small groups or pairs and give each group one of the letter outlines. If you have a very small group give some pairs 2 letters, or lay the letters out on a large table and work on the task as a whole group.
- Give each group a packet of coloured felt-pens (marker pens) and ask them to think of as many delightful Sabbath activities as possible and to write them in different colours and at different angles across their letters.
- Encourage them to be creative and to accept each other's different and possibly unconventional Sabbath activities. God has created each person different so each of us will find different things delightful and meaningful. There will be different things that will bring each of us closer to God and help us to worship him.
- Allow 7-10 minutes for this activity and then ask the groups to cut out their letters and stick them onto the large cardboard background to spell the word 'SABBATH'.
- Use this as a display of Sabbath ideas for your church. You could also use the ideas to create a small booklet of creative Sabbath activities, and add local walks and free places to visit, etc, that might also be delightful Sabbath activities.

**Family Focus – 15 mins**

*You will need:*

1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a Discussion Card.

**Family Prayer Time - 10 mins**

*You will need:*

1. A small gift bag or bowl per family containing a selection (at least 6) of the items listed on Page 1 – Family Prayer Time.
   It doesn't matter if each family has different things.

- Give each family one of the bowls or bags and ask them to pass it around their family.
- Whenever a person is holding the bag or bowl they can choose an object that represents something they enjoy about the Sabbath. For example, they may choose a battery because they enjoy the way that Sabbath re-energises them and gives them power. Or maybe they would choose salt because it adds flavour to their week, or hand-cream because it soothes them.
- They can also describe what they would have chosen to represent something that's enjoyable for them if they can't find an object in their bag or bowl that inspires them.
- The person who has chosen the item can then pray a short sentence prayer, thanking God for the enjoyable aspect of the Sabbath. People can pray silently if they wish.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*

1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu (optinal)**

*You will need:*

1. Cheap plastic key-rings with write-on tags – 1 per person (write a clear '7' or 'seven' on each tag)

- Give each person key-ring with a number '7' on the tag.
- Invite them to use the key-ring to remind them to do one thing each Sabbath that will make it a delight for themselves and one thing that will delight someone else.

**Closing Prayer**

- Insert three beans into the neck of each balloon except for the red ones.
- Inflate all of the balloons carefully (try not to pop them yet) and tie their ends tightly. The beans should still be inside the balloons.
- Use the marker pen and write 'Loving God' on one of the red balloons, and 'Loving others' on the other red balloon.
- On all the other balloons write one of the things you have to do during the week – such as housework, homework, school, work, shopping, exercise, cooking, etc.
- When you have written something on every balloon gather your group into a circle and play with the balloons. You have to make sure they all stay in the air all the time and that no balloon ever touches the ground.
- Keep doing this until the leader tells you what to do next.

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- Inflate all of the balloons carefully (try not to pop them yet) and tie their ends tightly. The beans should still be inside the balloons.
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- When you have written something on every balloon gather your group into a circle and play with the balloons. You have to make sure they all stay in the air all the time and that no balloon ever touches the ground.
- Keep doing this until the leader tells you what to do next.

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# KID for Teens: Handout: Delight!

## Word Search - God Created the Sabbath as a Gift for Us

## Read Genesis 2:2-3 in a variety of translations.

Summarise the main points below:

Why do you think God created the Sabbath for us?

Why do you think God rested?

List at least ten reasons why it is more important than ever for us to make Sabbath a delight in the 21st century.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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# Read Isaiah 58:13-14 in a variety of translations.

Summarise the main points below:

How can we make Sabbath a day of joy and celebration in our homes and churches?

What does God promise to everyone who celebrates the Sabbath joyfully?

List at least ten ways you could celebrate the Sabbath joyfully in your home and church. Think of Sabbath traditions, as well as other ways of celebrating.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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# KID for Teens: Handout: Delight!

## Word Search - The Sabbath is a break from work

Read Exodus 20:8-11 in a variety of translations.

Summarise the main points here:

What does it mean to have a rest on the Sabbath?

How does keeping the Sabbath free from work make it more delightful for you?

List at least ten things that you could do on the Sabbath to remember or enjoy God's creation.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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# KID for Teens: Handout: Delight!

## Word Search - The Sabbath is a day for helping others

## Read Matthew 12:9-13 in a variety of translations.

Summarise the main points here:

What is the most important message about Sabbath in this story?

List at least ten things that you could do on the Sabbath to remember or enjoy God's creation.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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Sabbath Outline Letters - copy one each of S, T, and H, and two each of A and B

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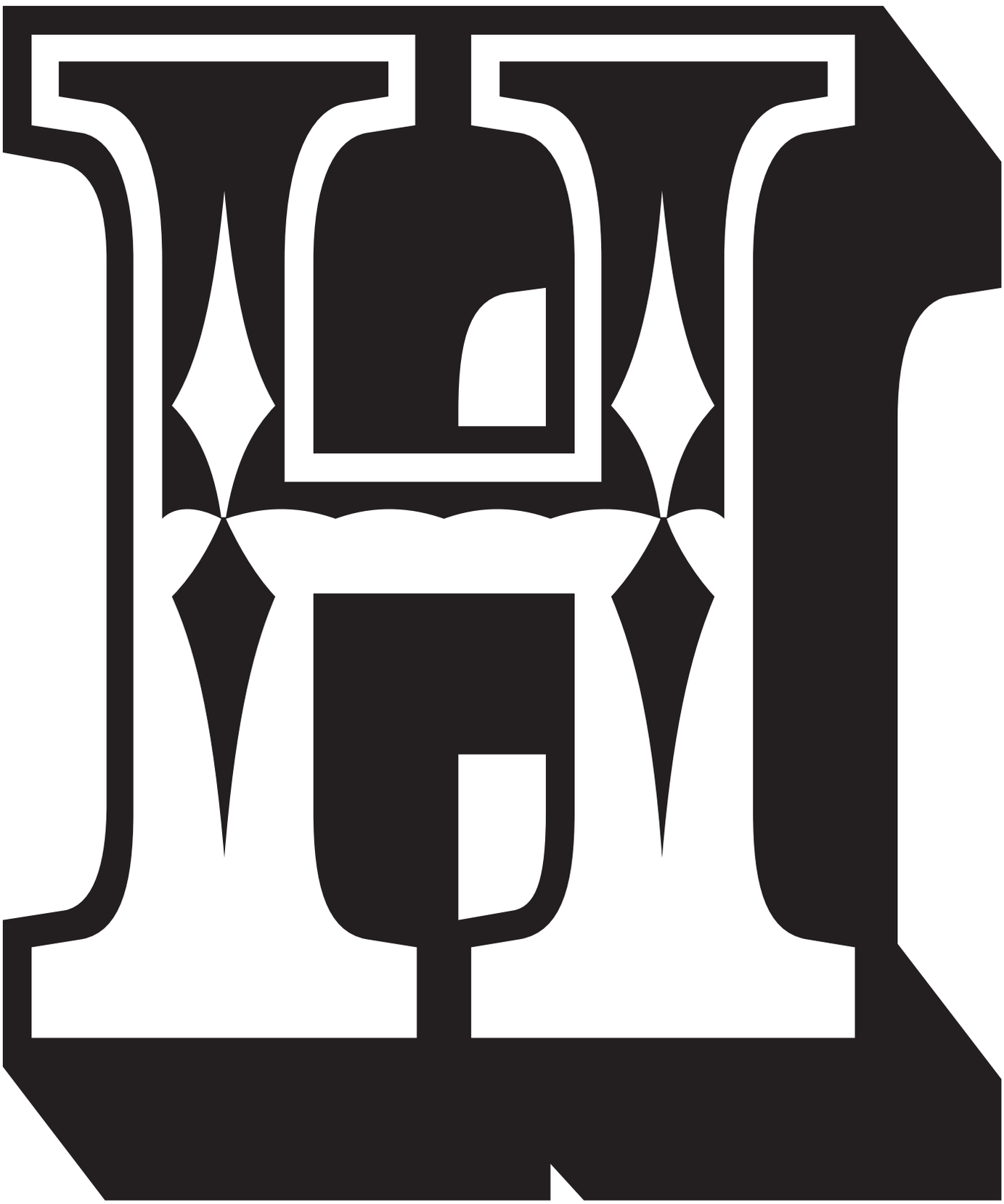

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Lesson 31 -

## Family Discussion Card

The best Sabbath I can ever remember was...

I am really glad God gave us the gift of Sabbath because...

One thing I would like to try doing with my family on Sabbath is...

My favourite Sabbath tradition is...

Lesson 31 -

Family Discussion Card

The best Sabbath I can ever remember was...

I am really glad God gave us the gift of Sabbath because...

One thing I would like to try doing with my family on Sabbath is...

My favourite Sabbath tradition is...

Lesson 31 -

Family Discussion Card

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Lesson 31 -

Family Discussion Card

The best Sabbath I can ever remember was...

I am really glad God gave us the gift of Sabbath because...

One thing I would like to try doing with my family on Sabbath is...

My favourite Sabbath tradition is...

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# 31 Jesus and Me: Journal Lesson 31: Delight: What does Sabbath mean to you?

God gave us the gift of the Sabbath and he wants it to be a delightful experience for us. But life is busy and challenging and Sabbath isn't always the delight God wants us to experience.

We need to rediscover the delight of Sabbath for ourselves.

Without thinking too hard, list ten words that come into your mind when you think of Sabbath and write them below. It's ok to be honest!

**Some things that Sabbath means to me at the moment are:**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Make another list of ten words that describe the totally delightful Sabbath you'd like to have:**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

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# 31 Jesus and Me: Journal Lesson 31:
# Delight: Delightful Day

What makes something delightful for you? List 5 to 10 activities or experiences that fill you with delight. Write each idea in one of the categories below:

**Relationships**
Being with others

**Bible Study**
Exploring God's word

**Nature**
Exploring God's world

**Creativity**
Making or seeing beautiful things

**Other things**
...that don't fit anywhere else

**Hospitality**
Sharing your home and food with others

**Adventure**
Doing something amazing

**Helping Others**
Relieving suffering

**Witnessing**
Telling others about Jesus

What have you learned about the activities that delight you?

How can you have more of these delightful experiences on Sabbath?

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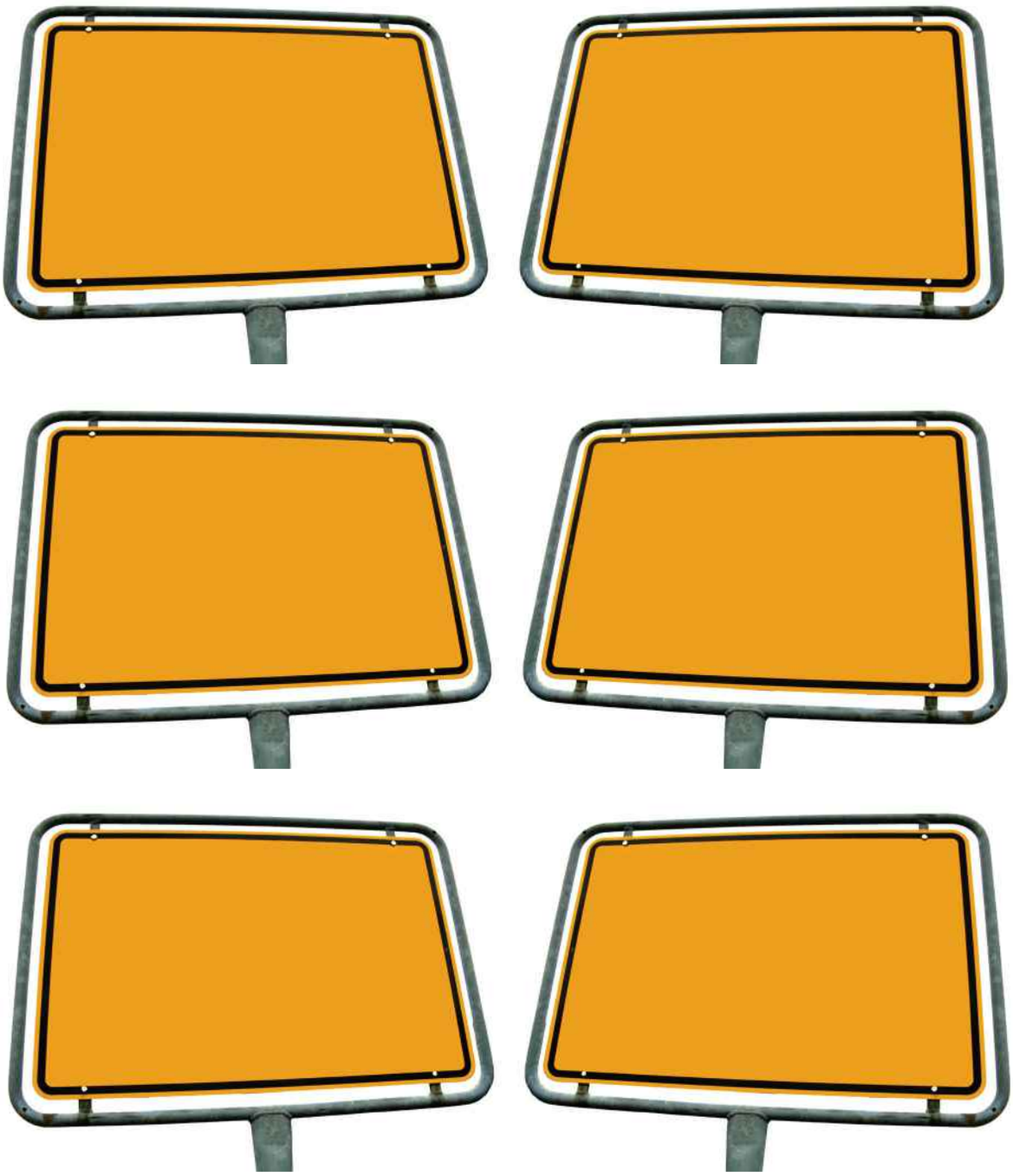
# 31 Jesus and Me: Journal Lesson 31: Delight: Roadblocks

What are the road blocks that try to prevent you from experiencing delightful Sabbaths?

List some of them on the blocks below:



Look at the roadblocks you have identified.

Pray about what you and God can do, together with your family and friends, so that you can all enjoy happier Sabbaths.

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# 31 Jesus and Me: Journal Lesson 31: Delight: The Best Sabbath Ever

## Best Sabbath Ever!

This award is for the best Sabbath I ever had

It was on:

I was at:

I was with:

I was doing:

It was special because:

Find a gold or red seal to stick on this award or make it special in some other way.

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# 31 Jesus and Me: Journal Lesson 31:
# Delight: Share the Delight!

Make a poster or write a TV commercial that advertises the delights of Sabbath in a creative way.

Plan a special kind of Sabbath and invite another family to join you.

Create a Bible-focussed treasure-hunt around part of your town, or in a forest, and invite other church members to find the treasure.

Think of something you could do as a group to make Sabbath more delightful for the children in your church, or the elderly, or the shut-ins, etc.

Make a short video interviewing the members of your church, about their favourite Sabbaths.

Start a folder at your church full of special ideas for Sabbath activities.

Search the internet for amazing websites that are great to explore on Sabbath and make a list of them to share with your friends.

Find the book, '100 Creative Activities for Sabbath' (Karen Holford, Pacific Press, 2006) and try out one of the ideas each month.

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# 31 Jesus and Me: Journal Lesson 31: Delight: Sabbath is a Gift

The gift of Sabbath is not only the gift of rest. Below is a list of items that represent some of the other gifts that Sabbath can give to our lives.

How can each of these 'gifts' help you to understand more about the meaning of Sabbath? Choose a few items that represent what you would most like to experience in your Sabbath 'Gift Bag' and write what they mean to you:

- Sachet of salt
- Battery
- Pain-relief tablets
- A padded heart
- Perfume bottle
- Pearls
- Dove
- Packet of seeds
- Hand cream
- Honey
- Flower
- Safety pin
- Smooth stone
- Star
- Pillow
- Lip balm
- Handkerchief
- What else would you like to see in there?

Add some other symbolic objects of your own....

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# 31 Jesus and Me: Journal Lesson 31: Delight: Delightful Day Ideas!

Write your ideas for delightful Sabbath activities in the boxes below.

| Art and Craft | Reading and Writing |
|---|---|
| With Family & Friends | With Children |
| Indoors | Outdoors |
| Computer/Internet | Music |

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# 31 Jesus and Me: Journal Lesson 31: Delight: Responding to Sabbath

How would you like to respond personally to God's amazing gift of the Sabbath?

How would you like to thank God for his gift of the Sabbath?

Perhaps you could create a thank you card, make a collection of items (like those in the list under 'Sabbath is a gift'), write a poem, make a flower arrangement, compose a song, take a series of photographs, create an inspirational PowerPoint presentation, run down a grassy hillside, or stand under a waterfall!

Write some of your ideas below. Then choose which ones you'll do first.



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# 31 Jesus and Me: Journal Lesson 31: Delight: Sharing the Wonder of Sabbath

Imagine that a friend asks you what Sabbath means to you.

What would you say to them that would make Sabbath sound amazing, delightful, wonderful, or something that they'd like to enjoy too?

Maybe you would say different things to different friends, depending on what they would find amazing, helpful, or delightful.

Write the names of three friends below.

Next to each name write what you could say to share the wonder of Sabbath with them in a way that they would find appealing.

| Name | What you could say that might excite them about Sabbath |
|---|---|
| | |
| | |
| | |

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# 31 Jesus and Me: Journal Lesson 31: Delight: Planning a Delightful Sabbath

8.00 What will you do?
.30
9.00
.30
10.00 When?
.30
11.00
.30 Where?
12.00
.30
13.00 Who with?
.30
14.00
.30 What preparations do you need to make?
15.00
.30

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Kids In Discipleship
Trans-European Division

# 31 Jesus and Me: Journal Lesson 31:
## Delight: Seven Secrets of Successful SABBATHs

### S - Simplicity

How can I simplify my Sabbath so that I have more time and energy to experience a special day to rest and worship God?

### A - Anticipation

How can I actively anticipate the Sabbath, and plan for the delight?

### B - Blessing

How can I make the Sabbath a blessing for me and everyone around me?

### B - Beauty

What can I do to make Sabbaths more beautiful and delightful for myself and those around me?

### A - Awe

How can I prepare my 'spirit' so I can welcome the delightful gift of the Sabbath awesomely, with wonder and celebration? How can I help others to 'catch' the awesome wonder, too?

### T - Traditions Together

What traditions can I share with my friends and family, so that they can experience delightful Sabbaths too?

### H - Happiness and Health

How can Sabbath be a day that brings me physical, spiritual, relational and emotional healing?

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KID for Teens: Leader's Guide

# Future World!

32

## Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

## Leadership Personal Preparation:

How often do you think about heaven? What do you think about heaven? Where is heaven? What difference does heaven make to our lives? And how can it start for us now?

If the Holy Spirit invites you to do so, be willing to share some of your thoughts during today's session. Otherwise use the inspiration of your personal experience to fill you with enthusiasm for today's session.

## You will need:

**Icebreaker:**
- Sheets of plain paper
- Pencils, crayons, felt tips (marker pens)

**Word Search:**
- Copies of Word Search studies - 1 study per person
- Flip chart paper
- Pens

**Mission Possible:**
- Sheets of flip chart paper
- Thick marker pens
- Paper
- Pens

**Family Focus Time:**
- Cups and drinks
- Family Discussion Cards – copy and cut 1 card per family

**Praying Together:**
- A small gold-coloured gift bag for each family
- (optional) Sticky notes or sticky white labels
- (optional) Pens

**Jesus and Me (JAM) Session:**
- CD player and CD of soft worship music
- One set of 'Jesus and Me' Journal Pages per participant

**Take-away Menu (optional):**
- A pearl bead threaded onto a plain white tag about 5-6cm long (2 ½")

**Agape Meal (optional):**
- See end of lesson

## By the end of the session, the group members will:

- Know that living in heaven is an amazing reality for the future, and that the kingdom of heaven is also a way of life for today.
- Feel a longing for heaven and a desire to share the wonder of heaven with others.
- Respond by choosing to live in the kingdom of heaven today.

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# 32 KID for Teens: Leaders Guide: Future World!

**Welcome and Prayer – 5 mins**

## Say:

"Think about where you are going for your next holiday, or where you went for your last holiday. How often do you think about where you are going, what you'll do when you get there, what you need to pack or buy etc? How often do you day dream and imagine you are there on the beach, or in the city, or up a mountain, etc?

How often do you think about heaven? How often do you think about what you need to do to get ready? How often do you dream about what you'll do when you get there?

Today we're going to explore the best holiday destination in the universe!"

**Icebreaker - Forever Fun! - 10 mins**

*You will need:*

1. Sheets of plain paper
2. Felt tipped pens in bright colours (marker pens)

- Give each person a sheet of paper and a bright felt tipped pen.
- Ask them to write the first letter of their first name on the sheet of paper and then to think of something fun they would like to do in heaven that begins with the same letter. For example Sarah or Simon – S – might write 'space travel' or 'surf on the Sea of Glass'.
- Ask them to do the same with their surname, so that they will have two phrases written on their sheet of paper.
- Encourage them to be creative and open-minded about their own and other people's heavenly fun activity ideas.
- Then ask them to introduce themselves to as many people as possible in two minutes saying, 'Hello I am Simon Jones, and when I get to heaven I'd like to Surf on the Sea of Glass and Jump as high as a mountain.' They must also listen to what the other person has to say before finding another person to talk to.
- Ask them to count how many people they talk to in two minutes.
- At the end of two minutes tell people to stop talking.

## Ask:

- 'Who managed to talk to the most people?'
- 'What were the most unusual heavenly activity ideas?'

**Word Search - 25 mins**

*You will need:*
1. Paper and pens
2. Flip chart paper
3. Copies of Word Search studies - 1 study per person

- Discuss and fill out the Word Search sheet in small groups of 3-4 people.
- Allow 20 minutes for this study.
- Call the groups back for feedback.

## Ask:

- 'What do you think you'll enjoy most about heaven?'
- 'What do you find most challenging or difficult when you think about heaven?'
- 'How does thinking about heaven help you in your life here and now?'

**Mission Possible - Advertising Heaven - 20 mins**

*You will need:*
1. Sheets of flip chart paper
2. Thick marker pens
3. Paper
4. Pens

- Leave people in the same groups as their Word Search study.
- Ask them to design a poster or a TV commercial to advertise heaven. They can choose whether to perform their TV commercial or just describe the commercial.
- Give groups 10 minutes to develop their ideas or create an outline plan.
- Let each group show or describe their ideas to everyone else.

**Family Focus – 15 mins**

*You will need:*
1. Drinks and cups
2. Family Discussion Cards

- Serve drinks.
- Let everyone re-assemble into their family groups, collecting a drink on the way.
- Give each family a Discussion Card.

**Family Prayer Time - 10 mins**

*You will need:*
1. A small gold-coloured gift bag for each family
2. (optional) Sticky notes or sticky white labels
3. (optional) Pens

- Give each family a small gift bag.
- Ask them to think of different gifts that the promise of heaven gives to their lives, such as: the gift of hope in an amazing future; the gift of comfort that comes from knowing that God will raise those who love him from the dead; the gift of eventual healing and the promise of whole and perfect bodies, etc.

- Ask the families to pass the gift bag around their group and let the person holding the bag say a sentence prayer of thanks for something related to heaven. Those who would rather pray silently can pass the bag to the next person after they have prayed a silent prayer.
- **OR,** Let families write their 'thank you' sentences on sticky notes or labels and then stick them onto their gift bags.

**JAM Session (Jesus and Me) - 5 mins**

*You will need:*
1. CD player and CD of soft worship music
2. One set of 'Jesus and Me' Journal Pages per participant

- Give out the Jesus and Me journal pages for this week.
- Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

**Take-Away Menu**

*You will need:*
1. A pearl bead threaded onto a plain white tag about 5-6 cm long (2 ½")

- Give each person a pearl bead threaded onto a plain white tag. The pearl is a reminder of the parable of the merchant who sold all he had to buy the perfect pearl (Matthew 13:45-46).
- Ask each person to write on their tag something they could do to help them experience heaven here and now, or something they could do to share the exciting promise of heaven with others.

**Closing Prayer**

# Future World!

This session may be your last. Why not end with a simple agape meal? Set a simple table with a white cloth, candles, white flowers, white plates and napkins, baskets of fresh-baked bread from a good baker, lovely fruits, nuts and dried fruits, honey, olives and olive oil infused with herbs, etc.

Plan encouraging things to talk about and/or creative activities to do.

Give each person a tea-light to take away and ask them to think how they will be a light in the world around them.

# 32 KID for Teens: Handout: Future World!
## Word Search:

On a sheet of flip chart paper make a list of all the things you can learn about heaven from the following descriptions:

Isaiah 65:1-25

Revelation 21:1-7; 11-25;

Revelation 22:1-5

John 14:1-3

1 Corinthians 2:9

**Look at your list of descriptions and discuss the following questions:**

- What do you think it will be like to live where God lives?
- Why do you think Jesus didn't give us detailed descriptions of heaven when he was on earth?
- If someone asked you to describe heaven, what would you say?
- When you picture yourself in heaven what do you see yourself doing?
- What will be the most amazing things about living in a perfect place?
- What do you think it will be like to live forever? What is hardest to imagine about living forever?
- If your Word Search group had a reunion in heaven, what would you like to do together that everyone would enjoy?

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Lesson 32 -

## Family Discussion Card

One person I would like to meet in heaven, apart from Jesus and my family and friends, would be...

The one question I would most like to ask God when I get to heaven would be...

One thing I look forward to doing in heaven is...

I find it hard to think about heaven because...

Lesson 32 -

Family Discussion Card

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Lesson 32 -

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Lesson 32 -

Family Discussion Card

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# 32 Jesus and Me: Journal Lesson 32: Future World!

Reread the following descriptions of heaven that you studied in your Word Search.

Isaiah 65:1-25; John 14:1-3; 1 Corinthians 2:9; Revelation 21:1-7; Revelation 22:1-5

List your top ten reasons for wanting to go to heaven.

| | Why do I want to go to Heaven? |
|---|---|
| 1 | |
| 2 | |
| 3 | |
| 4 | |
| 5 | |
| 6 | |
| 7 | |
| 8 | |
| 9 | |
| 10 | |

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# 32 Jesus and Me: Journal Lesson 32: Future World: Sampling Future-World!

Think about some of the special features of living in heaven.

What different things could you do so that you, and the people around you, could experience a sample of heaven on earth?

Write your ideas on the paint pot samples below.

Choose one or two of your ideas and put them into action. Write about what happens.

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# 32 Jesus and Me: Journal Lesson 32: Future World: What difference does heaven make to my life today?

What difference does a future in heaven make to the big choices I'm making about my life today?

What difference does a future in Heaven make to the way I treat other people? (Friends, family, people in need, etc)

What difference does a future in Heaven make to my relationship with God here & now?

What difference does a future in Heaven make to my spiritual development today?

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# 32 Jesus and Me: Journal Lesson 32: Future World: My Future-World 'to-do' list

Imagine you're living in heaven. What will your 'to-do' list look like?

Things I would like to do as soon as I arrive in heaven:

Things I would like to do within the first 'year':

Things I would like to do in Heaven eventually - but there's no rush:

Things I would like to do with Jesus, or ask him:

The ten people I would like to meet in heaven that I haven't met before:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.

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# 32 Jesus and Me: Journal Lesson 32: Future World: My Future-World Apartment

In John 14:1-3 Jesus said that there were many rooms for us in heaven. God has made each one of us different and unique, so maybe he's also designing different and unique rooms for us. Someone who loves grizzly bears has imagined that when she gets to heaven she'll have her own bear, which will live in her room. She likes to imagine that she'll be able to snuggle up to him whenever she wants to. What do you imagine?

How might God be designing your room in heaven? What do you think it will be like?

Describe the room you imagine God might create for you. Draw a picture of it on this blueprint paper, or make a model of your future-world room in a cardboard box.

Future-world apartment no: H4AV4N

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# 32 Jesus and Me: Journal Lesson 32: Future World: Life-changing Future-world

In heaven, I'll spend my time doing...

In Heaven, I'll eat...

In Heaven I'll worship God by...

In Heaven, my life will be different because...

The kinds of friends I'd like to have in Heaven will be...

Living forever, in a perfect place, is going to change your life-style! How will being in heaven change your life?

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# 32 Jesus and Me: Journal Lesson 32: Future World: Postcard from Future-World

Imagine that you're on a brief, exploratory trip to heaven. While you're there you want to send a postcard to yourself on earth. What picture would you choose and what would you write?

Take a postcard-sized card and write yourself a postcard from heaven. Find a picture of something that looks as much like heaven as possible and stick it on the picture side of the post card.

Stick your postcard below. Use a hinge of adhesive tape so that you can flip the card and see the picture as well as your message.

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