



**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?

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**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 \_\_\_\_\_

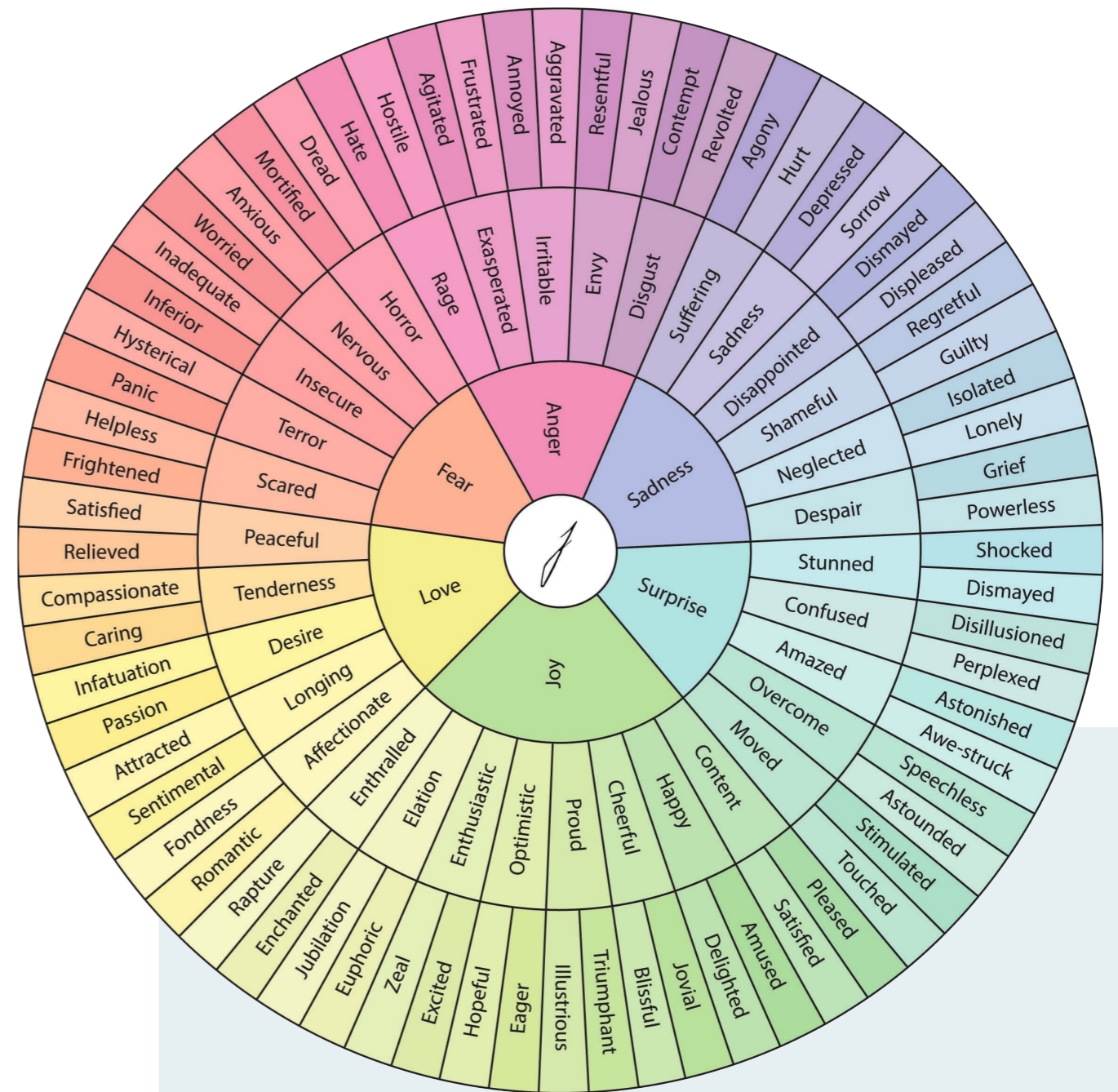
Feeling 2 \_\_\_\_\_

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?*

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**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

<sup>16</sup> The eleven followers went to Galilee, to the mountain where Jesus told them to go. <sup>17</sup> On the mountain the followers saw Jesus. They worshiped him. But some of the followers did not believe that it was really Jesus. <sup>18</sup> So he came to them and said, "All authority in heaven and on earth is given to me. <sup>19</sup> 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. <sup>20</sup> 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?*

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## 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

<sup>37</sup> But in all these troubles we have complete victory through God, who has shown his love for us. <sup>38-39</sup> 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

<sup>8</sup> "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. <sup>9</sup> 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!' <sup>10</sup> 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

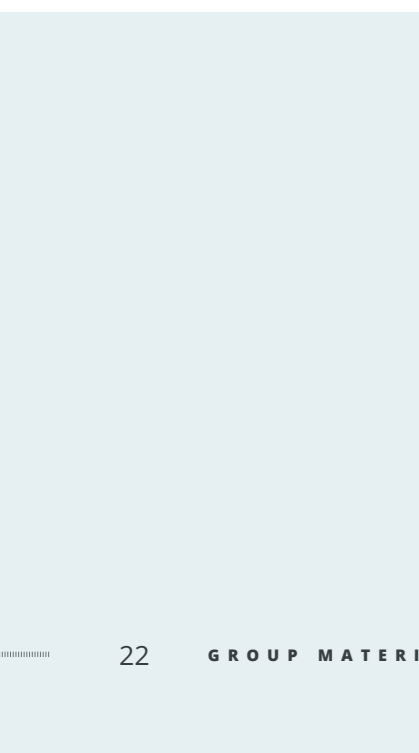
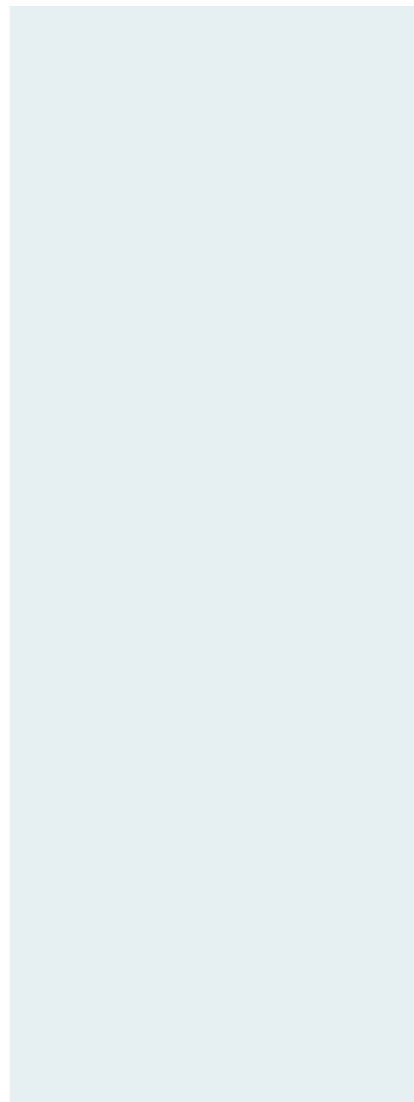
*Everyone needs to know that they matter, but sometimes we feel left out, ignored, or unimportant. This can affect our self-esteem, confidence, and how we care for ourselves. The Good News is that just like the woman valued her lost coin, Jesus values all of us. When we feel like we don't matter, we 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**



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*Give us  
feedback*





## Contact Us

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[equileaders.com.au](http://equileaders.com.au)

