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LIFE LABS 1

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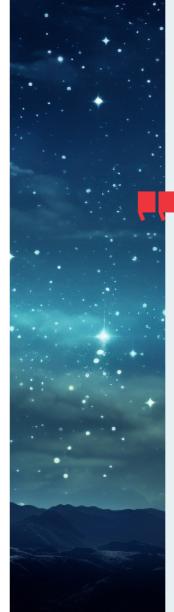


READ THE INTRODUCTION, PLAY THE GAME

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?

LIFE LABS

DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE ENCHANTED FOREST ACTIVITY

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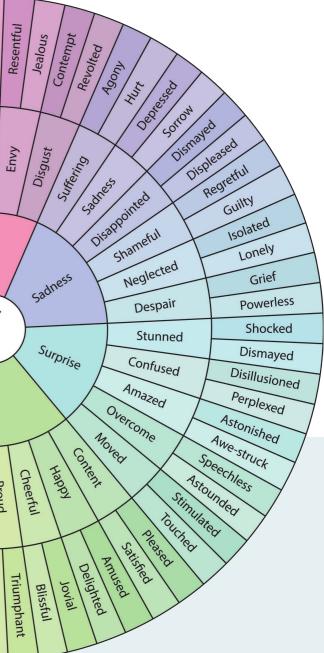
Think about a time when you felt lost. Pick five feelings from the feelings wheel that describe how you felt.

Feeling 1	
Feeling 2	
Feeling 3	
Feeling 4	
Feeling 5	

Aggravated Annoyed Frustrated Agitated Hostile Exasperated Irritable Inadequate Rage Inferior Horiot Nervous Hysterical Insecure Panic Anger Helpless Terror Frightened Fear Scared Satisfied Peaceful Relieved Love Tenderness Compassionate Desire Caring Infatuation Longing Vol Affectionate Passion Entraled Attracted Sentimental Enthusiastic Elation Optimistic Fondness Proud Romantic Rapture de la constantina de la consta Jubilation Euphoric Zeal Excited Hopeful Illustrious Eager

THE FEELINGS WHEEL

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READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

A LONELY **WOMAN MEETS** JESUS

⁵ In Samaria Jesus came to the town called Sychar, which is near the field that Jacob gave to his son Joseph.

⁶ Jacob's well was there. Jesus was tired from his long trip, so he sat down beside the well. It was about noon.

⁷ A Samaritan woman came to the well to get some water, and Jesus said to her, "Please give me a drink."

⁸ This happened while his followers were in town buying some food.

⁹ The woman answered, "I am surprised that you ask me for a drink! You are a Jew and I am a Samaritan woman!" (Jews have nothing to do with Samaritans.)

¹⁰ Jesus answered, "You don't know what God can give you. And you don't know who I am, the one who asked you for a drink. If you knew, you would have asked me, and I would have given you living water."

¹¹ The woman said, "Sir, where will you get that living water? The well is very deep, and you have nothing to get water with.

¹² Are you greater than our ancestor Jacob? He is the one who gave us this well. He drank from it himself, and his sons and all his animals drank from it too."

¹³ Jesus answered, "Everyone who drinks this water will be thirsty again.

¹⁴ But anyone who drinks the water I give will never be thirsty again. The water I give people will be like a spring flowing inside them. It will bring them eternal life."

¹⁵ The woman said to Jesus, "Sir, give me this water. Then I will never be thirsty again and won't have to come back here to get more water."

¹⁶ Jesus told her, "Go get your husband and come back."

¹⁷ The woman answered, "But I have no husband." Jesus said to her, "You are right to say you have no husband. ¹⁸ That's because, although you have had five husbands, the man you live with now is not your husband. That much was the truth."

¹⁹ The woman said, "Sir, I can see that you are a prophet.

²⁰ Our fathers worshiped on this mountain. But you Jews say that Jerusalem is the place where people must worship."

²¹ Jesus said, "Believe me, woman! The time is coming when you will not have to be in Jerusalem or on this mountain to worship the Father.

²² You Samaritans worship something you don't understand. We Jews understand what we worship, since salvation comes from the Jews.

²³ But the time is coming when the true worshipers will worship the Father in spirit and truth. In fact, that time is now here. And these are the kind of people the Father wants to be his worshipers.

²⁴ God is spirit. So the people who worship him must worship in spirit and truth."

²⁵ The woman said, "I know that the Messiah is coming." (He is the one called Christ.) "When he comes, he will explain everything to us."

²⁶ Then Jesus said, "He is talking to you now—I am the Messiah."

²⁷ Just then Jesus' followers came back from town. They were surprised because they saw Jesus talking with a woman. But none of them asked, "What do you want?" or "Why are you talking with her?"

²⁸ Then the woman left her water jar and went back to town. She told the people there,

²⁹ "A man told me everything I have ever done.
Come see him. Maybe he is the Messiah."
³⁰ So the people left the town and went to see Jesus.

John 4:5-30



Conclusion

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 sometimes. The Good News is that, like the Samaritan woman, we are no longer lost when we find Jesus. When we are overwhelmed or feel lost, we can connect with Jesus and find our place.



LIFE LABS 2

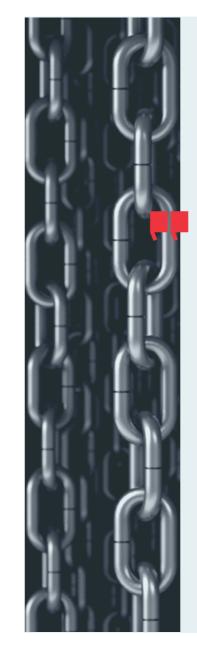
Howdo we find connection?

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



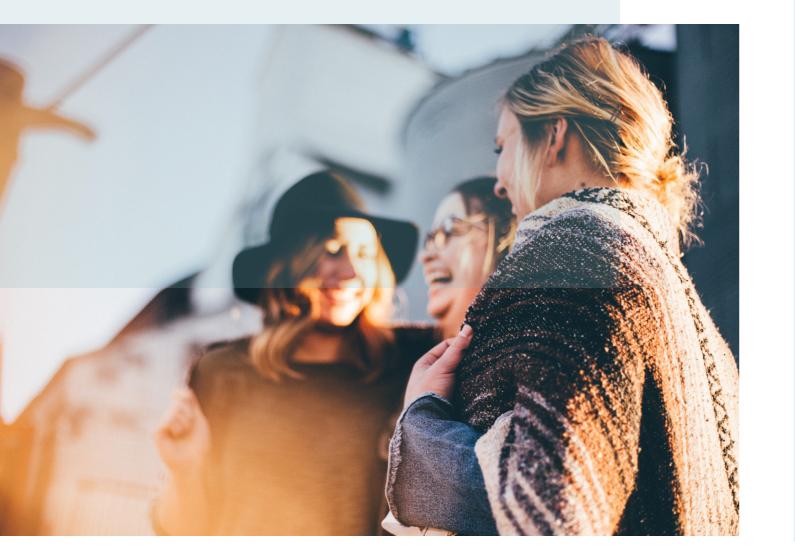
Conclusion

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?

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 ACTIMITY

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.

 \rightarrow 5 \leftarrow 1 ←

(I can handle this)

(I need some help)

 \rightarrow 10

(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.
- 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.





Limit screen time before bed – Looking at a screen (phone, TV, laptop, etc.) keeps your brain awake and engaged.

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

NOTHING CAN SEPARATE US **FROM GOD'S LOVE**

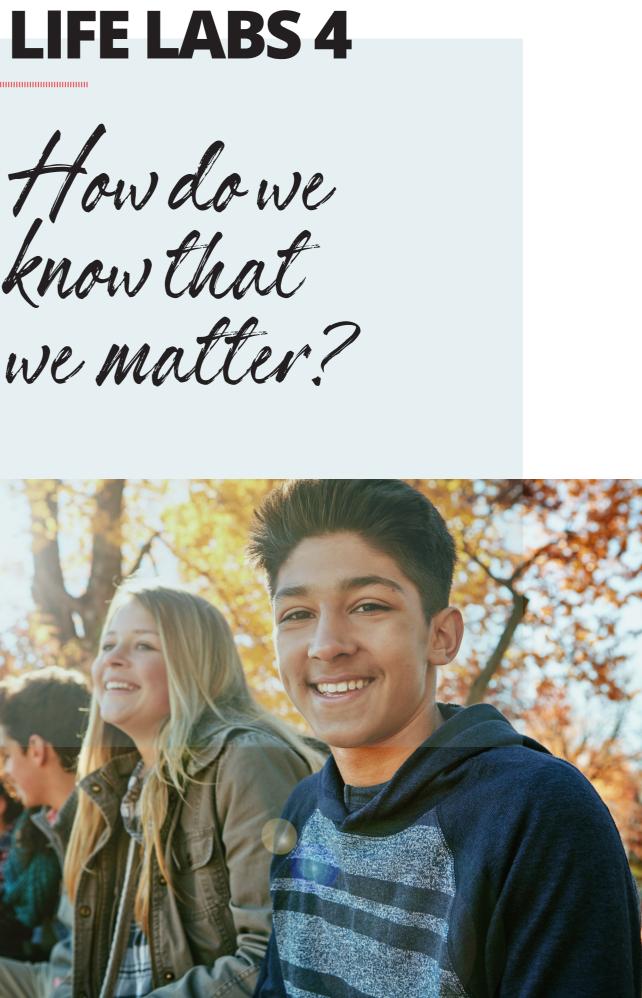
³⁷ But in all these troubles we have complete victory through God, who has shown his love for us. ³⁸⁻³⁹ Yes, I am sure that nothing can separate us from God's love—not death, life, angels, or ruling spirits. I am sure that nothing now, nothing in the future, no powers, nothing above us or nothing below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

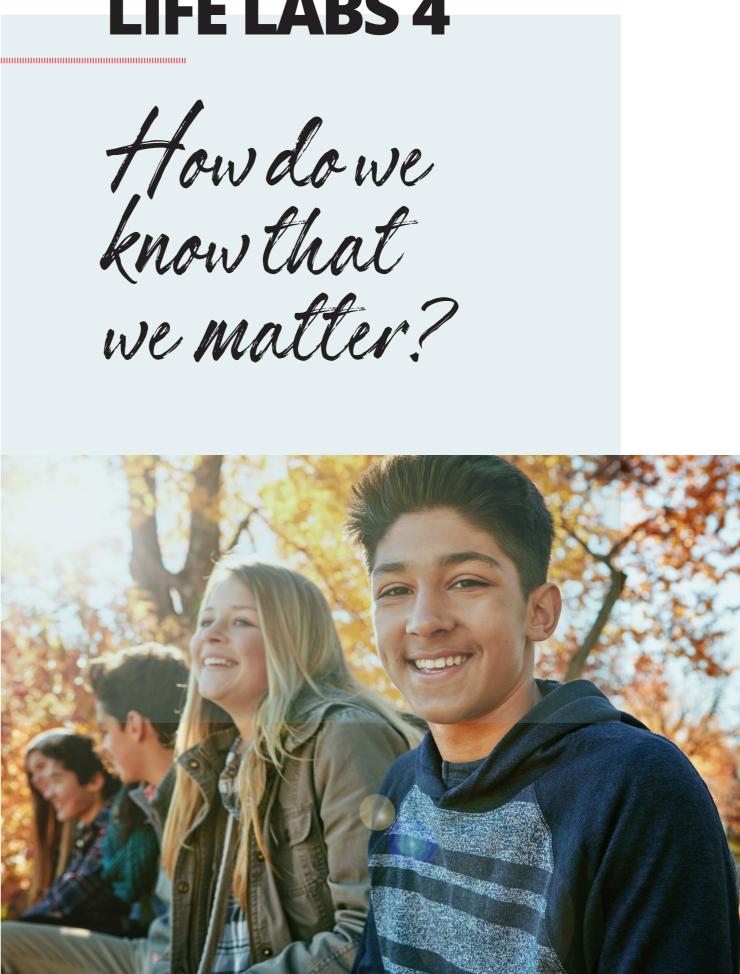
Romans 8:37-39



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.





READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES

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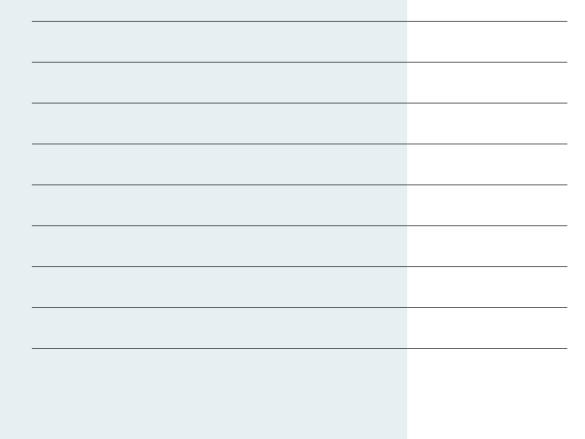
Everyone needs to know that they matter, but sometimes we don't feel that way. Maybe you are the last to be picked for a team. Maybe you try to share your ideas and people ignore you. Or maybe you don't have any close friends. When we feel left out, ignored, or unimportant, we can feel like we don't matter. This can affect our self-esteem, confidence, and how we care for ourselves. But when we know that we matter, we feel understood, important, and can express ourselves confidently.

How do we know that we matter?

PLAY THE **'BODYGUARD'** GAME



How did you go with the game? How did you feel when you were the 'VIP'? When do you feel like a 'VIP' in life?



DO THE ACTIVITY AND DISCUSS THE QUESTIONS

15 MINUTES

DO THE 'WHAT WOULD YOU DO' ACTIMITY

As a group go through your scenario, you can act it out together or read it together. Then answer the questions below as a group.

Scenario 1: Finding a Job

Jordan is in Year 11 and is trying to find a job. Jordan goes to KFC and is interviewed by the manger, Asha. Asha asks Jordan what experience they have and what their availability would be during the week. After their conversation, Asha explains to Jordan that someone with more experience has just been given the job and Jordan has been unsuccessful. Jordan then goes to Coles and is interviewed by Charlie. After discussing how Jordan would respond to an unhappy customer, they are again unsuccessful in gaining a job.

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

Describe a time when you haven't gotten what you wanted or hoped for

How does it feel to be rejected?

What would you do if you were in this scenario?

Scenario 2: Finishing Your Homework

Ashley and Eduardo are working on their maths homework together. While they're working, Remy comes in and asks Eduardo if he would like to stop doing his homework and watch TV instead. Eduardo decides that watching TV sounds a lot better than doing his maths homework, so Eduardo asks Ashley if they'd do their homework for him. Just as Ashley shyly tries to say no, Eduardo and Remy begin to walk away.

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.



NOTES & THOUGHTS

NOTES & THOUGHTS





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

