



GROUP MATERIAL

TERM 1 | 2024



*What do we do
when we feel lost?*



LIFE LABS 1

What do we do when we feel lost?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES

Have you ever been lost? Maybe you needed to catch the bus but caught the wrong one or missed your stop. Suddenly, you're in an unknown environment and don't know where you are or what to do next. Sometimes, we feel lost in our lives. We might feel disconnected or directionless. We might feel that there's nobody on our side and wonder how we can go on. Whether we're feeling a bit down or completely overwhelmed, we can all feel lost.

What do we do when we feel lost?

PLAY THE 'I'M GOING TO THE MOON' GAME

How did you go with the game? How did it feel when you didn't understand the riddle? What do you do when you feel confused or lost?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE ENCHANTED FOREST ACTIVITY



Think about a time when you felt lost. Pick five feelings from the feelings wheel that describe how you felt.

Feeling 1 _____

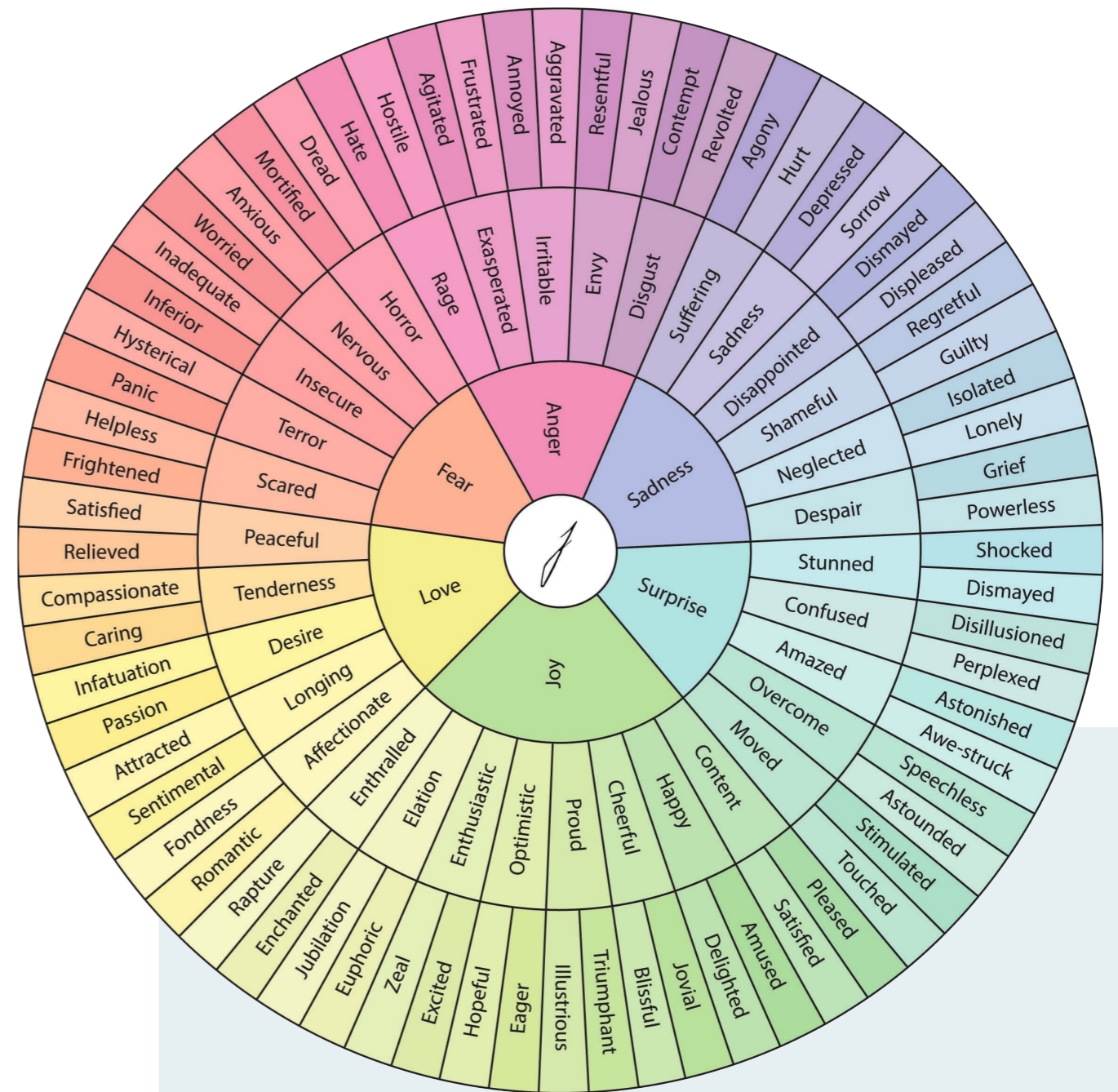
Feeling 2 _____

Feeling 3 _____

Feeling 4 _____

Feeling 5 _____

THE FEELINGS WHEEL



LIFE LABS 2

How do we find connection?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES

We all want to feel connected to others. When we find connection, we can feel loved, supported, and safe to be ourselves. But sometimes, we don't feel connected to the people around us. Maybe we are bullied, ignored at school, or feel like we don't belong in our families. When we don't feel connected to those around us, we can feel isolated and alone, like no one is there for us. We all need connection but can struggle to know how to find it.

How do we find connection?

PLAY THE 'CHAIN REACTION' GAME

How did you go with the game? Were you surprised by the chain reaction when one person moved? Who are the people you are most connected to?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE 'FIND YOUR FIT' ACTIVITY



List the people you connect with and the characteristics you like about them.

Person	Characteristic you liked

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

ELEVEN FOLLOWERS WENT TO GALILEE

¹⁶ The eleven followers went to Galilee, to the mountain where Jesus told them to go. ¹⁷ On the mountain the followers saw Jesus. They worshiped him. But some of the followers did not believe that it was really Jesus. ¹⁸ So he came to them and said, "All authority in heaven and on earth is given to me. ¹⁹ So go and make followers of all people in the world. Baptize them in the name of the Father and the Son and the Holy Spirit. ²⁰ Teach them to obey everything that I have told you to do. You can be sure that I will be with you always. I will continue with you until the end of time."

Matthew 28:16-20



Conclusion

We all want to feel connected to others. But sometimes we don't feel connected to the people around us, leaving us feeling isolated and alone, like no one is there for us. The Good News is that we can find connection with Jesus. Just like the disciples, we can remember that Jesus is with us, and we can help others to connect with Him too.

LIFE LABS 3

How do we find confidence for the future?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES



We all would love to know the future. We could know the answers for upcoming exams and what job we will do. When we know what the future will be, we can feel in control and confident about our lives. But we can't know everything about the future. Sometimes in life we experience unexpected challenges. Maybe our closest friends stop talking to us, our family moves town, or we lose a loved one. When unexpected challenges happen to us, we can feel uncertain and lose confidence for the future.

How do I find confidence for the future?

PLAY THE 'FREDDO CATCH' GAME



How did you go with the game? How difficult did you think the game was going to be? How do you respond when you face difficulties?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE NUMBER PUNCH ACTIVITY

WHAT CAN I DO TO STAY RESILIENT WHEN FACING CHALLENGES?

Understand how you feel

Take some time to explore your feelings. You can use the feelings wheel from Session 1, talk with someone you trust, or speak to a professional.

Put the challenge in perspective

Take some time to think through the facts of the situation.



What is happening?

How is it affecting you?

Have you faced a challenge like this before?

You can then rate the challenge on a scale of 1-10 to help you determine if you need support from others.

1 ←————→ 5 ←————→ 10
(I can handle this) (I need some help) (I need help NOW!)

TIPS TO HELP MANAGE CHALLENGES

Stay present

It can be easy to get caught up in what has happened in the past or what might go wrong in the future. When we face challenges it can help when we take one step at a time. To help you do this ask yourself "What can I do now to help this situation?"

Seek support

Sometimes we need the support of others when we face challenges. You can get support from your friends, trusted adults, or professionals. If you are struggling, it's important to make sure you have support to help you stay resilient and have the resources you need to face your challenge.

Take care of yourself

It's important to take care of yourself. If you're facing a challenge it can be easy to neglect our health. Here are some areas that can help you make sure you're taking care of yourself.

1. Physical exercise – Exercise helps you to stay physically healthy and also release endorphins that help you to feel good after. You could

- Go for a walk
- Play your favourite sport
- Dance

2. Eating well – Making sure you are eating enough food that is nutritious can help you have energy, sleep well, and can boost your immune system. Here is a link to the Australian guide to healthy eating to help you eat well.



3. Get enough sleep – When you sit down your body rests, but your brain only rests when you are asleep. When our brains don't have the opportunity to rest we can experience some negative effects:

- The part of our brain that we use to make decisions becomes tired and we are more likely to make risky or emotional decisions.
- At night the part of our brain (Limbic system) that can produce anxiety is more active. This means if we are awake later at night we can feel more anxious and stressed.
- Sleep also allows the brain to clear toxins that build up in our brain. If we don't give the brain the chance to clear these toxins it can impact our brain function and mental health.

Tips to help you sleep well

- Go to bed at a consistent time – This helps build sleep rhythms to help you fall asleep and helps you to make sure you get 8-10 hours of sleep each night.
- Limit screen time before bed – Looking at a screen (phone, TV, laptop, etc.) keeps your brain awake and engaged. By limiting screen time at least 30 minutes before bed helps your brain wind down before sleep.
- Wind down time – Winding down time without screen time might seem difficult, but you could read a book, listen to relaxing music, or have a warm bath or shower.
- Limit sleep disruptors – Sleep disruptors make it more difficult to sleep and include: exercise or eating close to bedtime, caffeine or sugar, and screen time.

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

NOTHING CAN SEPARATE US FROM GOD'S LOVE

³⁷ But in all these troubles we have complete victory through God, who has shown his love for us. ³⁸⁻³⁹ Yes, I am sure that nothing can separate us from God's love—not death, life, angels, or ruling spirits. I am sure that nothing now, nothing in the future, no powers, nothing above us or nothing below us—nothing in the whole created world—will ever be able to separate us from the love God has shown us in Christ Jesus our Lord.

Romans 8:37-39



Conclusion

We all would love to know the future, but a part of life is experiencing unexpected challenges. When unexpected challenges happen to us, we can feel uncertain and lose confidence for the future. The Good News is that just like Paul we can find confidence knowing that God loves us no matter what. When we experience challenges that leave us uncertain about the future, we can remember that nothing can separate us from God's love for us.

LIFE LABS 4

*How do we
know that
we matter?*



SCENARIOS



How would you feel if you were Ashley in this scenario?

Have you ever been ignored? How did that make you feel?

Have you ever had to stand up for yourself? What did you do?

What would you do if you were in this scenario?

Scenario 3: Giving a Presentation

Bailey is giving a presentation to their class about the history of video games in Australia. As Bailey speaks, their classmates start whispering to one another, look away and don't listen to Bailey's presentation. Bailey stops talking and the class becomes silent. However, when they start talking again, people in the class resume their whispering and turn away from them.



How would you feel if you were Bailey in this scenario?

Bailey was disrespected by their classmates. Have you ever felt disrespected by those around you?

If someone isn't listening to you, how can you help them understand how you're feeling?

What would you do if you were in this scenario?

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

SUPPOSING A WOMAN HAS TEN SILVER COINS

⁸ "Suppose a woman has ten silver coins, but she loses one of them. She will take a light and clean the house. She will look carefully for the coin until she finds it. ⁹ And when she finds it, she will call her friends and neighbours and say to them, 'Be happy with me because I have found the coin that I lost!' ¹⁰ In the same way, it's a happy time for the angels of God when one sinner decides to change."

Luke 15:8-10



Conclusion

Everyone needs to know that they matter, but sometimes we feel left out, ignored, or unimportant. This can affect our self-esteem, confidence, and how we care for ourselves. The Good News is that just like the woman valued her lost coin, Jesus values all of us. When we feel like we don't matter, we know that Jesus loves us, cares about us, and values us for who we are. We are no longer lost because we matter to Jesus.

LIFE LABS 5

How do we connect with our friends?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES



If we thought about a time when we had the most fun, it would probably be doing something with our friends. Our friends make us laugh, listen when we need someone to talk to and support us when we're upset. But sometimes we don't feel connected to our friends. We don't know what to say, can struggle to find time to hang out, or get in fights. If we can't connect with our friends, we can feel alone, left out, and struggle to enjoy life.

How do we connect with our friends?

PLAY THE 'FIND SOME FRIENDS' GAME



How did you go with the game? How did it feel when you weren't connected to a group? Have you ever struggled to connect with friends?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE CONNECTION STYLES ACTIVITY

Understand how you feel

There are lots of different ways to connect with others. Here are five connection styles we can use to connect with our friends, based on the book 'What Are the 5 Love Languages?' by Gary Chapman.

Connection Styles Bingo

- On the bingo sheet mark with one colour 5 ways you like to connect with your friends.
- Then find someone with the same box coloured and write their name in the box on your sheet.
- Try to find a different person for each box you coloured in.

How Can You Connect with Your Friends?

Words of Encouragement	Giving compliments	Sharing an encouraging scripture	Writing a thank you message	Writing a song or poem	Recording a positive video
Quality Time	Playing video games together	Watching movies together	Going for a walk together	Volunteering together	Praying together
Giving Gifts	Making a craft for them	Getting them a birthday present	Lending something of yours they like	Buying them food from the canteen	Giving them something that reminds you of them
Physical Closeness	Giving a high-five	Sitting next to them	Giving a hug	Play fighting	Giving a shoulder massage
Acts of Service	Helping carry bags	Helping with their chores	Asking how you can help	Helping them with their homework	Baking together

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

JESUS HANGS OUT WITH HIS FRIENDS

²⁷ After this Jesus went out and saw a tax collector sitting at his place for collecting taxes. His name was Levi. Jesus said to him, "Follow me!"

²⁸ Levi got up, left everything, and followed Jesus.

²⁹ Then Levi gave a big dinner at his house for Jesus. At the table there were many tax collectors and some other people too.

³⁰ But the Pharisees and those who taught the law for the Pharisees began to complain to the followers of Jesus, "Why do you eat and drink with tax collectors and other sinners?"

³¹ Jesus answered them, "It is the sick people who need a doctor, not those who are healthy.

³² I have not come to ask good people to change. I have come to ask sinners to change the way they live."

³³ They said to Jesus, "John's followers often fast and pray, the same as the followers of the Pharisees. But your followers eat and drink all the time."

³⁴ Jesus said to them, "At a wedding you can't ask the friends of the bridegroom to be sad and fast while he is still with them.

³⁵ But the time will come when the groom will be taken away from them. Then his friends will fast."

Luke 5:27-35



Conclusion

Sometimes, we can struggle to connect with our friends. Maybe we don't know what to say, can't find time to hang out, or get in fights. If we can't connect with our friends, we can feel alone, left out, and struggle to enjoy life. The Good News is that Jesus is our friend and wants to connect with us. Just like Jesus connected with the disciples and tax collectors, we can connect with our friends and the people who need friends.

LIFE LABS 6

How do we connect with helpful adults?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES

We all have adults in our lives. They might be adults in our family, family friends, coaches, youth leaders, or teachers. Sometimes, the adults in our lives can struggle to connect with us, and we can struggle to connect with them. Adults can support, encourage, and inspire us, but they can also misunderstand us and want unfair things from us. Sometimes, it can be difficult to know if an adult wants what's best for us.

How do we connect with helpful adults?

PLAY THE 'STUCK IN THE MUD' GAME

How did you go with the game? What did it feel like when you were tagged and someone did or didn't help you? Who in your life can help you when you're feeling stuck?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE HUMAN KNOT ACTIVITY

Write down a name of a helpful adult for each category

Who is an adult that listens to you? _____

Who is an adult who gives you helpful advice? _____

Who is an adult who encourages you? _____

Who is an adult who helps you? _____

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

JESUS WELCOMES YOUNG PEOPLE

¹³ People brought their small children to Jesus so that he could lay his hands on them to bless them. But the followers told the people to stop bringing their children to him.

¹⁴ Jesus saw what happened. He did not like his followers telling the children not to come. So he said to them, "Let the little children come to me. Don't stop them, because God's kingdom belongs to people who are like these little children."

¹⁵ The truth is, you must accept God's kingdom like a little child accepts things, or you will never enter it."

¹⁶ Then Jesus held the children in his arms. He laid his hands on them and blessed them.

Mark 10:13-16



Conclusion

We all have adults in our lives that we are connected to in different ways, whether at school, home, or youth group. But sometimes, we can struggle to form connections with helpful adults in our lives who want what's best for us. The Good News is that Jesus loves us and wants to connect with us. When we need adults to connect with, we can look for adults who love us like Jesus does.

LIFE LABS 7

How do we connect with God?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES

Have you ever heard someone say they feel connected to God? Maybe they went to a camp or church event, spent time praying, or were out in nature. We can see others connecting with God but struggle to find ways that make sense for us. We might go to a camp or church event and feel overwhelmed, pray and not hear anything, or be in a beautiful environment and feel no different. We can start to wonder if we can connect with God or if God is even there.

How do we connect with God?

PLAY THE 'HAVE YOU EVER' GAME

How did you go with the game? Have you done many of these spiritual connection activities? Were the ones you had done the same as other people, or different?

CONNECTING WITH GOD QUIZ

Take this quiz to find out how you might best enjoy connecting with God. Score the following statements on a scale of 1 to 5, with 1 being not true at all and 5 being very true. Record your results in the space provided below each section.

Nature

Naturalists love connecting with God outdoors.

- ___ 1. I feel alive when I go for a walk along the beach.
- ___ 2. I experience God when surrounded by creation, amongst mountains, the bush, or the ocean.
- ___ 3. I'm inspired to think beyond myself when I'm in nature.
- ___ Total of all your answers

Senses

Sensates love connecting with God through their senses.

- ___ 1. Painting something I am grateful for would fill me with joy.
- ___ 2. I love listening to music.
- ___ 3. I would enjoy lighting a candle and praying.
- ___ Total of all your answers

Traditions

Traditionalists love connecting with God through established practices.

- ___ 1. I enjoy reading written prayers in the Bible, such as the Lord's Prayer.
- ___ 2. I would like to read my Bible at the same time every day.
- ___ 3. I feel close to God when I have symbols to remind me of him, like a cross necklace.
- ___ Total of all your answers

Activist

Activists love connecting with God by standing up for justice.

- ___ 1. I feel close to God when I stand up for and advocate for others.
- ___ 2. When things are fair, I feel like the world is as it should be.
- ___ 3. I get frustrated when people around me don't care about justice.
- ___ Total of all your answers

Solitude

Solitudes love connecting with God through simplicity.

- ___ 1. I enjoy sitting in silence with God.
- ___ 2. I connect with God best when I have limited distractions.
- ___ 3. I'm closest to God when I'm by myself.
- ___ Total of all your answers

Caregiver

Caregivers love connecting with God by loving others.

- ___ 1. I experience God when I help people in need.
- ___ 2. I get frustrated when churches don't prioritise helping people.
- ___ 3. I feel close to God when I make a difference in someone else's life.
- ___ Total of all your answers

Enthusiast

Enthusiasts love connecting with God through celebration.

- ___ 1. I love worshipping through dancing and singing.
- ___ 2. I would like to go to an engaging and fun worship service.
- ___ 3. I feel connected to God when I'm free to worship Him how I want to.
- ___ Total of all your answers

Contemplative

Contemplatives love connecting with God through reflection.

- ___ 1. I feel disconnected from God if it has been a while since I thought about him.
- ___ 2. I like reflecting on God and where I have seen him in my week.
- ___ 3. I experience God when I think about how much he loves me.
- ___ Total of all your answers

Intellectual

Intellectuals love connecting with God through knowledge.

- ___ 1. I would enjoy leading or participating in a bible study.
- ___ 2. I enjoy reading books about the Bible and faith.
- ___ 3. I like memorising verses of Scripture.
- ___ Total of all your answers

The higher your score for each section, the stronger this connection style is for you. But remember, most of us have more than one way of connecting with God.

LIFE LABS 8

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

PEOPLE CONNECTING WITH GOD

- Then Moses climbed up the mountain to meet with God. (Exodus 19:3a)
- Then the priest will bring all these parts to the altar to be offered as a burnt offering, a sweet-smelling gift to the Lord. (Leviticus 1:9)
- Then he took some bread and thanked God for it. He broke off some pieces, gave them to the apostles and said, "This bread is my body that I am giving for you. Eat this to remember me." (Luke 22:19)
- After Jesus said goodbye to the people, he went up into the hills by himself to pray. It was late, and he was there alone. (Matthew 14:23)
- 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. (Micah 6:8)
- Always remember to help people by welcoming them into your home. Some people have done that and have helped angels without knowing it. (Hebrews 13:2)
- About midnight Paul and Silas were praying and singing songs to God. The other prisoners were listening to them. (Acts 16:25)
- 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. (Hebrews 10:25)
- After three days they found him. Jesus was sitting in the Temple area with the religious teachers, listening and asking them questions. (Luke 2:46)

Conclusion

Sometimes, we can see others connecting with God but struggle to find ways that make sense for us. When we struggle to connect with God, we can wonder if God is even there. The Good News is that God wants to connect with us, and we can connect with him in lots of different ways. If we struggle to connect with God, we can try another way and find one that works for us.

How do we connect with ourselves?



READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES



In life, we face complex situations. Maybe a family member has passed away, we struggle with school, or our lives have changed faster than we can keep up. Sometimes, we don't know how to feel or how we're meant to feel. Our thoughts can take control, and we can feel separated from our emotions. We might struggle to connect with ourselves because we don't know how to. If we can't connect with ourselves, we can feel lost and struggle to find our place in the world.

How do we connect with ourselves?

PLAY THE 'BIG MOOD' GAME



How did you go with the game? Did you find it easy or difficult to identify emotions? Have you ever found it challenging to describe your own thoughts and emotions?

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE 'BODY SCAN' ACTIVITY



Circle or highlight activities that help you connect to yourself

VOLUNTEER

ARTS & CRAFTS

GO FOR A WALK

HANG OUT WITH FRIENDS

WRITE YOURSELF A LETTER

SIT IN SILENCE

GET OUT IN NATURE

PRAY

WRITE DOWN YOUR DREAMS

LISTEN TO MUSIC

LOOK THROUGH MEMORABLE PHOTOS

BREATHING EXERCISES

JOURNAL

PAMPER YOURSELF

POSITIVE SELF-TALK

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

GOD'S X-RAY VISION

¹ Lord, you have tested me,
so you know all about me.

² You know when I sit down and when I
get up.
You know my thoughts from far away.

³ You know where I go and where I lie
down.
You know everything I do.

⁴ Lord, you know what I want to say,
even before the words leave my mouth.

⁵ You are all around me—in front of me
and behind me.
I feel your hand on my shoulder.

⁶ I am amazed at what you know;
it is too much for me to understand.

⁷ Your Spirit is everywhere I go.
I cannot escape your presence.

⁸ If I go up to heaven, you will be there.
If I go down to the place of death, you
will be there.

⁹ If I go east where the sun rises
or go to live in the west beyond the sea,
¹⁰ even there you will take my hand and
lead me.
Your strong right hand will protect me.

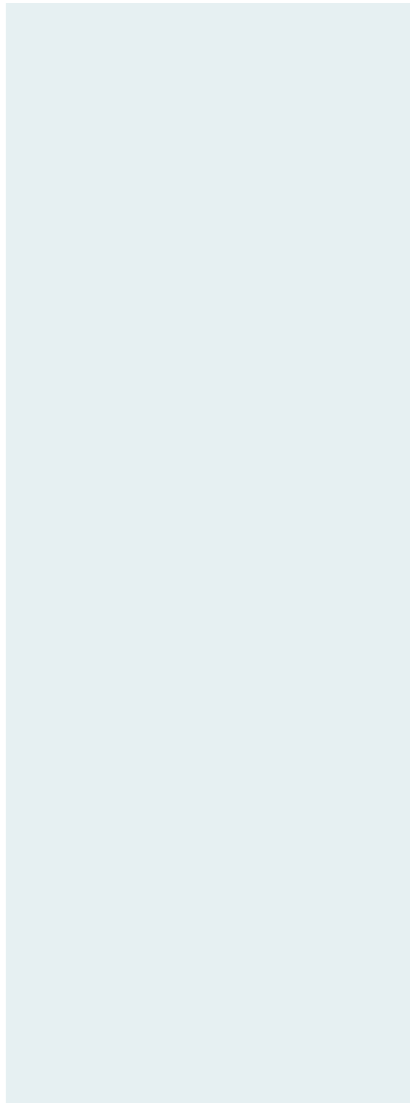
¹¹ Suppose I wanted to hide from you and
said,
"Surely the darkness will hide me.
The day will change to night and cover
me."
¹² Even the darkness is not dark to you.
The night is as bright as the day.
Darkness and light are the same.

¹³ You formed the way I think and feel.
You put me together in my mother's
womb.

¹⁴ I praise you because you made me in
such a wonderful way.
I know how amazing that was!

Psalm 139:1-14

NOTES & THOUGHTS



Conclusion

Sometimes, we can feel disconnected from ourselves. We may feel lost, confused, and separated from our thoughts and emotions. The Good News is that even if we feel disconnected from ourselves, God knows us because he made us. He loves us for who we are and can help us connect to ourselves.

*Give us
feedback*





Contact Us

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