

**LIFE
LABS**

We love because God first loved us.

1 JOHN 4:19

WHEN I AM
ALL OF US ALL OF US ALL OF
THE RE

LEADERS MATERIAL

ALL^{OF} US

LIFE LABS 2025 | TERM 4
SALVOS YOUTH AND YOUNG ADULTS



WHY AM I HERE?

INTRODUCTION

Sometimes life feels a bit pointless. We do the same stuff every day and it can be difficult to see what it's all for. We can feel small, and we might even question why we are here.

Hearing other people talk about their 'purpose' can be inspiring – they seem to know why they're here, and they're making a difference.

People say that knowing our purpose can help us feel valued and carry us through the most difficult times. But what if we're still figuring ours out?

We can distract ourselves with quick highs or we can just switch off from everything. But deep down, we still wonder – how do I go from just getting through the day to living life with purpose?

Why am I here?

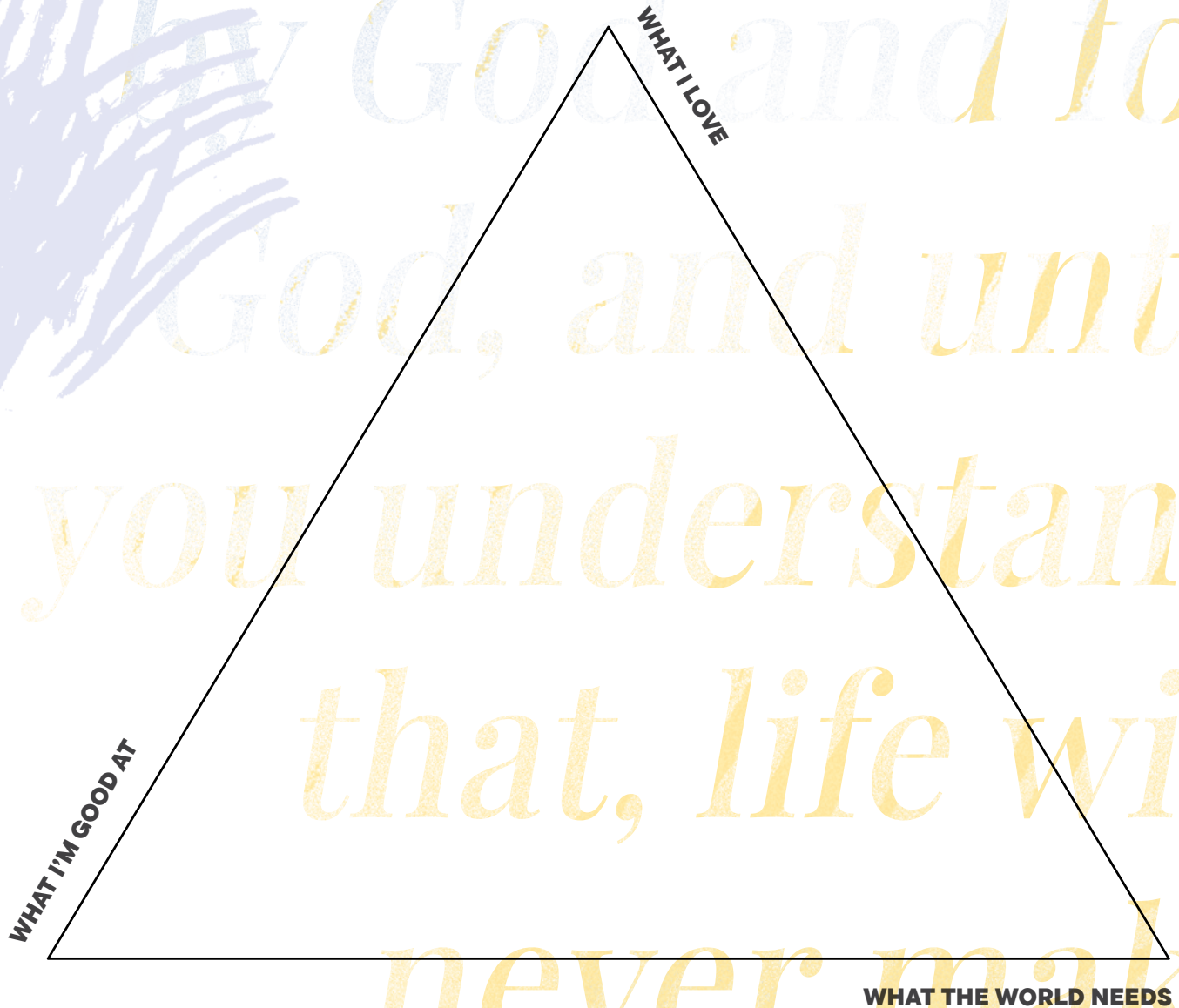
As a way to begin thinking about this, let's play the 'Chair' game.

PLAY THE 'CHAIR' GAME

How did you go with the game? How did it feel when you didn't have anywhere to sit?

In life, when have you felt unsure of where you are supposed to 'sit'?

DO THE 'PURPOSE TRIANGLE' ACTIVITY



Write down one step you could take this week to do more of what matters to you.

READ THE SCRIPTURE

GOD HAS MADE US

EPHESIANS 2:8-10

⁸ I mean that you have been saved by grace because you believed. You did not save yourselves; it was a gift from God. ⁹ You are not saved by the things you have done, so there is nothing to boast about. ¹⁰ God has made us what we are. In Christ Jesus, God made us new people so that we would spend our lives doing the good things he had already planned for us to do.

QUESTIONS

*What do you think about what we just read?
How do you think it might relate to the question,
‘Why am I here?’*

*This Scripture says, “God made us what we are”.
Other translations of the Bible say we are ‘God’s
handiwork’. How does it feel to think that God made
us himself, with care and attention to detail?*

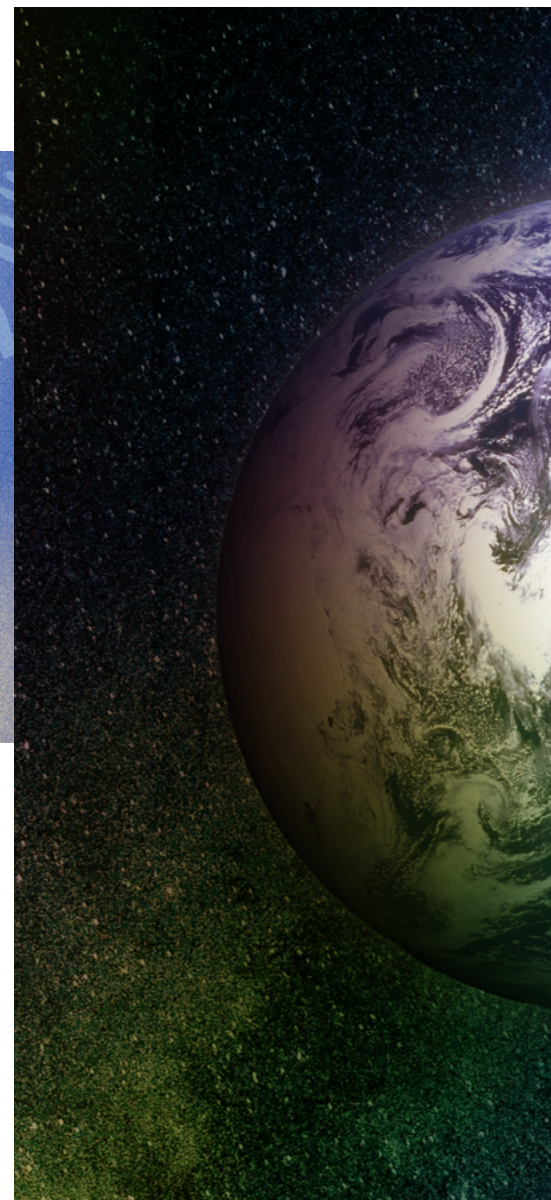
*If God made you for a reason, what do you think
some of that reason could be?*

*Paul says that there are “good things” that God has
planned for us to do. How can we figure out what
some of those good things are in our everyday lives?*

CONCLUSION

Sometimes life can feel pointless. We can question why we are here. Having a purpose in life – and making a difference – is inspiring, but if we don’t feel like we’ve found ours yet, we might think we’re falling behind. We can wonder, how do I go from just getting through the day to living life with a sense of purpose?

The Good News is that God has created us on purpose with a purpose, and he has prepared good things for us to do. We can use what we love doing and what we’re good at to make a difference to the people around us.



WHAT IS GOD DOING IN THE WORLD?



INTRODUCTION

Sometimes it can seem like God is far away. The world can feel messy, unfair, or out of control, and we can wonder what God is doing about it.

We might question, what is God's plan for the world? And what does it have to do with me?

We may get the feeling that God is working when we're at a big worship night, on camp or with friends who believe the same things as us. Those moments can feel powerful. But we might wonder if he is at work outside these times.

In our everyday lives it's not always clear where God is at work. We might catch glimpses, or we might not see much that feels like him. It can leave us unsure about how God fits into what's happening around us, or whether he's moving in ways we just don't notice yet.

What is God doing in the world?

As a way to begin thinking about this, let's play the 'Goggle Boggle' game.



PLAY THE 'GOGGLE BOGGLE' GAME

*How did you go with the game?
How easy/difficult was it to see?*

*When do we find it easy/difficult to
see God at work in the world?*

DO THE 'WHO GOD IS, WHAT GOD DOES' ACTIVITY



READ THE SCRIPTURE

GOD'S PLAN FOR THE WORLD

LUKE 4:18-19 AND JOHN 3:16-17

¹⁸ “The Spirit of the Lord is on me. He has chosen me to tell good news to the poor. He sent me to tell prisoners that they are free and to tell the blind that they can see again. He sent me to free those who have been treated badly ¹⁹ and to announce that the time has come for the Lord to show his kindness.” Luke 4:18-19

¹⁶ “Yes, God loved the world so much that he gave his only Son, so that everyone who believes in him would not be lost but have eternal life. ¹⁷ God sent his Son into the world. He did not send him to judge the world guilty, but to save the world through him.” John 3:16-17

QUESTIONS

*What do you think about what we just read?
How do you think it might relate to the question,
‘What is God doing in the world?’*

*What do you think these verses show about what
God does – and wants to do – for people who are
struggling, hurting or left out?*

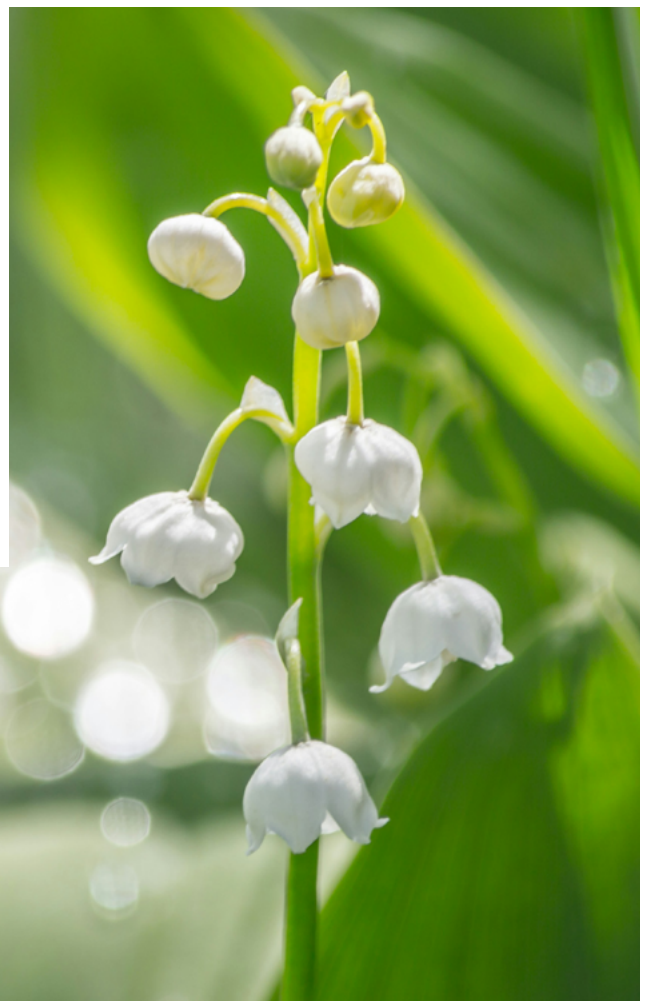
*Jesus talks about bringing freedom and kindness.
What could that look like in our world today?
Where do you see God bringing these things?*

*John 3:17 says God sent Jesus to save, not to judge.
How does that change the way we think about God
and his plans for our world?*

CONCLUSION

Sometimes it can seem like God is far away. The world can feel messy, unfair, or out of control, and we can wonder what God is doing about it. There are times when we catch glimpses of him at work, but it's not always clear. It can leave us unsure about how God fits into what's happening around us, or whether he's moving in ways we just don't notice yet.

The Good News is that God has a plan for the world, and he is at work in people's lives. We can be part of his plan by speaking words of hope and kindness, praying for our friends, being involved in bringing justice, and getting to know God better at youth group and church.



HOW CAN I MAKE A DIFFERENCE?

INTRODUCTION

Sometimes we feel pretty powerless. Big decisions about our lives can get made by other people, and we may not have much money or experience. It can leave us feeling small or like we don't have much control over things.

Some of us have been put down by others – told we are too young or too stupid to achieve anything worthwhile. Words like this can crush our confidence and intensify the feeling of powerlessness.

Even if we haven't had those experiences, we can wonder whether one person can really make a difference. After all, we are just one person in a world of eight billion people.

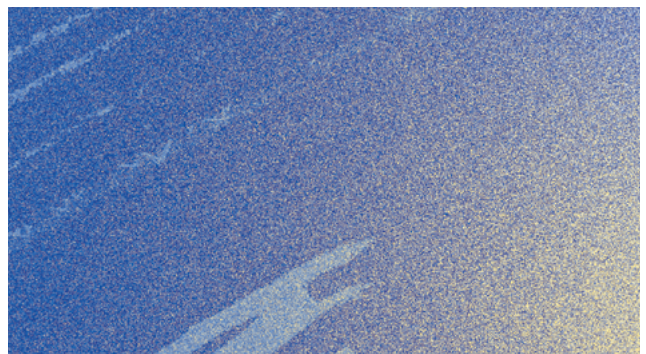
How can I make a difference?

As a way to begin thinking about this, let's play the 'Domino Effect' game.

PLAY THE 'DOMINO EFFECT' GAME

How did you go with the game? How did it feel to see one domino affecting so many others?

How easy or difficult do you think it is for one person to make a difference in the world?





DO THE 'ACT IT OUT' ACTIVITY

ROLE PLAY PROMPTS

Worst day ever

Not what I expected

That was a surprise!

Broken heart

Speak up!

Picking up the pieces

WRITE DOWN TWO SMALL THINGS YOU CAN DO THIS WEEK THAT WILL MAKE A DIFFERENCE TO SOMEONE.

READ THE SCRIPTURE

HOW WE LIVE IN THE WORLD

MATTHEW 5:14-16

¹⁴ You are the light that shines for the world to see. You are like a city built on a hill that cannot be hidden. ¹⁵ People don't hide a lamp under a bowl. They put it on a lampstand. Then the light shines for everyone in the house. ¹⁶ In the same way, you should be a light for other people. Live so that they will see the good things you do and praise your Father in heaven."

WHAT IS GOOD

MICAH 6:8

Human, the Lord has told you what goodness is. This is what he wants from you: Be fair to other people. Love kindness and loyalty, and humbly obey your God.

QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, 'How can I make a difference?'

Jesus says we should be like a light, that shines brightly in the darkness of the world. What parts of the world would you describe as dark? How could the light of Jesus make a difference in those places?

What might it look like for you to 'shine your light' in ordinary, everyday situations?

Read Micah 6:8 again. Are you surprised that this is what God wants from us? How can one person live these things out in a way that makes a difference?

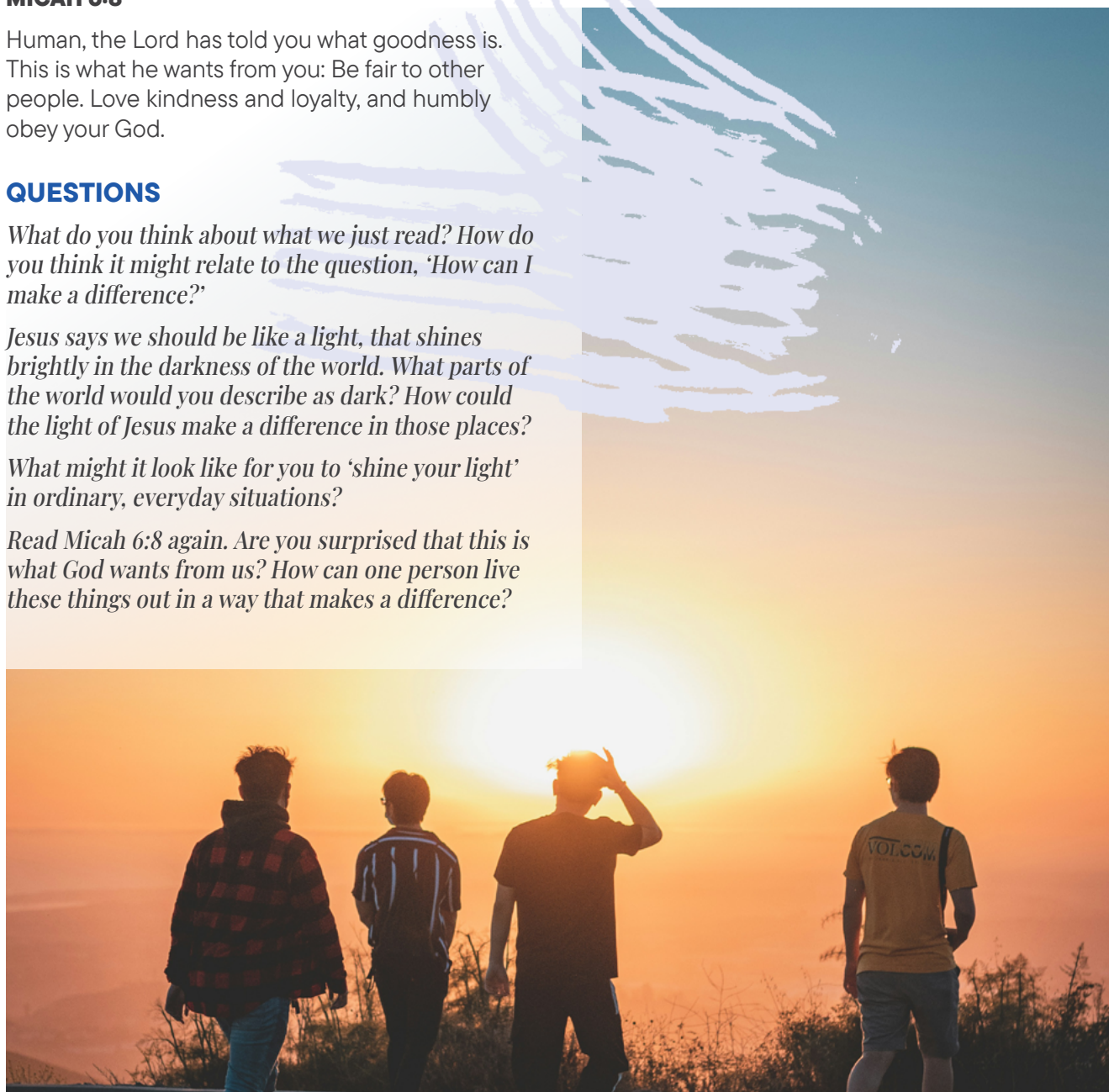
CONCLUSION

READ THE CONCLUSION

Sometimes we can feel powerless. We may have been put down, with no control and not many options. We may not have the resources, money or experience to do what we'd like to do.

Even if we haven't had those experiences, we can wonder whether one person can really make a difference in this world.

The Good News is that God can do significant things through everyday people like us. He empowers us to bring light, justice and kindness to the people in our world, one small act at a time.



WHAT DIFFERENCE CAN WE MAKE WHEN WE WORK TOGETHER?

INTRODUCTION

Our world is getting more and more self-focused. Social media, streaming platforms and Uber Eats make it easy for us to get exactly what we want, when we want it. We pride ourselves on being independent, with terms like ‘self-made’ and ‘self-sufficient’ thrown around like compliments. There are benefits to being independent, but too much focus on the ‘self’ moves us away from a sense of community and working together.

Working together is part of life. At school, we often have to work together – like when we are put into groups to work on a project or assessment. We may not like working with other people, it may seem like too much effort, and we might think it’s easier to go it alone. But when it comes to problems in life and society, we may find that we need to work with others. Some challenges are too big to face alone.

What difference can we make when we work together?

As a way to begin thinking about this, let’s play the ‘Tarp Flip Game’ game.





PLAY THE 'TARP FLIP' GAME

How did you go with the game? How did you work out how to flip the tarp?

How does it feel when we accomplish something together?

DO THE 'PLAN AN EVENT' ACTIVITY

Consider questions like:

- Who are the people we are helping with this idea?
- When will we do it?
- Who do we need to contact for permission and approvals?
- What will the steps be?
- What roles will each of us do?
- How can we advertise it?





READ THE SCRIPTURE

PEOPLE BRING THEIR FRIEND TO JESUS THROUGH A ROOF

MARK 2:1-12

A few days later, Jesus came back to Capernaum. The news spread that he was back home. ²A large crowd gathered to hear him speak. The house was so full that there was no place to stand, not even outside the door. While Jesus was teaching, ³some people brought a paralyzed man to see him. He was being carried by four of them. ⁴But they could not get the man inside to Jesus because the house was so full of people. So they went to the roof above Jesus and made a hole in it. Then they lowered the mat with the paralyzed man on it. ⁵When Jesus saw how much faith they had, he said to the paralyzed man, “Young man, your sins are forgiven.”

⁶Some of the teachers of the law were sitting there. They saw what Jesus did, and they said to themselves, ⁷“Why does this man say things like that? What an insult to God! No one but God can forgive sins.”

⁸Jesus knew immediately what these teachers of the law were thinking. So he said to them, “Why do you have these questions in your minds? ⁹⁻¹⁰The Son of Man has power on earth to forgive sins. But how can I prove this to you? Maybe you are thinking it was easy for me to say to the crippled man, ‘Your sins are forgiven.’ There’s no proof

it really happened. But what if I say to the man, ‘Stand up. Take your mat and walk’? Then you will be able to see if I really have this power or not.” So Jesus said to the paralyzed man, ¹¹“I tell you, stand up. Take your mat and go home.”

¹²Immediately the paralyzed man stood up. He picked up his mat and walked out of the room. Everyone could see him. They were amazed and praised God. They said, “This is the most amazing thing we have ever seen!”

QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, ‘What difference can we make when we work together?’

How do you think the outcome of this story might be different if the paralyzed man only had one friend helping him, rather than the group?

The paralyzed man had friends who were determined to see him healed. They ended up making a huge difference to his life by working together and putting him in the presence of Jesus. Where have you seen faith move people to work together?

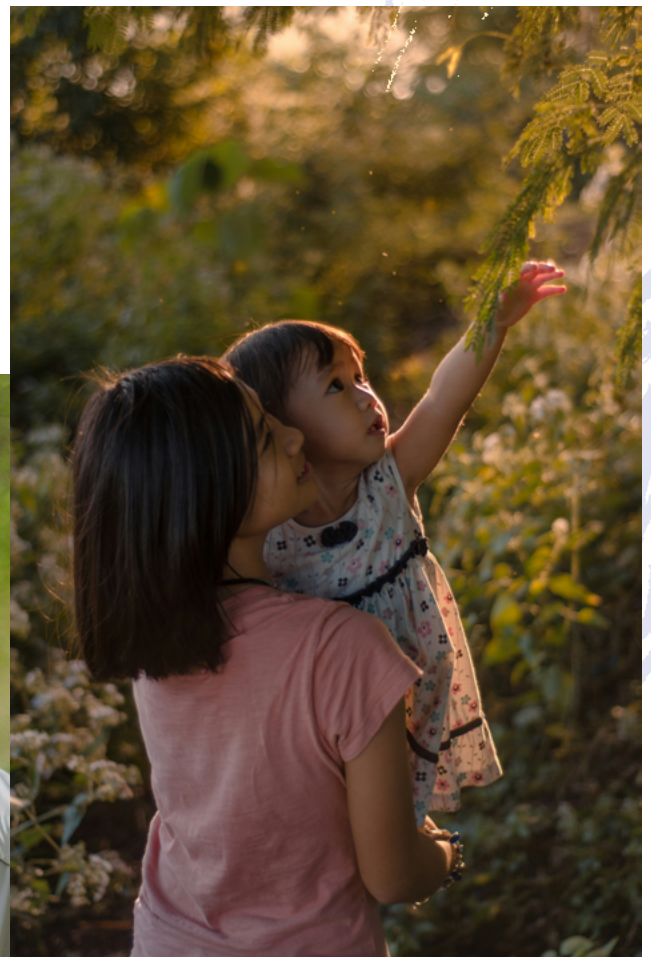
Have you ever been part of a group that has come together to make a difference? How did it feel? What did you achieve together?

CONCLUSION

READ THE CONCLUSION

Our world is getting more and more self-focused. We pride ourselves on being independent, with words like 'self-made' and self-sufficient thrown around like compliments. There are benefits to being independent, but too much focus on the 'self' moves us away from a sense of community.

Working with others involves compromise and effort – sometimes we might think it's just easier to go it alone, but the Good News is that when we work together, God can use us make a significant difference.





**LIFE
LABS**

Session 5

WHAT HAPPENED THIS YEAR?

INTRODUCTION

Sometimes life feels like a rollercoaster, with unexpected highs and lows. We can be so caught up in the moment that there isn't a lot of time to process what has happened. When we've faced intense lows or epic highs, it's important for us to be able to process them. If we don't unpack what has happened, we might feel anything from numbness to anger or anxiety.

At other times, there can be long stretches that feel like they go on forever, with nothing of note happening at all. Even in those times, we are changing – being shaped by the people we connect with and the experiences we have. When we take time to look back, we can be surprised by the things we notice – the way we were shaped, the memories we feel grateful for, the way God was working.

It's helpful to create space to look back and ask ourselves,

What happened this year?

As a way to begin thinking about this, let's play the 'This Year IRL' game.

PLAY THE 'THIS YEAR IRL' GAME

How did you go with the game?

What was the most surprising answer?

What did you most enjoy at youth group this year?

What did you least enjoy?

DO THE **'TIMELINE'** ACTIVITY

	JAN
	FEB
	MAR
	APR
	MAY
	JUN
	JUL
	AUG
	SEP
	OCT
	NOV
	DEC

READ THE SCRIPTURE

JESUS AND TWO DISCIPLES TALK ABOUT HIS DEATH AND RESURRECTION

LUKE 24:13-31A

¹³ That same day two of Jesus' followers were going to a town named Emmaus. It is about seven miles from Jerusalem. ¹⁴ They were talking about everything that had happened. ¹⁵ While they were talking, discussing these things, Jesus himself came near and walked with them. ¹⁶ (But the two men were not allowed to recognize Jesus.) ¹⁷ He asked them, "What's this I hear you discussing with each other as you walk?"

The two men stopped, their faces looking very sad.

¹⁸ The one named Cleopas said, "You must be the only person in Jerusalem who doesn't know what has just happened there."

¹⁹ Jesus said, "What are you talking about?"

They said, "It's about Jesus, the one from Nazareth. To God and to all the people he was a great prophet. He said and did many powerful things. ²⁰ But our leaders and the leading priests handed him over to be judged and killed. They nailed him to a cross. ²¹ We were hoping that he would be the one to free Israel. But then all this happened.

"And now something else: It has been three days since he was killed, ²² but today some of our women told us an amazing thing. Early this

morning they went to the tomb where the body of Jesus was laid. ²³ But they did not find his body there. They came and told us they had seen some angels in a vision. The angels told them Jesus was alive! ²⁴ So some of our group went to the tomb too. It was just as the women said. They saw the tomb, but they did not see Jesus."

²⁵ Then Jesus said to the two men, "You are foolish and slow to realize what is true. You should believe everything the prophets said. ²⁶ The prophets said the Messiah must suffer these things before he begins his time of glory." ²⁷ Then he began to explain everything that had been written about himself in the Scriptures. He started with the books of Moses and then he talked about what the prophets had said about him.

²⁸ They came near the town of Emmaus, and Jesus acted as if he did not plan to stop there. ²⁹ But they wanted him to stay. They begged him, "Stay with us. It's almost night. There's hardly any daylight left." So he went in to stay with them.

³⁰ Joining them at the supper table, Jesus took some bread and gave thanks. Then he broke some off and gave it to them. ³¹ Just then the men were allowed to recognize him.

QUESTIONS

What do you think about what we just read?

How do you think it might relate to the question, 'What happened this year?'

In Verse 21, the disciples are sad because the thing they hoped for doesn't seem to have happened, but Jesus explains that it just didn't happen how they expected. Have you ever experienced something like this?

The disciples didn't realise they had been with Jesus until they looked back later on. Can you think of a time when you looked back on an experience and realised Jesus was at work? Why do you think it is sometime difficult to recognise at the time?

How can the practice of looking back strengthen our faith or give us insight?

CONCLUSION

READ THE CONCLUSION

Sometimes life feels like a rollercoaster, with unexpected highs and lows. At other times, there can be long stretches that feel like they go on forever, with nothing of note happening at all. Even when life feels uneventful, we are changing – being shaped by the people we connect with and the experiences we have. When we take time to look back and reflect, we can notice how God was shaping us.

The Good News is even if we didn't know it at the time, God is always with us and is working in our lives.



WHO ENCOURAGED US THIS YEAR?

INTRODUCTION

We all know that relationships are important. Our friends, our family, the people that we rely on for fun, help, love and care.

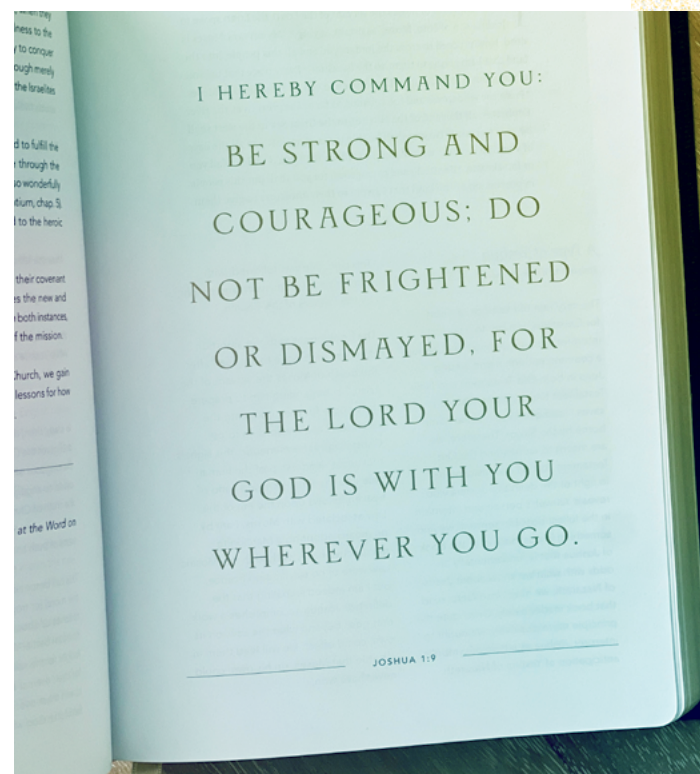
Our friends might change over time, and we might notice that some of them come and go over the years. The friends who are most important in our lives right now might have less influence next year.

When things begin to go wrong in our lives and we face challenges, we often become more aware of our relationships. We notice the people who stick by us in the tough times and build us back up again.

But when life is cruising along normally, we might not notice and appreciate these people and the role they play in our lives. It's helpful to pause and ask:

Who encouraged us this year?

As a way to begin thinking about this, let's play the 'Thumb Wars – champions and cheer squads' game.



PLAY THE 'THUMB WARS – CHAMPIONS AND CHEER SQUADS' GAME

How did you go with the game?

How did it feel to have people cheering you on?

What difference does it make to have a cheer squad (in life)?



DO THE 'WORDS OF THANKS' ACTIVITY

SENTENCE STARTERS FOR WORDS OF THANKS.

- *I am grateful for the way you...*
- *Something I appreciate about you is...*
- *You have helped me feel valued by...*
- *You have shown me that...*
- *I'm so thankful for your...*
- *I want you to know how much I value...*



READ THE SCRIPTURE

ENCOURAGE EACH OTHER

HEBREWS 10:24-25

²⁴ We should think about each other to see how we can encourage each other to show love and do good works. ²⁵ We must not quit meeting together, as some are doing. No, we need to keep on encouraging each other. This becomes more and more important as you see the Day getting closer.

ROMANS 12:15

When others are happy, you should be happy with them. And when others are sad, you should be sad too.

QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, 'Who encouraged us this year?'

Hebrews 10 is all about how God wants us to relate to each other. What do you think it would feel like if everyone helped and loved each other?

Have you ever felt encouraged by meeting together with other Christians? What did that feel like?

Why do you think this verse suggests that we express joy when our friends are joyful or sadness when they are sad? How do you think this might encourage someone?

CONCLUSION

READ THE CONCLUSION

We all need people in our lives who will support and encourage us.

When things begin to go wrong and we face challenges, we often become more aware of our relationships. We notice the people who stick by us in the tough times and build us back up again.

But when life is cruising along normally, we might not notice and appreciate these people and the role they play in our lives.

The Good News is that we don't have to do life alone. We can support each other through the good times and the tough times. God puts people in our lives who encourage us, and we can encourage them too.

WHAT HAVE WE ACHIEVED THIS YEAR?

INTRODUCTION

We all want to feel like we are doing well in life – growing and accomplishing things.

But at the end of the year, as report cards come home and other students are celebrated at presentation nights, we can begin to wonder just how well we are doing. If we haven't achieved anything spectacular, if we are not winning the academic or sporting awards, we can begin to feel down about ourselves.

We might begin to wonder what achievement really means. Are we doing enough? Are we good enough? How have we learnt and grown over the past year – spiritually, emotionally, intellectually, physically?

We are often tempted to measure our achievements against the achievements of other people, but how have we personally improved?

What have we achieved this year?

As a way to begin thinking about this, let's play the 'Minute to improve' game.



PLAY THE 'MINUTE TO IMPROVE' GAME

How did you go with the game?

What did you do to improve your results?

How does it feel when we get better at something?

DO THE 'YOU HAVE GROWN' ACTIVITY

One way I have seen you grow...

One way you have helped me...

One way you have encouraged me...

One thing you did well...

READ THE SCRIPTURE

GROWING IN FAITH

2 PETER 1:5-8

⁵ Because you have these blessings, do all you can to add to your life these things: to your faith add goodness; to your goodness add knowledge; ⁶ to your knowledge add self-control; to your self-control add patience; to your patience add devotion to God; ⁷ to your devotion add kindness toward your brothers and sisters in Christ, and to this kindness add love. ⁸ If all these things are in you and growing, you will never fail to be useful to God. You will produce the kind of fruit that should come from your knowledge of our Lord Jesus Christ.

QUESTIONS

What do you think about what we just read?

How do you think it might relate to the question, 'What have we achieved this year?'

These verses remind us that when we follow Jesus, we become more like him. When have you seen this happen in your life or someone else's?

Which of these characteristics do you see growing in your life? How does this impact how you relate to others?

Where do you think people might see God working in your life? How do you think the Holy Spirit is helping you to grow more like Jesus?



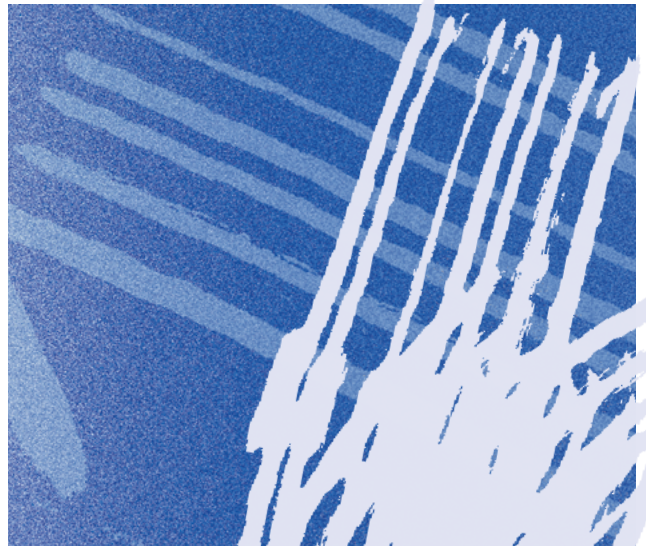
CONCLUSION

READ THE CONCLUSION

When we compare ourselves or try to meet the expectations of others, we might feel like we are not good enough, or we may wonder if we measure up.

Instead, it is helpful to reflect on what we have learnt, how we have personally improved and ways in which we have grown to be more like Jesus. We can pause and ask ourselves, 'What have I achieved this year?'

The Good News is that God's Holy Spirit is working in us, leading us and helping us to grow more like Jesus.



WHAT DO WE WANT NEXT YEAR TO BE LIKE?

INTRODUCTION

As we look ahead to the new year, it's natural to imagine what it will be like. We might find ourselves dreaming about the possibilities or wishing for things to be different.

If we've faced some tough circumstances this year, we might be longing for those things to change. Or we might hope for new opportunities and experiences. The possibility of trying new things or reaching new milestones can excite us.

Some of these things are outside our control, but some of them are things we can achieve if we set goals and work toward them. As we prepare for the year to end, it's helpful for us to consider,

What do we want next year to look like?

As a way to begin thinking about this, let's play the 'Get a goal' game.

PLAY THE 'GET A GOAL' GAME

How did you go with the game?

How did it feel to try to score a goal?

How does it feel when we set a goal in life and achieve it?

DO THE 'MY GOALS' ACTIVITY

MY GOALS

[paste picture here]

READ THE SCRIPTURE

TRUSTING GOD WITH OUR FUTURE

PROVERBS 3:5-6

⁵Trust the LORD completely, and don't depend on your own knowledge. ⁶With every step you take, think about what he wants, and he will help you go the right way.

QUESTIONS

What do you think about what we just read? How do you think it might relate to the question, 'What do we want next year to be like?'

What do you think it means to "trust the Lord completely" in our lives?

Can you think of a time when you felt like God helped you go the right way? What happened?

How could this verse connect with the goals you want to set for next year?

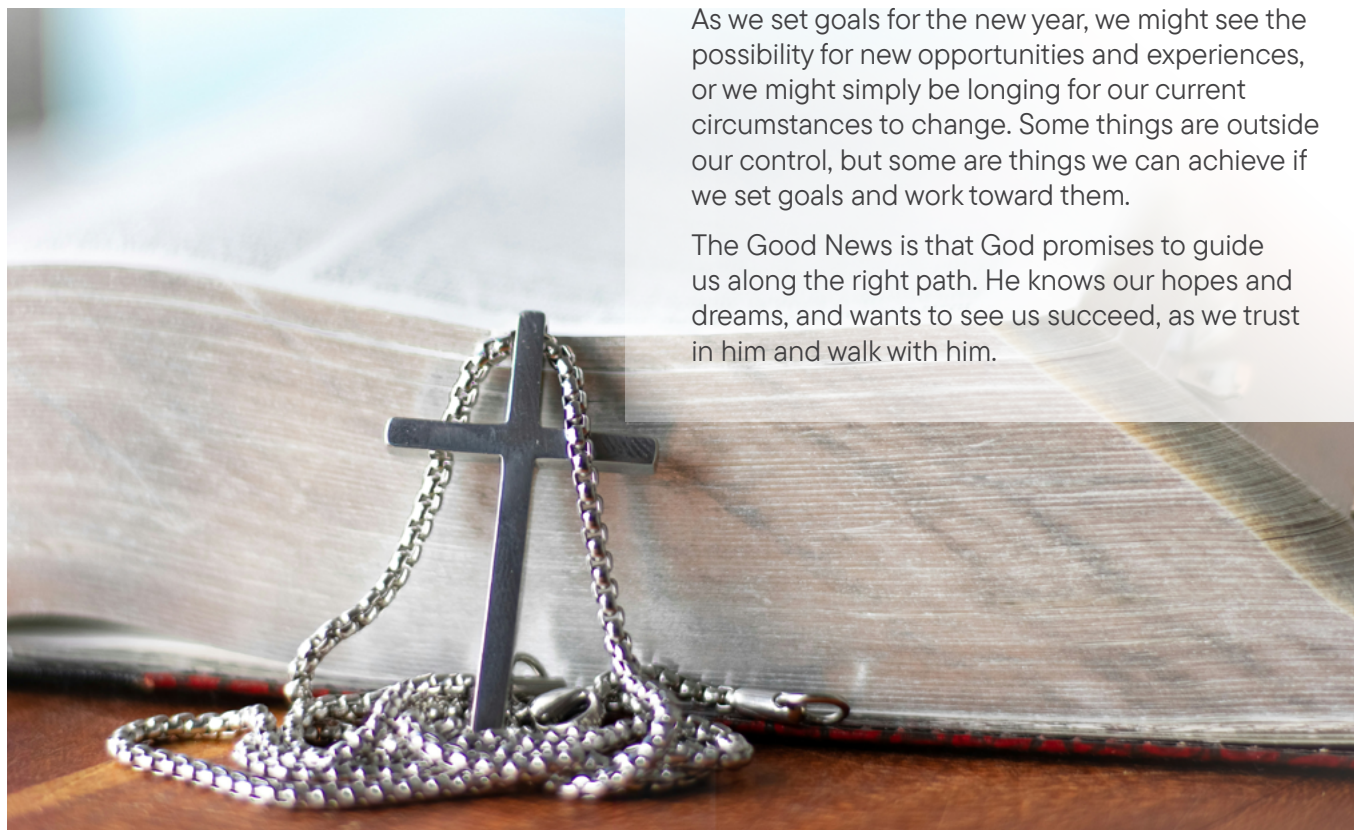


CONCLUSION

READ THE CONCLUSION

As we set goals for the new year, we might see the possibility for new opportunities and experiences, or we might simply be longing for our current circumstances to change. Some things are outside our control, but some are things we can achieve if we set goals and work toward them.

The Good News is that God promises to guide us along the right path. He knows our hopes and dreams, and wants to see us succeed, as we trust in him and walk with him.



LIFE LABS



salvationarmy.org.au/youth-ya
equipleaders.com.au