

**LIFE
LABS**

We love because God first loved us.

1 JOHN 4:19

WHO AM I THE WAY THE WAY THE WAY THE WAY THE WAY THE WAY BECOMING

GROUP MATERIAL


**Jesus
centred
Spirit-led
Hope
revealed**

LIFE LABS 2026 | TERM 1
SALVOS YOUTH AND YOUNG ADULTS



WHAT KIND OF PERSON WOULD I LIKE TO BE?

INTRODUCTION

From birth, our parents and guardians start shaping us into a certain type of person. Some encourage generosity, others warn that 'nice guys finish last'. Some say confidence is key, others emphasise humility. As we get older, we start to reflect and decide whether we want to follow in their footsteps or be a different kind of person.

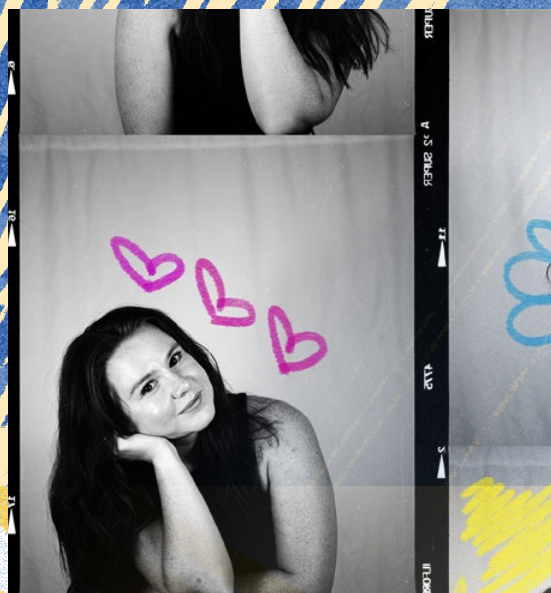
But it's not just family that shapes who we want to be. Our culture, religion, the people we meet – whether inspiring or difficult – and even books or movies can all play a role.

Some of us might have a clear sense of the kind of person we want to be. Others might have glimpses or impressions but haven't thought about it deeply yet, and that's okay.

Thinking about who we want to be can help us understand ourselves better and equip us to make choices that support our values. So, it's helpful to ask ourselves:

What kind of person would I like to be?

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



PLAY THE 'GOOD QUALITIES' GAME

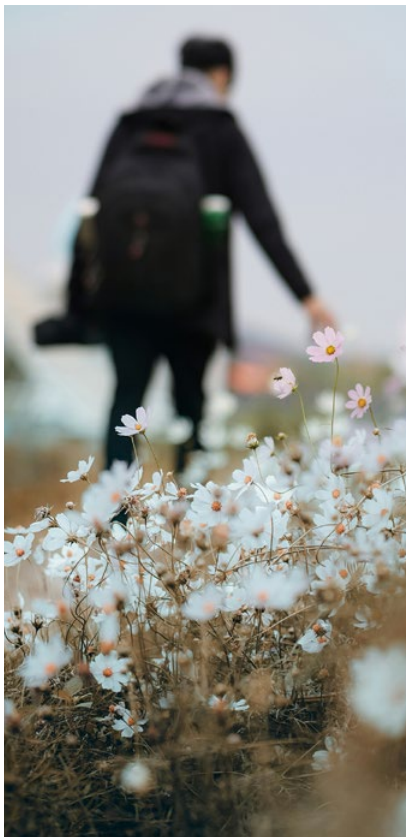
How did you go with the game?

How did it feel when you completed a set of good qualities?

Which of the qualities on these cards is most important to you and why?



3 QUALITIES THAT MATTER TO ME



READ THE SCRIPTURE

GOD LOVES YOU

COLOSSIANS 3:12-14 (CEV)

¹² God loves you and has chosen you as his own special people. So be gentle, kind, humble, meek, and patient. ¹³ Put up with each other, and forgive anyone who does you wrong, just as Christ has forgiven you. ¹⁴ Love is more important than anything else. It is what ties everything completely together.

QUESTIONS

- What do you think about what we just read?
How do you think it might relate to the question, 'What kind of person would I like to be?'
- Where do you see the qualities in these verses in people around you or in Jesus? What do you admire about these qualities?
- Which of these traits do think you are strongest in?
Which one would you like to have more of?
- Why do you think Verse 12 says, "So be... kind..."?
What is the connection between God's love and the kind of person you want to be?

CONCLUSION

Family, culture, religion, books, movies and the people we meet can all shape the person we want to be. We can decide whether we want to follow in others' footsteps or be a different kind of person.

Thinking about who we want to be can help us understand ourselves better and equip us to make choices that support what we believe in and the things that are important to us.

The Good News is that God can fill us with his Spirit and help us develop good fruit that shows who we are and what matters to us.



HOW CAN WE GROW IN KINDNESS?

INTRODUCTION

Being kind to others might sound simple – and it’s certainly a good thing to do – but it isn’t always easy. If our friends are making fun of someone or leaving them out, being kind means going against the crowd, and that can feel big and scary. We might not feel brave enough.

If we haven’t felt or seen much kindness in our lives, it can make it harder to show kindness to others. We may have picked up unkind habits or may simply struggle to know how to be kind.

If we’ve gone out of our way to show kindness to someone in the past and they’ve hurt us, we can become cautious and may close ourselves off, to avoid being hurt again.

So, how can we grow in kindness?

As a way to begin thinking about this, let’s play the ‘Kindness Ball Toss’ game.



PLAY THE 'KINDNESS BALL TOSS' GAME

*How did you go with the game?
How did it feel to say positive
things about others?*

*When do you find it easy or difficult
to say kind things to others?*



DO THE 'KINDNESS BRAINSTORM' ACTIVITY

THINGS THAT FEED KINDNESS



THINGS THAT KILL KINDNESS



READ THE SCRIPTURE

PAUL'S PRAYER

Philippians 1:9-11

⁹This is my prayer for you: that your love will grow more and more; that you will have knowledge and understanding with your love; ¹⁰that you will see the difference between what is important and what is not and choose what is important; that you will be pure and blameless for the coming of Christ; ¹¹that your life will be full of the many good works that are produced by Jesus Christ to bring glory and praise to God.

QUESTIONS

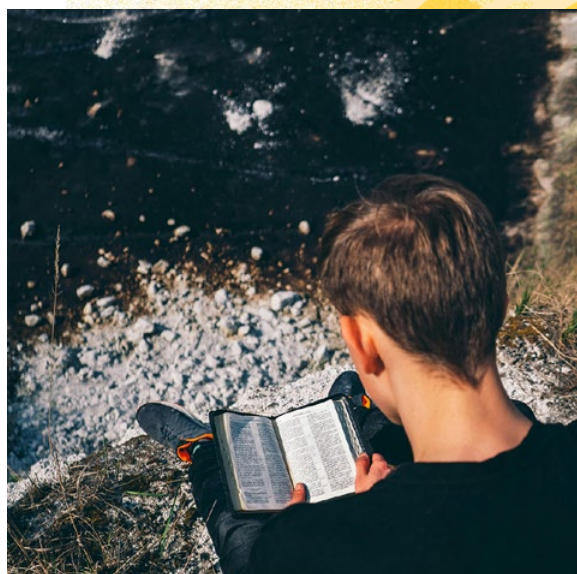
- What do you think about what we just read? How do you think it might relate to the question, 'How can we grow in kindness?'
- Paul prays that the people in Philippi would have more and more love for others. How do think praying can help us become more loving?
- Can you think of a time when you went out of your way to show kindness to someone? What prompted you to do it? How did the experience feel for you?
- Verse 11 points out that it is Jesus who changes us and produces kindness in us. How do you think he does this? How could this help when you are struggling to show kindness?

CONCLUSION

Being kind to others isn't always easy. It can mean going against the crowd, and that can feel big and scary.

If we haven't felt or seen much kindness in our lives, it can make it harder to show kindness to others. If we've gone out of our way to show kindness to someone in the past and they've hurt us, we can become cautious, and we may close ourselves off to avoid being hurt again.

The Good News is that God can fill us with his love, helping us show kindness to others.



HOW CAN I WORK ON THE PARTS OF ME THAT DON'T MATCH WHO I WANT TO BE?

INTRODUCTION

We all know the feeling of regret when we've acted in a way that doesn't match up with the person we want to be. None of us are perfect, so it's something we all experience.

We might feel disappointed in ourselves or even frustrated that – despite our best efforts – we have gotten aggressive again, or stolen again, or lied again... or whatever it might be.

When we keep slipping back into behaviours we're trying to stop, we can feel discouraged and we might wonder if change is really possible.

Sometimes life events shake up our idea of who we want to be, and we might feel like we want to do a U-turn and let go of old behaviours. But can we really change?

How can I work on the parts of me that don't match who I want to be?

As a way to begin thinking about this, let's play the 'I Don't Want This Anymore' game.

PLAY THE 'I DON'T WANT THIS ANYMORE' GAME

How did you go with the game?

How did it feel when things you were trying to get rid of kept coming back?

How does it feel when we have a behaviour or trait that we want to get rid of, but can't seem to shake?



**A TRAIT OR BEHAVIOUR
I WANT TO LEAVE BEHIND**

**WHAT MIGHT IT FEEL LIKE IF I
COULD MAKE THIS CHANGE?**

**WHO OR WHAT COULD SUPPORT
ME WITH MAKING THIS CHANGE?**



DO THE 'MOVING FORWARD' ACTIVITY

READ THE SCRIPTURE

THE SPIRIT AND HUMAN NATURE

Galatians 5:16-17 and 25

¹⁶ So I tell you, live the way the Spirit leads you. Then you will not do the evil things your sinful self wants. ¹⁷ The sinful self wants what is against the Spirit, and the Spirit wants what is against the sinful self. They are always fighting against each other, so that you don't do what you really want to do.

²⁵ We get our new life from the Spirit, so we should follow the Spirit.

QUESTIONS

- What do you think about what we just read? How do you think it might relate to the question, 'How can I work on the parts of me that don't match who I want to be?'
- Paul's advice is to "live the way the Spirit leads you". What do you think this looks in practical terms? How do you think this helps?
- Paul says that the sinful parts of us fight against the Spirit. What sorts of things in our lives fight against what we really want to do?
- Verse 25 talks about our "new life from the Spirit." What attitudes and actions would you like to have in your new life from the Spirit?



CONCLUSION

None of us are perfect. We all know the feeling of regret when we've acted in a way that doesn't match up with the person we want to be. We can feel frustrated or disappointed in ourselves for slipping back into behaviours we're trying to stop. We may want to do a U-turn and work on those things, but might feel discouraged and wonder if change is really possible.

The Good News is that Jesus invites us to follow him and be transformed by his Holy Spirit.

HOW CAN I STAY TRUE TO THE KIND OF PERSON I WANT TO BE?

INTRODUCTION

If the people around us have similar values to us and are encouraging us to live those values out, it might feel fairly easy to stay true to who we want to be.

But what about when we are surrounded by people who have different values and behave differently to how we want to? We might feel tempted to change ourselves to fit in and belong. Sometimes, we might even be pressured or bullied into doing what they are doing.

As we grow, we get exposed to new situations, influences and points of view. We might feel like our values and sense of self are tested.

With all of this happening, how can we stay true to who we are – to the person we want to be on the inside?

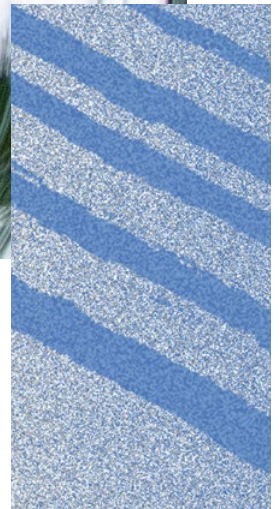
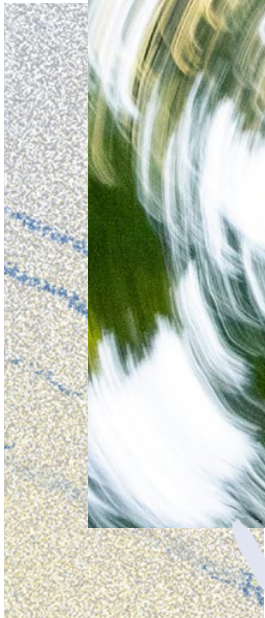
What can I do to stay true to the kind of person I really want to be?

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

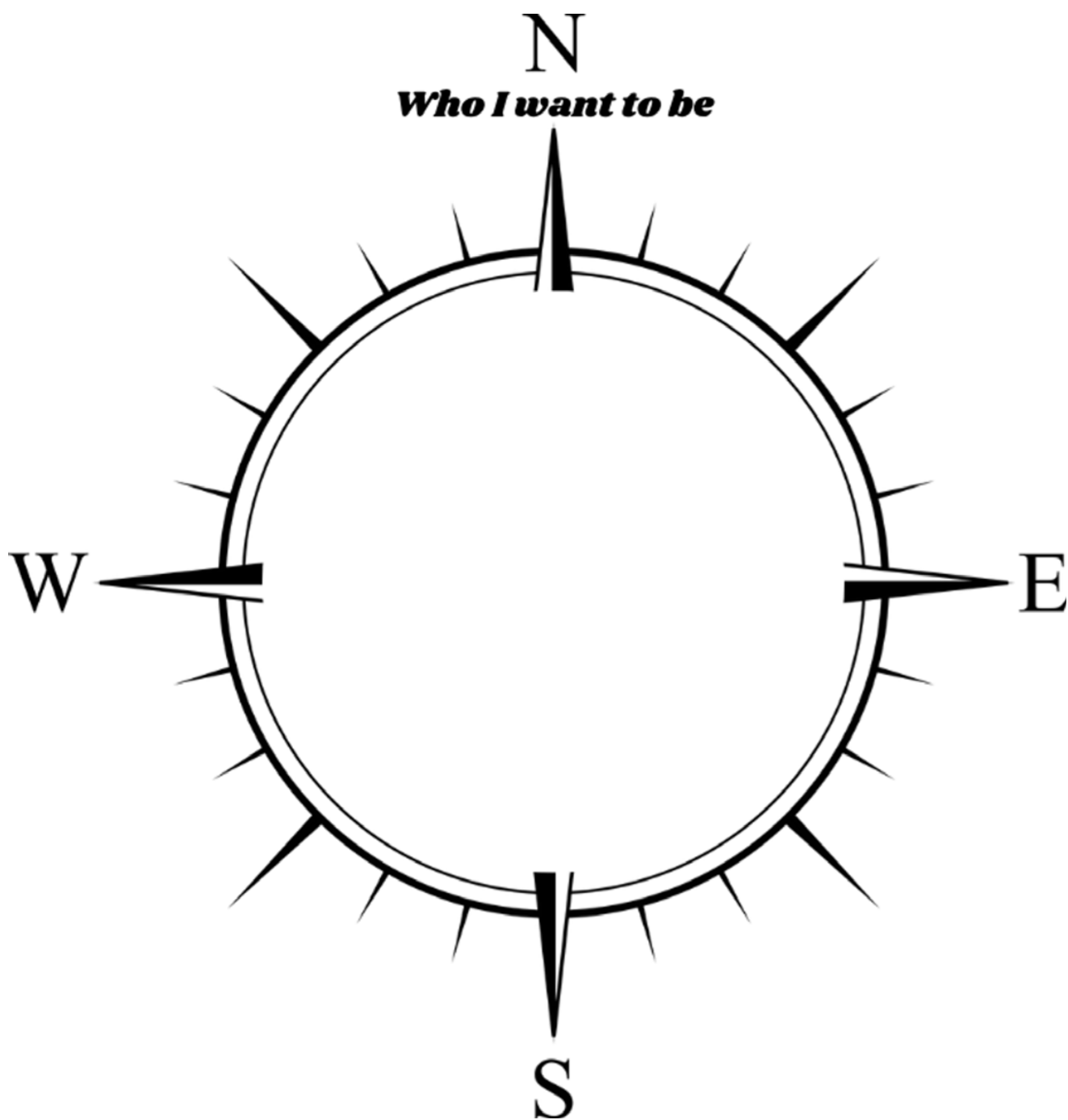


PLAY THE 'STAY STEADY' GAME

*How did you go with the game?
What changed when you focused on something?
When challenges come, what helps you stay
steady and true to the person you want to be?*



DO THE 'TRUE NORTH' ACTIVITY



READ THE SCRIPTURE

DANIEL AND THE LIONS

Daniel 6:16-23

¹⁶ So King Darius gave the order. They brought Daniel and threw him into the lions' den. The king said to Daniel, "May the God you serve save you!" ¹⁷ A big rock was brought and put over the opening of the lions' den. Then the king used his ring and put his seal on the rock. He also used the rings of his officials and put their seals on the rock. This showed that no one could move that rock and bring Daniel out of the lion's den. ¹⁸ Then King Darius went back to his house. He did not eat that night. He did not want anyone to come and entertain him. He could not sleep all night.

¹⁹ The next morning, King Darius got up just as it was getting light and ran to the lions' den. ²⁰ He was very worried. When he got to the lions' den, he called to Daniel. He said, "Daniel, servant of the living God, has your God been able to save you from the lions? You always serve your God."

²¹ Daniel answered, "King, live forever! ²² My God sent his angel to save me. The angel closed the lions' mouths. The lions have not hurt me because

my God knows I am innocent. I never did anything wrong to you, King."

²³ King Darius was very happy. He told his servants to lift Daniel out of the lions' den. And when Daniel was lifted out of the den, they did not find any injury on his body. The lions did not hurt Daniel because he trusted in his God.

QUESTIONS

- What do you think about what we just read? How do you think it might relate to the question, 'What can I do to stay true to the kind of person I want to be?'
- What sorts of thoughts or feelings do you think Daniel wrestled with in this story?
- Daniel had a clear idea of what he stood for *before* it was put to the test. How might this have helped him stay strong? Do you think this could help us too?
- Daniel spent time praying regularly. How could spending time with God help us stay true to who we want to be?



CONCLUSION

If the people around us have similar values to us, it might feel easy to stay true to who we want to be. But when we are surrounded by people with different values and behaviours, we might feel tempted to change ourselves to fit in with them. We might even feel pressured or bullied into doing what they are doing.

As we grow and are exposed to new situations, influences and points of view, we might feel like our values and who we are is tested.

The Good News is that when we focus on God he will strengthen us and help us stay true to who we want to be.

WHO ARE WE FOLLOWING?

INTRODUCTION

As we try to find our way in life, it's natural to look for others to follow – people we can watch and be influenced by. It could be an older sibling, a grandmother, a teacher – or even an influencer or celebrity.

Some of us are following others on purpose. We might choose a role model or hero and go out of our way to follow them. Other times, it just happens. The people we spend time with and pay attention to influence us. They shape our ideas about what is important, and how we should live.

The people we follow shape us, so it's helpful to ask ourselves, Who am I following?

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



PLAY THE 'WHO IS THE INFLUENCER' GAME

How did you go with the game? How did it feel when you were unsure who the influencer was?

In life, when it is easy or difficult to know who is influencing us?

DO THE 'WHO ARE WE FOLLOWING?' ACTIVITY



WHO ARE THE TOP 3 PEOPLE WHO INFLUENCE YOU MOST?

1

2

3

READ THE SCRIPTURE

JESUS IS THE GOOD SHEPHERD

John 10:14-15 and 27-28

I am the shepherd who cares for the sheep. I know my sheep just as the Father knows me. And my sheep know me just as I know the Father. I give my life for these sheep.

My sheep listen to my voice. I know them, and they follow me. I give my sheep eternal life. They will never die, and no one can take them out of my hand.

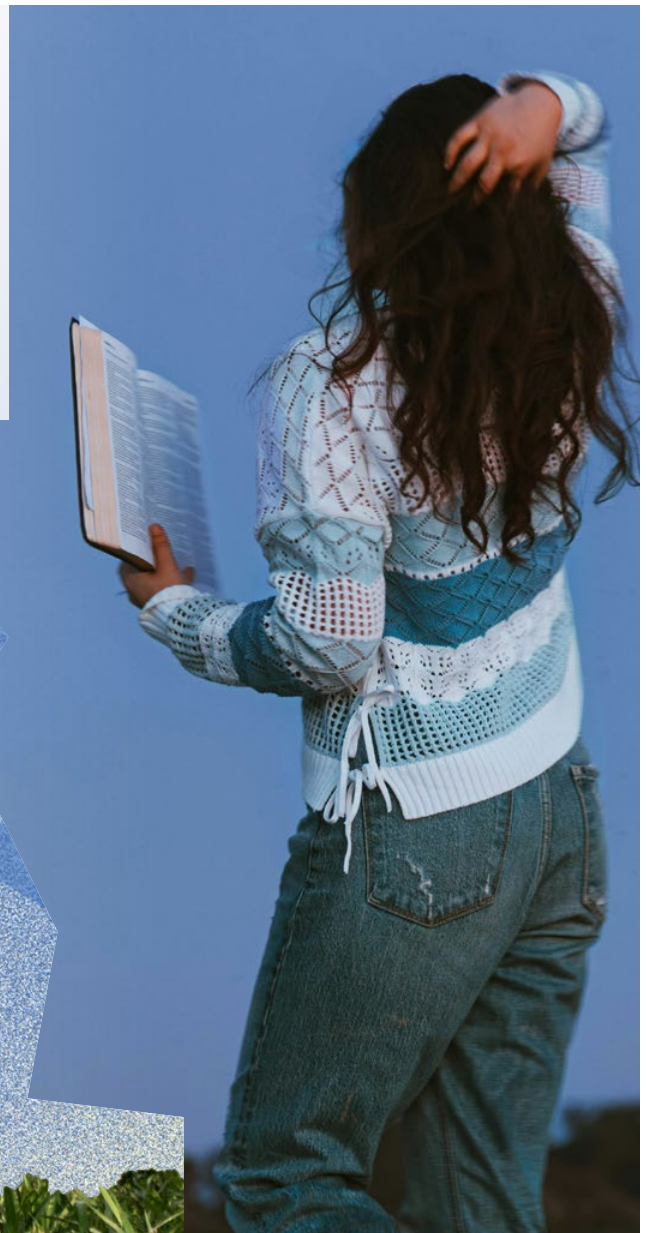
QUESTIONS

- What do you think about what we just read? How do you think it relates to the question, 'Who are we following?'
- In this passage, Jesus says he cares for and looks after and would even give his life for us (his sheep). How do we know if someone cares about us?
- Jesus says he knows his sheep and his sheep know him. What difference does it make to follow someone we have a close relationship with?
- Jesus says, "My sheep know my voice." What do you think this means? How can we recognise when Jesus is leading us?

CONCLUSION

As we try to find our way in life, it's natural to look for others to follow – people we can watch and be influenced by. The people we spend time with and pay attention to influence us. They shape our ideas about what is important, and how we should live. Some of us are following others on purpose. Other times, it just happens.

The Good News is that Jesus is a trustworthy person for us to follow because he cares for us and looks after us.



WHEN WE FACE BIG DECISIONS, HOW CAN WE DECIDE WHICH OPTION IS BEST?

INTRODUCTION

As we get older, we are faced with more decisions, and bigger ones too.

What subjects should I choose? Should I get a job? Should I play sport or go to church? Which uni should I apply for? The list goes on...

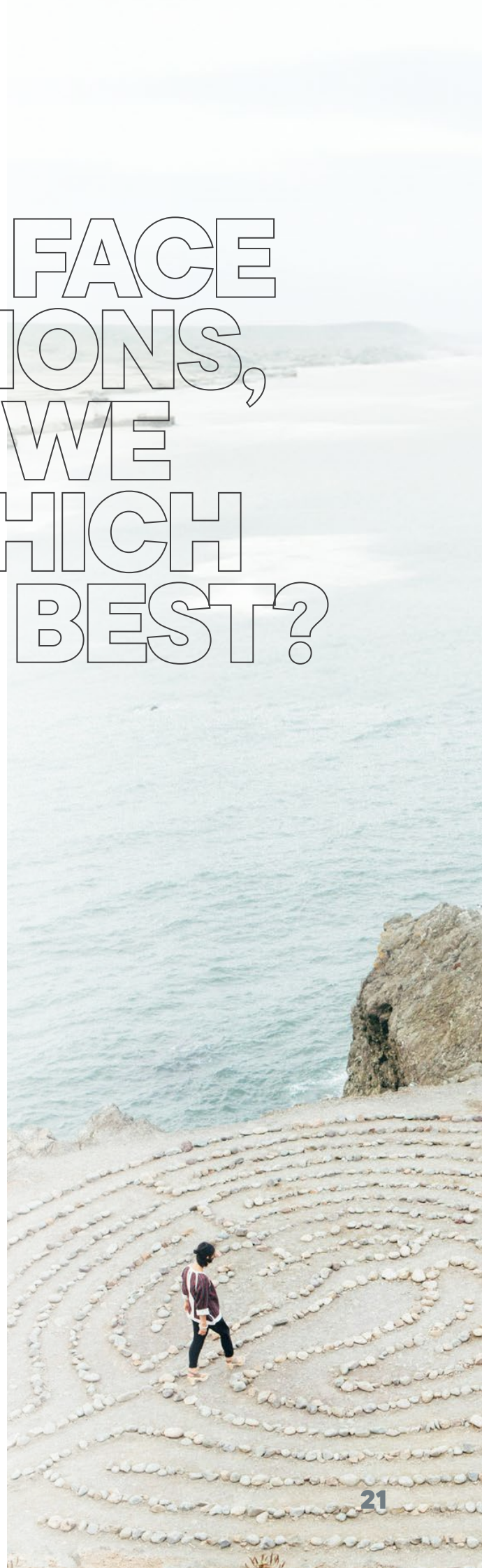
Some of us might find it easy to make big decisions or we might just copy what others are doing or do whatever seems easiest at the time.

On the other hand, many of us feel overwhelmed. We worry about the impact our decisions might have. What if we choose the wrong one? What if we end up regretting our choice? We can even feel panicked.

Some of us might have people or processes that help us make tough decisions. Others might feel alone and not sure where to start.

When we face big decisions, how can we decide which option is best?

As a way to begin thinking about this, let's play the 'This or That Chatterbox' game.



PLAY THE 'THIS OR THAT CHATTERBOX' GAME

How did you go with the game? How did it feel to have to make a choice, not knowing if it would lead to something good or bad?

What are some big choices we face in life? How does it feel when we are faced with them?

DO THE 'PROS AND CONS LIST' ACTIVITY

DECISION:	
Should I leave school after Year 10 for an apprenticeship?	
PROS	CONS
Get to learn by doing. Not in the classroom	Won't finish high school, which may limit my options later on
Start my career early	Not sure I want to commit to a specific job right now
Earn money sooner	Low pay at the start
Won't have to go to uni and get a debt	Miss out on the fun Year 12 stuff

TIPS FOR MAKING TOUGH DECISIONS:

- Pause and reflect rather than rushing.
- Identify what you truly value and what your goal is. Good decision-making involves connecting choices to personal values and long-term goals.
- Gather information and weigh options. Effective decisions involve exploring alternatives and potential outcomes rather than acting on a first impulse.
- Think about consequences – both immediate and longer-term.
- Talk it through with someone you trust. Open communication supports reflection and helps to think things through.
- Learn from any outcome – good or bad. Viewing a mistake as a lesson supports resilience and better decision-making in the future.
- It's never the end of the road – if you end up somewhere you don't want to be, you can always try something new.

DECISION:	
PROS	CONS

READ THE SCRIPTURES

ASK GOD TO HELP

PROVERBS 3:5-6

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

LIGHT TO GUIDE YOUR PATH

Psalm 119:105

Your word is like a lamp that guides my steps, a light that shows the path I should take.

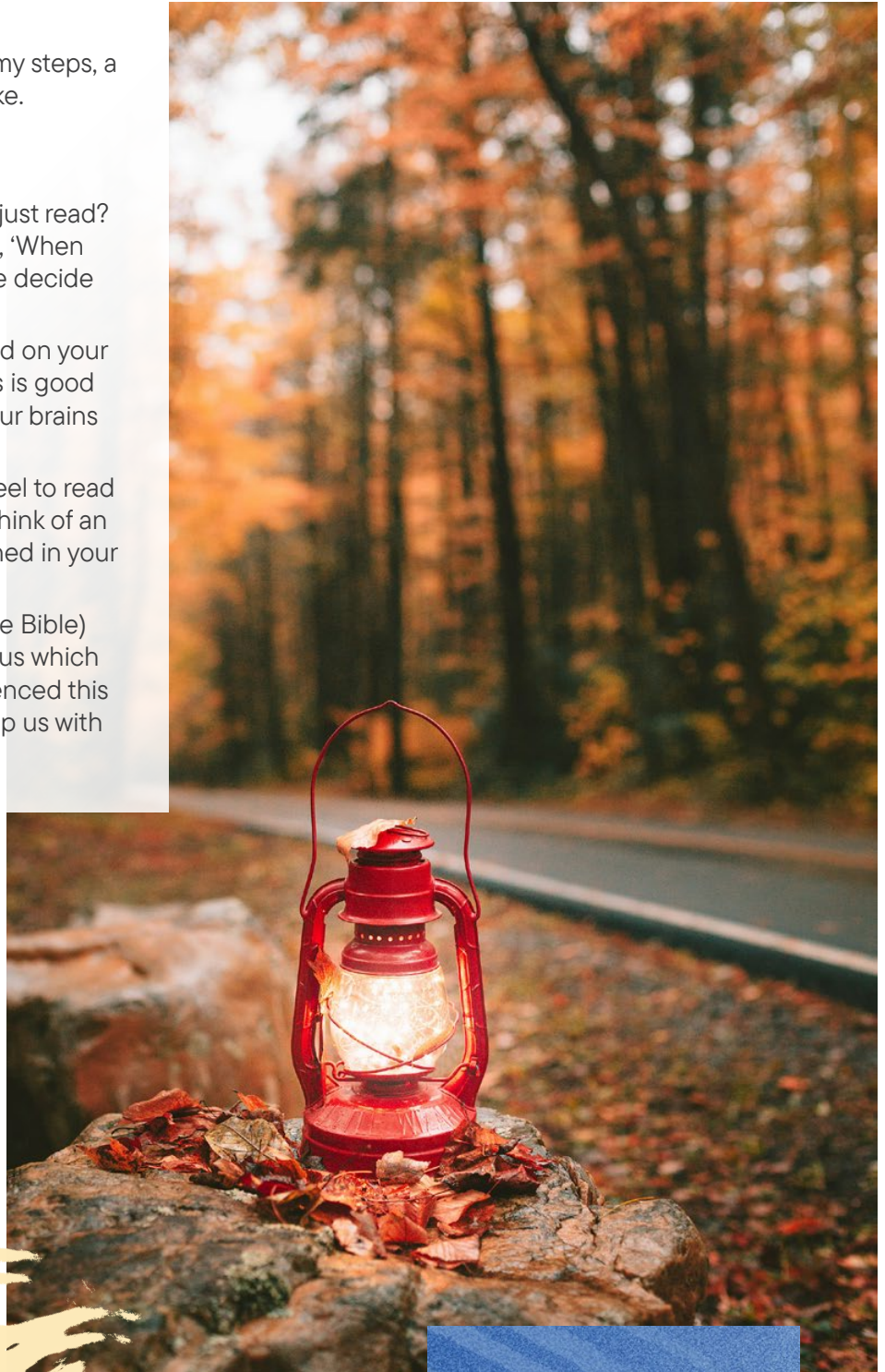
QUESTIONS

- What do you think about what we just read? How does it relate to the question, 'When we face big decisions, how can we decide which option is best?'
- Proverbs 3:5-6 says, "Don't depend on your own knowledge." Do you think this is good advice? Is it telling us to not use our brains or is it saying something else?
- Read Verse 6 again. How does it feel to read these words from God? Can you think of an example of where this has happened in your life?
- Psalm 119:105 says God's Word (the Bible) is like a lamp or a light that shows us which way to go. When have you experienced this in your life? How can the Bible help us with our big decisions?

CONCLUSION

As we get older, we're faced with more and bigger decisions. Some people make choices easily or just go with the flow, while others feel weighed down by the pressure to get it right. Sometimes it can feel confusing and overwhelming.

The Good News is that when we include God in our decisions and lean on his wisdom instead of just our own, he lights our way and helps us find the right path.



HOW ARE OUR HABITS SHAPING US?



INTRODUCTION

We all have habits and routines – things we do every week or even multiple times a day! Some of us wake up at 7am for a jog or scroll on our phone for an hour before bed. Some of us have a habit of freezing friends out when we are annoyed or being friendly to every new person we meet. Some of us have a habit of reading the Bible every day or online shopping whenever we have money to spend.

Some of our routines and habits might have been set for us by study or work schedules – like having to get up early for classes. Other habits have been passed down from our parents. Then there are other patterns that we get to choose and control.

We might have put some habits in place on purpose, others might have crept in without us realising. No matter how our habits form, they can quietly shape the people we are becoming.

So, how are our habits shaping us?

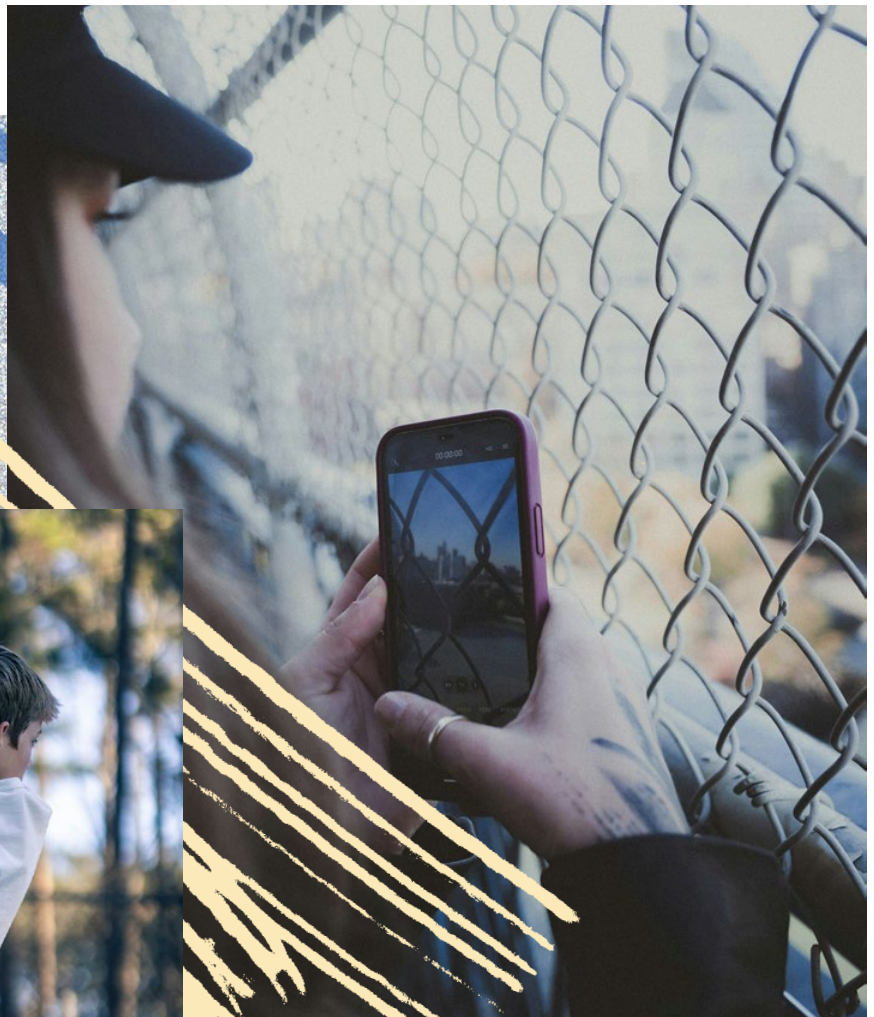
As a way to begin thinking about this, let's play the 'Charades IRL' game.



PLAY THE 'CHARADES IRL' GAME

*How did you go with the game?
What similarities or differences did you
notice among the habits people shared?
How do you think we end up
with the habits we have?*

DO THE 'ACTIVITY LOG' ACTIVITY



MY ACTIVITY LOG

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

READ THE SCRIPTURES

JESUS GETS UP EARLY TO PRAY ALONE

Mark 1:35

The next morning Jesus woke up very early. He left the house while it was still dark and went to a place where he could be alone and pray.

JESUS GOES TO THE SYNAGOGUE

Luke 4:16a

Jesus traveled to Nazareth, the town where he grew up. On the Sabbath day he went to the synagogue as he always did.

JESUS GIVES THANKS FOR FOOD

John 6:11

Jesus took the loaves of bread and gave thanks for them. Then he gave them to the people who were waiting to eat. He did the same with the fish. He gave them as much as they wanted.

DISCUSS THESE TOPIC QUESTIONS

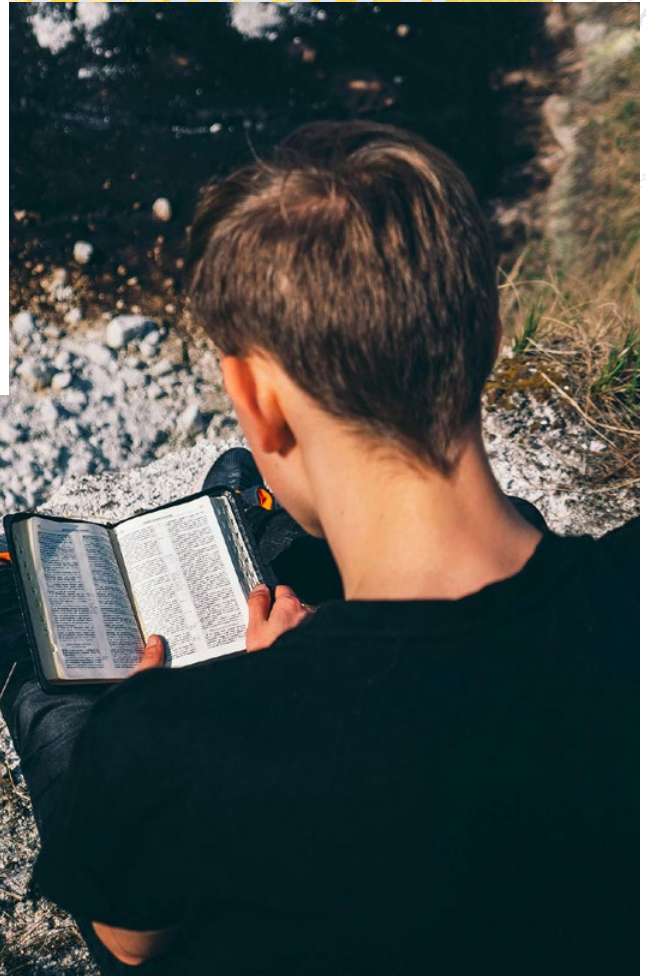
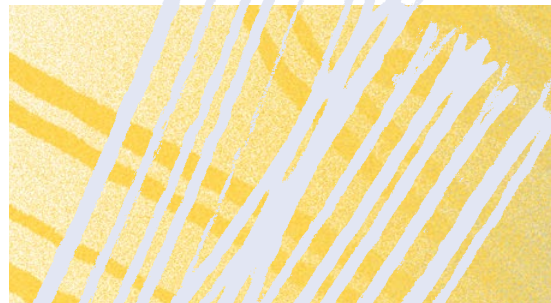
- What do you think about what we have just read? How does it relate to the question, 'How are our habits shaping us?'
- What habits do you see Jesus having here? What stands out to you about them?
- How do you think these habits impacted him?
- If you have one of these same habits that Jesus had, how does it shape you? What impact could it have if you introduced one of these habits to your life?

CONCLUSION

We all have routines or habits in our lives. We might plan them into our schedules or find that they have just crept into our lives without us even noticing. Our families and friends can influence some of our habits, too.

We might be happy about the impact these habits are having on who we are but there are times when their effects might not be so positive.

The Good News is that we can follow the example of Jesus, who modelled healthy and helpful habits that can help us to thrive.



WHAT IF WE WANT TO CHANGE DIRECTION?

INTRODUCTION

At times in life we might long for a change of direction, for the chance to be a different kind of person to who we are today. But we might wonder if that's really possible.

Some of us have been typecast as a certain kind of person – for example, the ‘troublemaker’ or ‘the anti-church one’ – and it can be difficult to imagine breaking free from that reputation. We might worry how our friends will respond if we change – will they still accept us?

If we’ve done things we are really ashamed of, we might feel like our mistakes define us and we may wonder if it is even possible to leave that part of us behind.

When we see other people turn their lives around – friends, people at church or even celebrities – it can inspire us. But is it possible for us to change? And if it is possible, how can we do it?

What if we want to change direction?

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



PLAY THE 'PLOT TWIST' GAME

How did you go with the game? How did it feel to suddenly change how you were doing things?

How does it feel when we want to change the way we've been living?

DO THE 'TWO LETTERS' ACTIVITY



A LETTER FROM MY FUTURE SELF

Write a short letter from your future self to your current self.

Describe:

- What your future self might say to your current self
- What feelings you felt along the way
- What possibilities have opened up because of the change

[illegible]

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

SAUL BECOMES A FOLLOWER OF JESUS

Acts 9:1-22

¹In Jerusalem Saul was still trying to scare the followers of the Lord, even saying he would kill them. He went to the high priest² and asked him to write letters to the synagogues in the city of Damascus. Saul wanted the high priest to give him the authority to find people in Damascus who were followers of the Way. If he found any believers there, men or women, he would arrest them and bring them back to Jerusalem.

³So Saul went to Damascus. When he came near the city, a very bright light from heaven suddenly shined around him.⁴He fell to the ground and heard a voice saying to him, “Saul, Saul! Why are you persecuting me?”

⁵Saul said, “Who are you, Lord?”

The voice answered, “I am Jesus, the one you are persecuting.⁶Get up now and go into the city. Someone there will tell you what you must do.”

⁷The men traveling with Saul just stood there, unable to speak. They heard the voice, but they saw no one.⁸Saul got up from the ground and opened his eyes, but he could not see. So the men with him held his hand and led him into Damascus.⁹For three days, Saul could not see; he did not eat or drink.

¹⁰There was a follower of Jesus in Damascus named Ananias. In a vision the Lord said to him, “Ananias!”

Ananias answered, “Here I am, Lord.”

¹¹The Lord said to him, “Get up and go to the street called Straight Street. Find the house of Judas and ask for a man named Saul from the city of Tarsus. He is there now, praying.¹²He has seen a vision in which a man named Ananias came and laid his hands on him so that he could see again.”

¹³But Ananias answered, “Lord, many people have told me about this man. They told me about the many bad things he did to your holy people in Jerusalem.¹⁴Now he has come here to Damascus. The leading priests have given him the power to arrest all people who trust in you.”

¹⁵But the Lord Jesus said to Ananias, “Go! I have chosen Saul for an important work. I want him to tell other nations, their rulers, and the people of Israel about me.¹⁶I will show him all that he must suffer for me.”

¹⁷So Ananias left and went to the house of Judas. He laid his hands on Saul and said, “Saul, my brother, the Lord Jesus sent me. He is the one you saw on the road when you came here. He sent me so that you can see again and also be filled with the Holy Spirit.”¹⁸Immediately, something that looked like fish scales fell off Saul’s eyes. He was able to see! Then he got up and was baptized.¹⁹After he ate, he began to feel strong again.

Saul stayed with the followers of Jesus in Damascus for a few days.²⁰Soon he began to go to the synagogues and tell people about Jesus. He told the people, “Jesus is the Son of God!”

²¹All the people who heard Saul were amazed. They said, “This is the same man who was in Jerusalem trying to destroy the people who trust in Jesus! And that’s why he has come here—to arrest the followers of Jesus and take them back to the leading priests.”

²²But Saul became more and more powerful in proving that Jesus is the Messiah. His proofs were so strong that the Jews who lived in Damascus could not argue with him.

QUESTIONS

- What do you think about what we have just read? How does it relate to the question, 'What if I want to change direction?'
- Saul went from trying to kill Christians to leading hundreds to Jesus. When have you seen someone change in a big way because of Jesus? Or has it happened to you? What stands out to you about the transformations you've seen or experienced?
- In what ways would you like Jesus to change you as a person?
- When Ananias prays for Saul, he is filled with the Holy Spirit. Why do you think this is important? What can we do if we want to be filled with the Spirit?

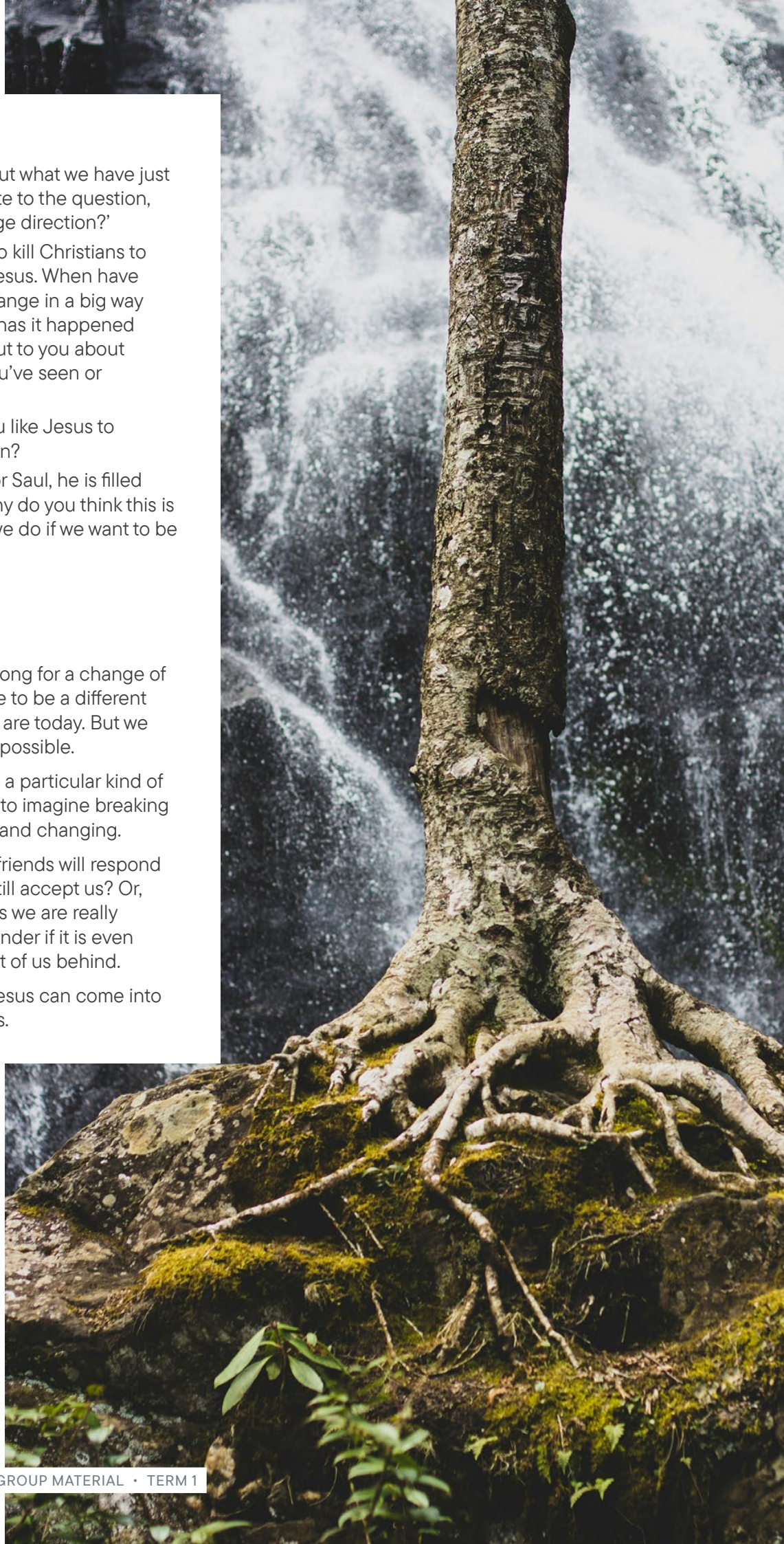
CONCLUSION

At times in life, we might long for a change of direction – for the chance to be a different kind of person to who we are today. But we might wonder if it's really possible.

If we've been typecast as a particular kind of person, it can be difficult to imagine breaking free from that reputation and changing.

We might worry how our friends will respond if we change – will they still accept us? Or, if we've done some things we are really ashamed of, we might wonder if it is even possible to leave that part of us behind.

The Good News is that Jesus can come into our lives and transform us.





ACKNOWLEDGEMENTS:

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