



LEADER MATERIAL

TERM 1 | 2024



*What do we do
when we feel lost?*





TERM 1 HOW DO WE FIND OUR PLACE?

TOPIC OUTLINE

We all need to find our place in the world. When we find our fit, we feel confident about ourselves, connected to others and the world around us, and feel like we have something to contribute. Sometimes young people can struggle to find their place. They can feel alone, anxious about the future, and insignificant, like there is no one who cares about them. When young people can't find their place, they can become lost. How do we find our place?

PART 1 – NO LONGER LOST

In part 1 of the term, we breakdown the spiritual framework for the year, No Longer Lost. We explore how when young people find connection, confidence, and their voice, they can find their place in the world.

PART 2 – CONNECTION

In part 2, we explore how young people can find connection in their lives. Young people will consider how they can build connections in their interpersonal relationships with friends and helpful adults, how we can connect with God in different ways, and how they can connect with themselves through their thoughts and emotions.

GOOD NEWS MESSAGE

Sometimes we feel lost in our lives. We might feel alone like we have nobody to turn to, anxious about our future, or like we don't matter. When we feel lost, we can struggle to find our place in life. The Good News is that Jesus loves us and has a place for us. When we are lost Jesus doesn't give up searching for us. We are no longer lost when we find our place with Jesus.

LIFE LABS

The first of Life Labs explores the key ideas of the framework – connection with others, a sense of security, and significance. The second part goes deeper into the idea of connection – how young people connect with their peers, adults, God, and themselves.

INTRODUCTORY SESSION

In the first session of the term, take the opportunity to welcome young people back and introduce them to the theme. Rather than a structured Life Lab session, the material explores some activities you could do that are fun, will connect the young people, and help introduce the ideas we'll look at in the life labs. For example, activities that explore the lost/found theme, like mazes, escape room, or scavenger hunt.

LIFE LABS 1: WHAT DO WE DO WHEN WE FEEL LOST?

Purpose: the purpose of this session is to help young people explore the experience of feeling lost and to reflect on the Good News message that we are "no longer lost".

Scripture: the Scripture John 4:5-30 explores how we are no longer lost when we find Jesus.

LIFE LABS 2: HOW DO WE FIND CONNECTION?

Purpose: the purpose of this session is to help young people explore how they can find connection and reflect on the Good News message that we can find connection with Jesus.

Scripture: the Scripture Matthew 28:16-20 explores how Jesus is always there for us and encourages us to help others find connection with him too.

LIFE LABS 3: HOW DO I FIND CONFIDENCE FOR THE FUTURE?

Purpose: the purpose of this session is help young people explore how they respond in times of uncertainty and reflect on the Good News that we can find confidence because nothing can separate us from God's love.

Scripture: the Scripture Romans 8:37-39 explores how we can find confidence for the future knowing that nothing can separate us from God's love.

LIFE LABS 4: HOW DO WE KNOW THAT WE MATTER?

Purpose: the purpose of this session is to help young people explore how they respond when they feel like they don't matter and reflect on the Good News that they are valued by Jesus.

Scripture: the Scripture in Luke 15:8-10 explores how valuable we are to Jesus.

LIFE LABS 5: HOW DO WE CONNECT WITH OUR FRIENDS?

Purpose: the purpose of this session is to help young people reflect on how they connect with their friends and reflect on the Good News that Jesus is our friend and wants to connect with us.

Scripture: the Scripture Luke 5:27-35 explores how Jesus connects with his friends.

LIFE LABS 6: HOW DO WE CONNECT WITH HELPFUL ADULTS?

Purpose: the purpose of this session is to help young people identify helpful adults they can connect with and consider the Good News that we can connect with adults who love us as Jesus does.

Scripture: the Scripture Mark 10:13-16 explores how Jesus welcomes, encourages, and connects with young people.

LIFE LABS 7: HOW DO WE CONNECT WITH GOD?

Purpose: the purpose of this session is to help young people identify different ways they can connect with God and consider the Good News that we can connect with God in ways that make sense for us.

Scripture: the Scripture verses about people connecting with God explore how people can connect with God in ways that make sense for them and their lives.

LIFE LABS 8: HOW DO WE CONNECT WITH OURSELVES?

Purpose: the purpose of this session is to help young people connect with themselves by understanding their feelings and emotions and consider the Good News that God knows us and loves us.

Scripture: the Scripture, 'God's X-Ray Vision', explores how each one of us is known and loved by God.

ACTIVITY SESSION

The activity session provides an opportunity to reflect on the topic idea in a less structured session than a Life Lab. You can use the ideas to create a fun and social session that will help introduce the concepts. For this topic, we share ideas for activities that help young people explore the idea of connections with others, God, and themselves. For example, social events like a youth group party, and activities that engage intergenerationally with the faith community, like a celebration night.



INTRODUCING TERM 1 NO LONGER LOST

For the first session of the term, take the opportunity to welcome young people back and introduce them to the theme.

Overview

We all need to find our place in the world. When we find our fit, we feel confident about ourselves, connected to others and the world around us, and feel like we have something to contribute. Sometimes young people can struggle to find their place. They can feel alone, anxious about the future, and insignificant, like there is no one who cares about them. In Term 1 we will begin to explore how young people can find their place in the world by introducing the spiritual framework for 2024 “No Longer Lost”. In Part 1 of the term young people will explore what it means to feel connected, confident, and valued as they find their place in life. In Part 2, we’ll explore how young people can build connection with friends, adults, God, and themselves.

What you could do

You could use this session to build group connection by playing games or even going on an excursion. Here’s some ideas that would make sense for the term:

- Neighbourhood scavenger hunt
- Go for a hike together
- Complete a maze
- Do an escape room

Discussion

To help introduce the theme you can take some time to discuss personal experiences of finding your place in the world. This could look like taking 10 minutes as a group to discuss, asking intentional questions throughout the night, or whatever works best for your group. You can ask questions like:

- Who are the people who are important to you?
- What are you looking forward to in the future?
- When you were little, what did you want to be when you grew up?
- Who is someone older than you that you admire?
- What is one thing that you would like to change about the community you live in?



SESSION 1

What do we do when we feel lost?

SESSION OUTLINE

Purpose: this session aims to help young people explore the experience of feeling lost and to reflect on the Good News message that we are 'no longer lost'.

Game: the 'I'm Going to the Moon' game gets young people to experience feeling confused and left out.

Activity: the 'Enchanted Forest' activity helps young people explore how they can respond when they feel lost.

Scripture: the Scripture John 4:5-30 explores how we are no longer lost when we find Jesus.

How to run a session

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the Scripture and discuss the questions
- Read the conclusion and close the session
- Adapt this session to suit the needs of your group as required

Equipment needed for this session

- Material to make a grid on the ground (masking tape, chalk, paper plates, etc.)

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?

As a way to begin thinking about this, let's play the 'I'm Going to the Moon' game.

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

- The aim of the game is for participants to figure out the riddle by trying to complete the phrase with the correct word.
- Participants sit in a circle.
- Elect one participant to be 'mission control'. This participant thinks of a riddle to determine if other participants can come with them to the moon or not.
- The game starts with 'mission control' saying, "I'm going to the moon and I'm taking..." and then they say something that fits their riddle.
- For example, if the riddle is words that start with B, then 'mission control' might say, "I'm going to the moon and I'm taking a balloon". Other examples could be words with double letters, words that start with the first letter of your name, and having your arms folded while answering.
- 'Mission control' does not reveal these to the other participants. The other participants try to figure out the riddle by asking, "I'm going to the moon and I'm taking...?"
- If the participant is correct, 'mission control' can say "yes" or "no, but you can take [something else that fits the riddle]".
- Then, the next participant to their left tries to guess the pattern by suggesting something they would take to the moon, responding with, "I'm going to the moon and I'm taking...?"
- Continue until most of the group has gotten the pattern, then reveal the riddle and choose someone else to be 'mission control'.



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

HOW TO DO THE ENCHANTED FOREST ACTIVITY

Equipment: Material to make a grid on the ground (masking tape, chalk, car paper plates, etc.)

Preparation: Create a 6x6 grid on the ground using masking tape/chalk and mark a beginning and end point.

- Participants walk through the 'forest' one person at a time.
- They can move one square at a time in any direction except diagonal (so forwards, backwards, or side to side).
- If they step in the wrong square, they must return to the start of the maze, and the next participant takes a turn.
- Participants can attempt the maze as many times as they like.
- There are two maps. For each participant's turn, alternate the map used. For example, for the first person to attempt the maze, the leader should refer to map 1. For the second attempt, use map 2. Continue alternating the maps throughout the activity.
- Participants work as one team to get from one end of the 'forest' to the other.
- Your group might find this activity difficult. If this occurs, give the group hints as required.

Leaders, watch the participants for:

- What they say to each other
- What they find hard
- What they find easy
- What worked
- What caused conflict



Discuss the activity

How did you go with the activity? How did you feel when it was your turn to attempt the maze?

When did you realise that the map was changing? When the map changed, how did you respond?

What did you do when you needed help? How did others help you complete the maze?

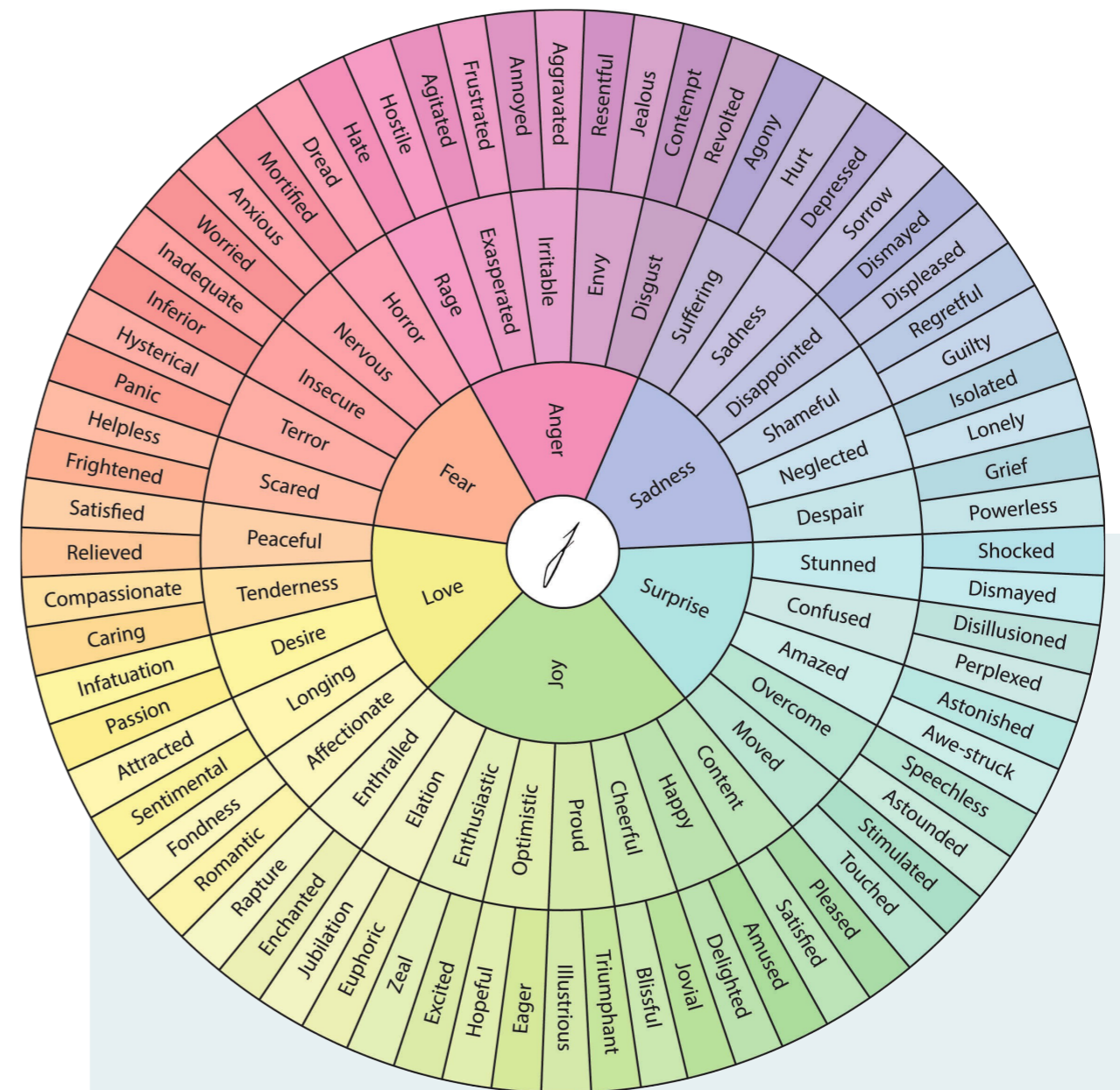
Have you ever felt like you were in a maze and lost? Who can you ask for help when facing a challenge?

THE FEELINGS WHEEL



In the group material

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



READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINUTES

A LONELY WOMAN MEETS JESUS



If you feel this Scripture is too long for young people to read, you can explain it to them. For an example, you can watch our video here.

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

DISCUSS THESE TOPIC QUESTIONS



What do you think about what we just read? How might it relate to what we do when we feel lost?

The woman was at the well alone, perhaps because she felt isolated or judged by her community. Have you ever felt alone, isolated or judged by others?

The woman was surprised when Jesus chose to connect with her despite their social and cultural barriers. How does it make you feel knowing that Jesus wants to connect with you? How do you connect with Jesus?

Jesus takes the time to listen to the Samaritan woman and answers her questions. What difference does it make that Jesus listens to us?



Notes on the scripture for facilitators

- It would have been unusual for a woman to go to the well alone, especially during the hottest part of the day. Maybe she felt disconnected from her peers, excluded, or ashamed. Jesus chooses to connect with her despite their social and cultural barriers.
- When Jesus talks with the woman, she asks many questions and shares her opinions about what her faith means to her. Jesus creates a safe environment for the woman to share her opinions confidently. Not only does Jesus listen to what she has to say, but he entrusts her with the good news that he is the Messiah she has been waiting for, something he hadn't told anyone before.
- In her town, the Samaritan woman was ignored, unable to share her thoughts, and seen as less than others because of her past relationships. But because of her conversation with Jesus, the Samaritan woman's life is transformed. Jesus empowers the woman to connect with the people in her community and discovers her purpose to share the good news of God.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINUTES



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.



Ask the group

Get each person to share a takeaway from the session.

Ask if anybody wants to discuss anything further about this topic with a leader or support person.

Remind them when the next session is.



CLOSE THE SESSION

EXTRA CONTENT

Start Map 1

Start Map 2

SESSION 2

How do we find connection?

SESSION OUTLINE

Purpose: the purpose of this session is to help young people explore how they can find connection and reflect on the Good News message that we can find connection with Jesus.

Game: the 'Chain Reaction' game gets young people to experience how we are all linked to one another.

Activity: the 'Find Your Fit' activity helps young people practice connecting with others by starting conversations and expressing themselves.

Scripture: the Scripture Matthew 28:16-20 explores how Jesus is always there for us and encourages us to help others find connection with him too.

How to run a session

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the Scripture and discuss the questions
- Read the conclusion and close the session
- Adapt this session to suit the needs of your group as required.

Equipment needed for this session

- Small jigsaw puzzle (12 pieces) – template at the back of the session
- Timer

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?

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

PLAY THE 'CHAIN REACTION' GAME

- Tell participants to spread out.
- Tell each participant to secretly choose two other people and keep the same distance from each of them.
- For example, if Abdul has chosen Miriam and Marcus, and Marcus moves, Abdul then needs to move so they are the same distance away from Miriam and Marcus.
- Once you shout 'go', the participants will move, setting off a chain reaction and eventually stop.
- If fun, play again, but choose 3 participants each to keep the same distance from.

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

HOW TO DO THE 'FIND YOUR FIT' ACTIVITY

Equipment: small jigsaw puzzle (10-20 pieces), timer

Preparation:

- Evenly distribute the pieces of the jigsaw puzzle to the group members. People may not show anyone else their pieces.
- On 'go', people have 30 seconds to find another person with a piece that fits their part of the puzzle. Once they have found someone, they connect their pieces and are a pair.
- Give the pairs another 30 seconds to find a pair that fits their puzzle pieces.
- Continue until the puzzle is complete.

Leaders, watch the participants for:

what they say to each other
what they find hard
what they find easy
what worked
what caused conflict



Discuss the activity

How did you go with the activity? How comfortable did you feel connecting with others?

How did you find your pair? What approach did you take?

Think of a time when you met a new person. How did you start the conversation with them?

In this activity, you were looking for someone with a puzzle piece with characteristics that matched yours. What characteristics do you look for when connecting with others?



In the group material

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

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



Discuss these topic questions

What do you think about what we just read? How might it relate to how we find connection?

Jesus invites his disciples to connect with him. What difference does it make that Jesus wants to connect with you?

In the story, Jesus encourages his disciples that he will always be with them. What do you think about Jesus always being with you?

Jesus encourages his followers to connect with all people in the world. Who are the people in your life who need someone to connect with them?

Notes on the scripture for facilitators

- The eleven disciples in the story are Jesus' closest friends. Before Jesus leaves, he invites them to connect with him on the mountain.
- In the story, Jesus is about to leave his followers. Jesus doesn't abandon them but encourages them by telling them that he will always be with them.
- Jesus encourages his followers to connect with all people in the world.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINUTES



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.



Ask the group

Get each person to share a takeaway from the session.

Ask if anybody wants to discuss anything further about this topic with a leader or support person.

Remind them when the next session is.



CLOSE THE SESSION

SESSION 3

How do we find confidence for the future?

SESSION OUTLINE

Purpose: the purpose of this session is help young people explore how they respond in times of uncertainty and reflect on the Good News that we can find confidence because nothing can separate us from God's love.

Game: the 'Freddo Catch' game gets young people to experience a practically impossible challenge.

Activity: the 'Number Punch' activity helps young people to adapt to challenges by responding to changes to the activity.

Scripture: the Scripture Romans 8:37-39 explores how we can find confidence for the future knowing that nothing can separate us from God's love.

How to run a session

- Read introduction and play the game
- Do the activity and discuss the questions
- Read the Scripture and discuss the questions
- Read the conclusion and close the session
- Adapt this session to suit the needs of your group as required.

Equipment needed for this session

- A pack of Freddo Frogs
- 20 paper plates with numbers 1-20 written on them
- Timer
- Markers/masking tape

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?

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

PLAY THE 'FREDDO CATCH' GAME

Equipment: a pack of Freddo Frogs.

- Participants form a line behind the leader.
- The leader faces the group holding a Freddo.
- One at a time, each participant positions their hand around the frog but does not touch it (making a sideways 'C' shape with their hand), ready to catch the frog when the leader drops it through their hands.
- The leader gives no warning when they drop it and tries to make it almost impossible for the young people to catch it.



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

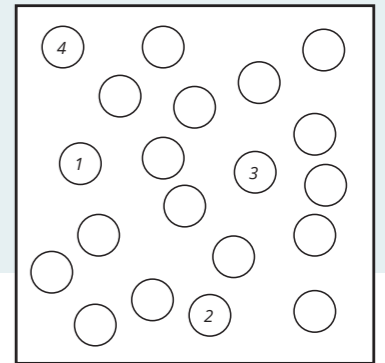
HOW TO DO THE NUMBER PUNCH ACTIVITY

Equipment: 20 paper plates with numbers 1-20 written on them, timer, markers/masking tape

- Set up a square space with 3 metre sides using markers or masking tape.
- In the square create a 'keypad' with the paper plates randomly spread out with the numbers facing up, like the diagram below.
- The object of the activity is for the group to tap the numbers on the 'keypad' in order (1-20) in 20 seconds. (Adjust the time limit so that it feels difficult but not impossible)
- Only one person is allowed to be contacting the 'keypad' (anywhere inside the square) at any one time. They may run onto the keypad to press a number, but then must leave before someone else steps on.
- Should two or more individuals be contacting the keypad at one time, or if any keys are touched out of order, the group has to start again.
- Give the group some time to plan their approach before they start.
- After each attempt shuffle the numbers on the keypad.
- Continue while fun.

Leaders, watch the participants for:

- what they say to each other
- what they find hard
- what they find easy
- what worked
- what caused conflict



Discuss the activity

How did you go with the activity? How did you respond to the challenge of the activity?

The activity was difficult and failure was likely. How did you feel when you tried and failed?

What did you do when the leaders changed where the numbers were? How did your team adapt when the activity changed?

What do you do when something unexpected happens in life? How do you adapt and find confidence to move forward?

In the group material

Helpful tips for young people to build resilience when they face challenges.

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



Discuss these topic questions

What do you think about what we just read? How do you think it might relate to finding confidence for the future?

Paul experienced many challenges in his life including arguments with friends, rejection from his community, and people trying to kill him. What challenges have you faced in your life? How have they affected what you think about your future?

Even though Paul had experienced all those challenges, he was still confident about his future. What helps you to stay confident about the future when you go through challenges?

Paul is confident that no matter what happens now or in the future, that God still loves us. What does God's love look like to you? What difference does it make when you face challenges in your life?

Notes on the scripture for facilitators:

- Paul experienced many challenges in his life including arguments with friends (2 Corinthians 2:1-4), rejection from his community (Acts 18:5-6) and people trying to kill him (Acts 23:12-15). Despite these challenges Paul finds confidence in the future because of God's love for him.
- Paul wrote this passage just before he got arrested and taken to Rome, where he would eventually be killed.
- Paul continues to write letters about God's love while he was in prison. (Ephesians, Philippians, Colossians, and Philemon.)
- In biblical times ruling spirits were used to explain the actions of Kings and other Kingdoms who opposed God's people.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINUTES



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.



Ask the group

Get each person to share a takeaway from the session.

Ask if anybody wants to discuss anything further about this topic with a leader or support person.

Remind them when the next session is.



CLOSE THE SESSION

SESSION 4

How do we know that we matter?

SESSION OUTLINE

Purpose: the purpose of this session is to help young people explore how they respond when they feel like they don't matter and reflect on the Good News that they are valued by Jesus.

Game: the 'Bodyguard' game gets young people to experience what it's like to be important

Activity: the 'What Would You Do?' activity helps young people practice responding in situations where they feel like they don't matter.

Scripture: the Scripture in Luke 15:8-10 explores how valuable we are to Jesus

How to run a session

- Read introduction and play the game
- Do the activity and discuss the questions
- Read the Scripture and discuss the questions
- Read the conclusion and close the session
- Adapt this session to suit the needs of your group as required.

Equipment needed for this session

None

READ THE INTRODUCTION, PLAY THE GAME

10 MINUTES



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?

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



PLAY THE 'BODYGUARD' GAME

- Put the participants into groups of four.
- Three participants hold hands and form a triangle.
- One of the three participants in the triangle is the 'VIP'.
- The other two participants in the triangle are the 'bodyguards' trying to protect the 'VIP'.
- The fourth participant is the 'stan'.
- The aim of the game is for the participants in the triangle to protect the 'VIP' from being tagged by the 'stan'.
- The 'stan' must not go under/through the triangle's hands.
- If the VIP gets tagged, switch places so that all participants have a chance to be the VIP.



*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

HOW TO DO THE 'WHAT WOULD YOU DO' ACTIVITY

- Get participants into three groups.
- Each group is given a scenario (see next page) which they can read or act out.
- Each group discusses or writes their responses to the questions below each scenario.
- If you have time, gather all participants together and have each group read or act out their scenario.
- Each group then shares their responses to their scenario's questions.

Leaders, watch the participants for:

what they say to each other
what they find hard
what they find easy
what worked
what caused conflict



Discuss the activity

How did you go with the activity? How did it feel to imagine yourself as Jordan, Ashley, or Huan?

Have you witnessed a situation like the scenarios we explored? What did you do?

Have you ever felt like you don't matter? What happened?

In the group material

Scenarios and reflection questions

SCENARIOS

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 manager, 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.



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



Discuss these topic questions

What do you think about what we just read? How might this story relate to how we know that we matter?

In this parable, the woman looked carefully for the lost coin until she found it because it mattered to her. What makes you feel like you matter to someone?

In the same way the woman values her lost coin, Jesus loves and values all of us. What difference could it make to know that you matter to Jesus?

Just like the woman carefully searched for her lost coin, Jesus searches for us because we matter to him. How can Jesus help you if you feel lost and like you don't matter?

Notes on the scripture for facilitators:

- Jesus tells this story as a response to questions about why he hangs out with 'sinners', people who are 'lost'.
- Jesus tells this parable to describe what God is like. God is like a woman who looks for her lost coin.
- The woman has something valuable that she doesn't want to be lost. Something is only lost if it's missed by another person. So, when we feel lost it means that we're valued.
- Some people might not worry about losing a single coin when they still have nine. But the woman desperately searches for her lost coin until she finds it. Like the woman, Jesus searches for all of us. Whoever we are, we matter to Jesus.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINUTES



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.



Ask the group

Get each person to share a takeaway from the session.

Ask if anybody wants to discuss anything further about this topic with a leader or support person.

Remind them when the next session is.



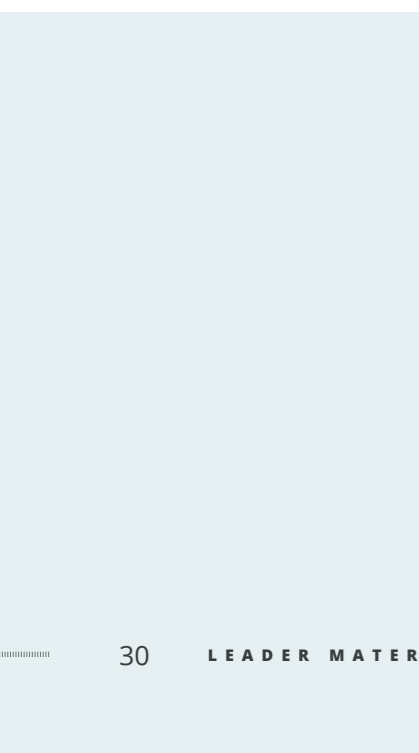
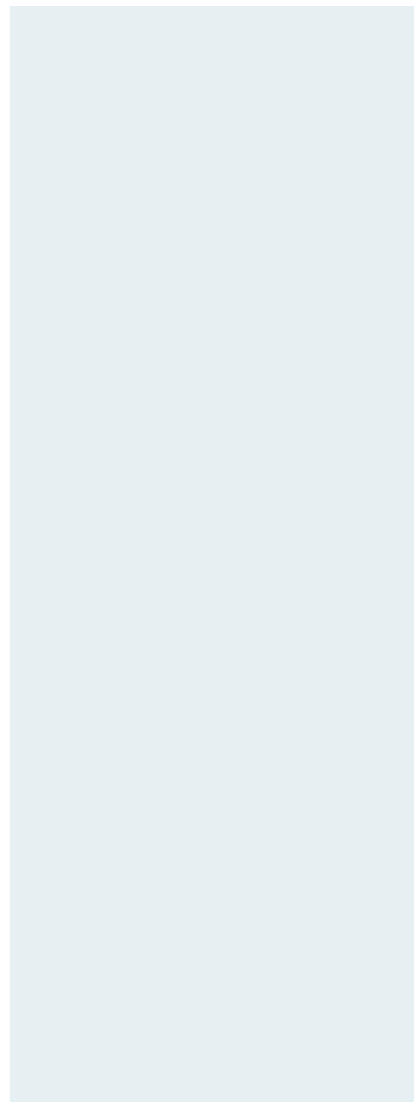
CLOSE THE SESSION



NOTES



NOTES



*Give us
feedback*





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