



**LEADER MATERIAL**  
Term 1 Session 1

**1**



**HOW  
DO I  
MAKE  
MY WAY?**

# LIFE LABS 1 | HOW DO I MAKE MY WAY?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

*Read the conclusion, close the session*



## EQUIPMENT NEEDED FOR THE SESSION:

- Deck of cards
- 5 copies of each shape picture (see back)
- Materials to make a grid on the ground (tape, chalk etc).
- Optional - card suits signs (see back)



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people consider their direction and purpose.

### Game:

The Four Corners game gets young people to experience making decisions.

### Activity:

The Shape Maze activity helps young people think about how they make decisions in a confusing situation.

### Scripture:

The Scripture from Matthew 4:18-22 explores the idea that Jesus calls us and gives us a purpose.

## STEP 1



# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

Life is about decisions. You decide what shows you'll watch, what clothes you'll wear, what you'll do with your free time. We also start to make big decision about our lives.

Each of us goes through the process of figuring out who we are, what we believe, and what we're going to do with our lives. But how do we decide what matters to us?

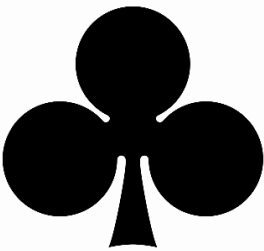
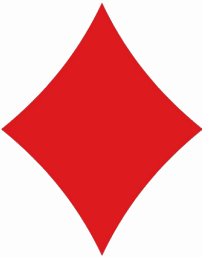
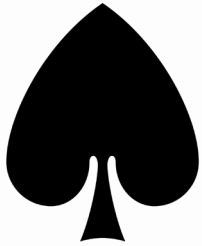
When your whole life is ahead of you, it can hard to know what the first step is. There's so many voices and opinions, it's hard to know who to listen to. When we don't know how to make our way, we can feel like our lives have no direction.

So, how do we make our way?

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

*"so, how  
do we make  
our way?"*

## STEP 1



# PLAY THE FOUR CORNERS GAME

### EQUIPMENT:

Deck of cards, Optional - card suits signs (see back)

### OPTIONAL PREPARATION:

Stick each card suit sign in a different corner of the room.

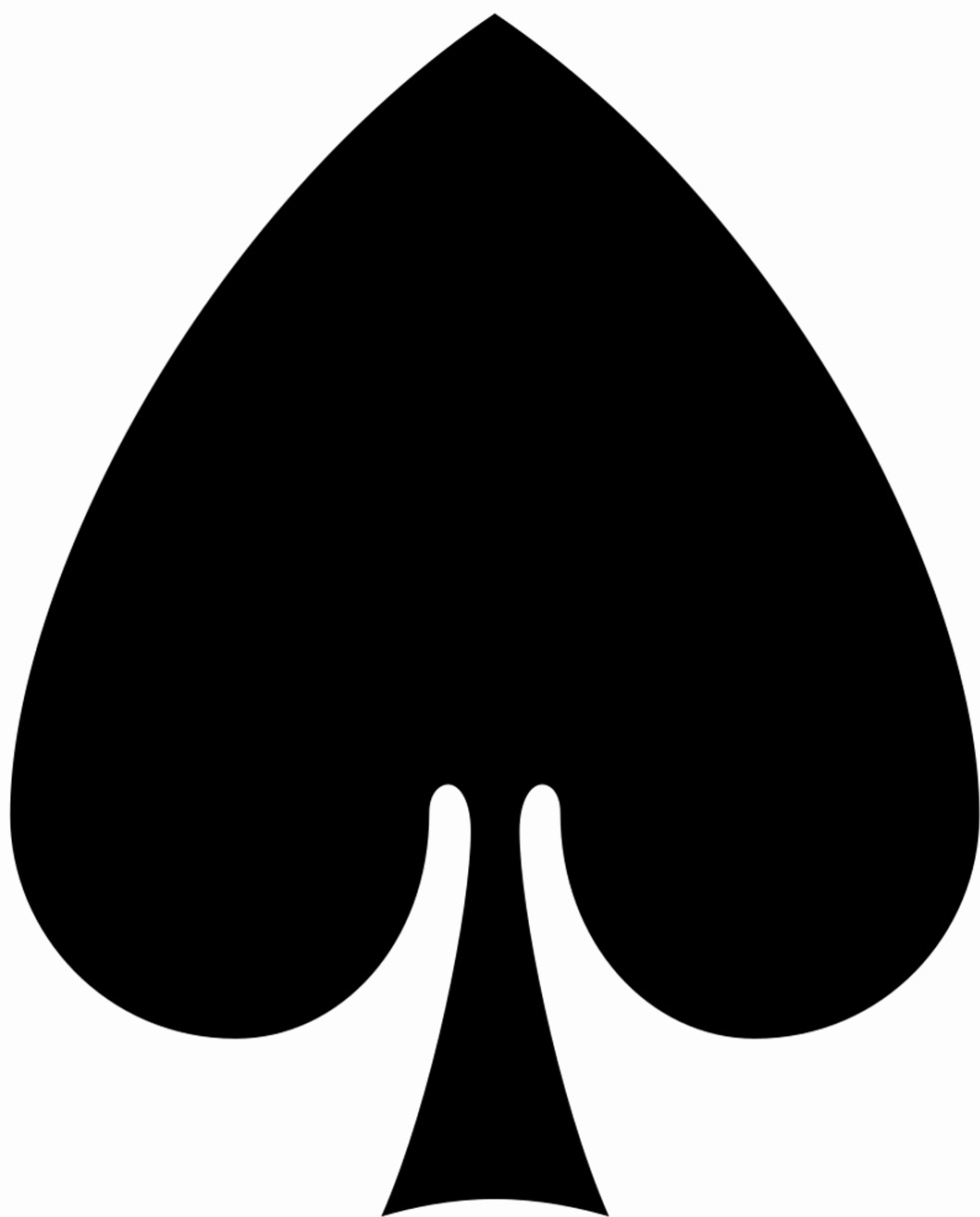
- Ask everyone to select a suit and move to the corner of the room with the sign for that suit (if printed).
- Draw a card from the deck and show it to the group.
- Everybody in that suit's corner is out. I.e. if you draw the 4 of clubs, everyone in the clubs corner is out.
- Remaining players then have a choice to stay in their current corner or select another corner. Draw another card from the deck.
- Play until one person is left in and is the winner.

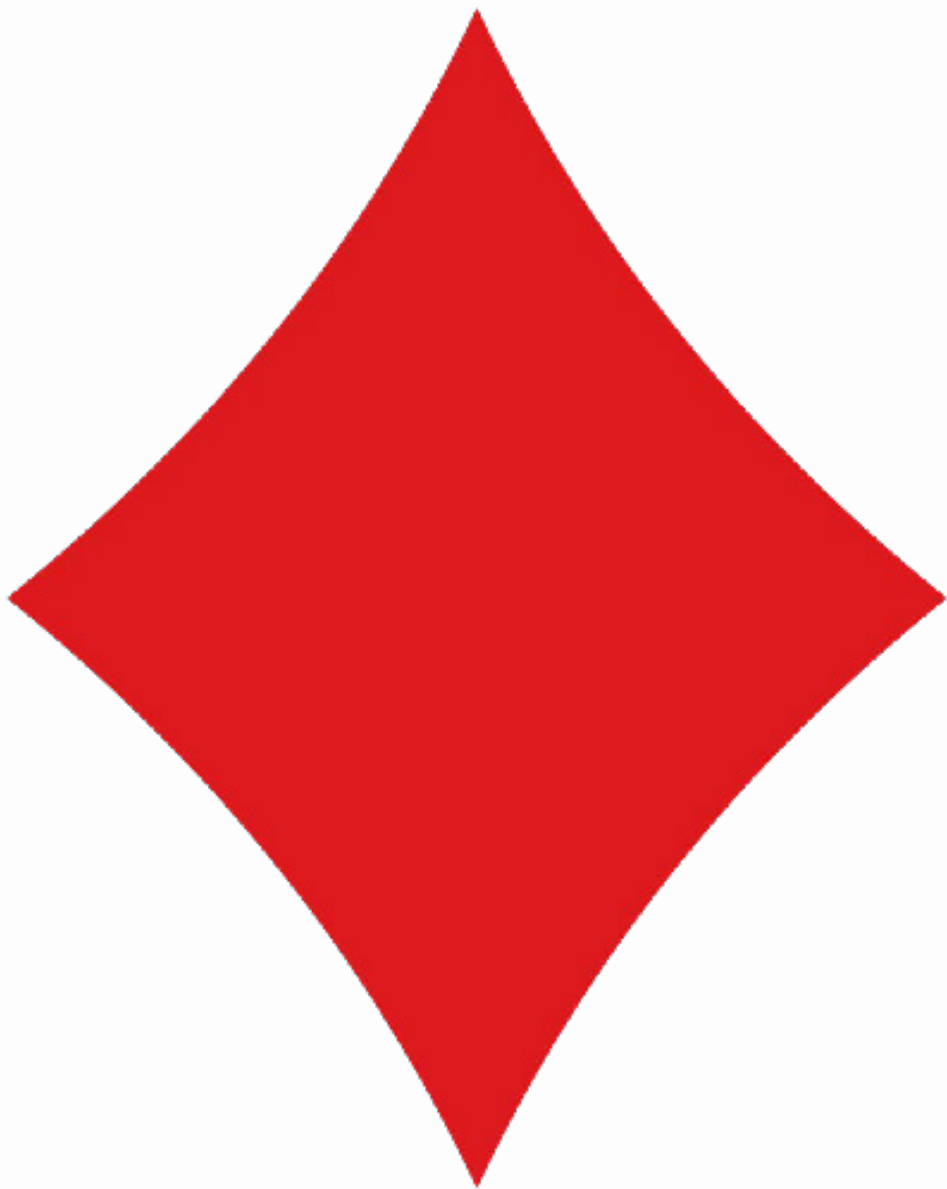
HOW DID YOU GO? DID YOU PICK THE  
RIGHT CORNER? HOW DID YOU DECIDE?  
WHEN YOU HAVE A DECISION TO MAKE,  
WHAT DO YOU DO?



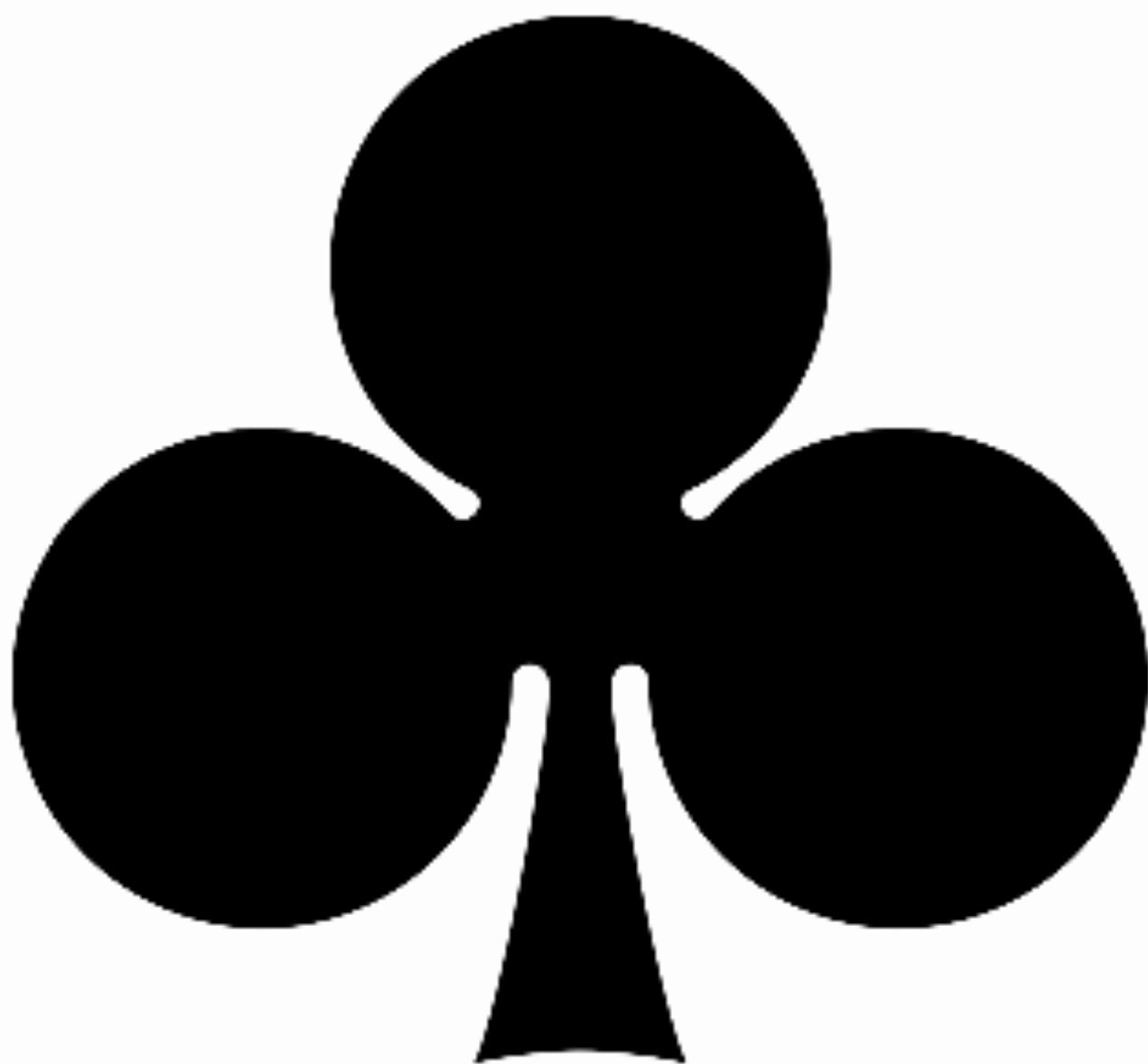


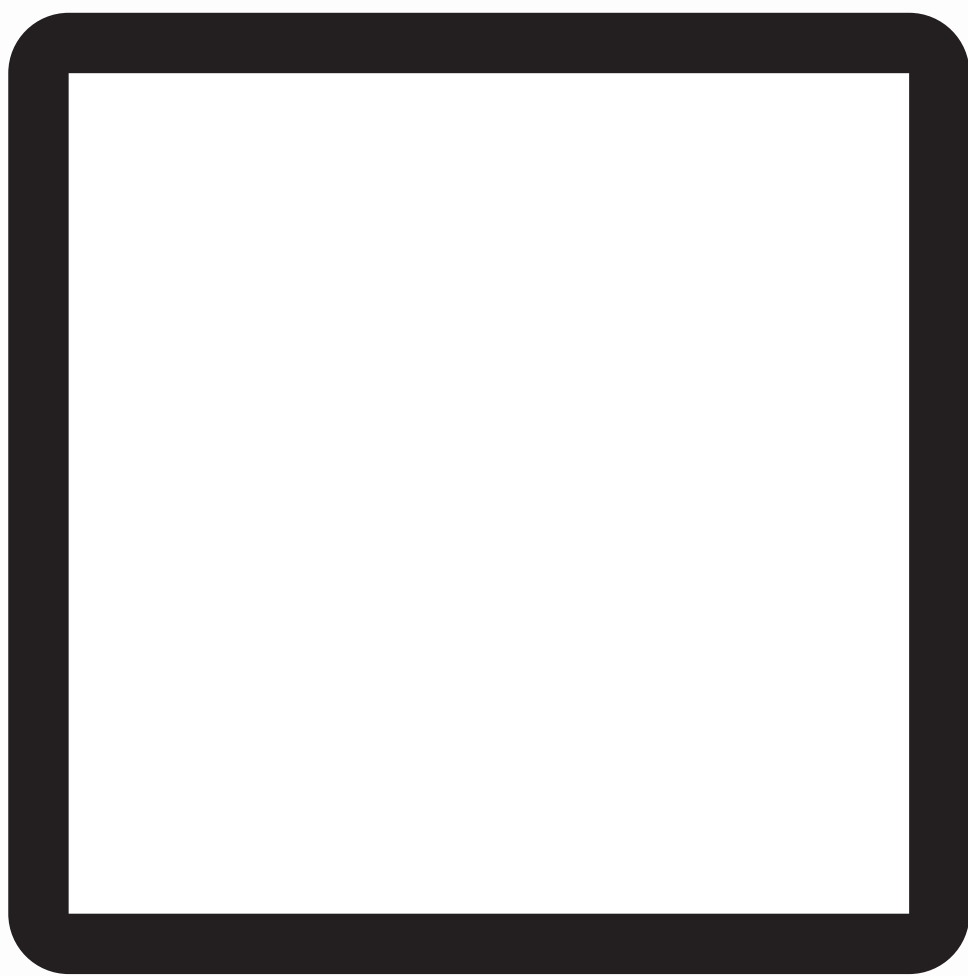
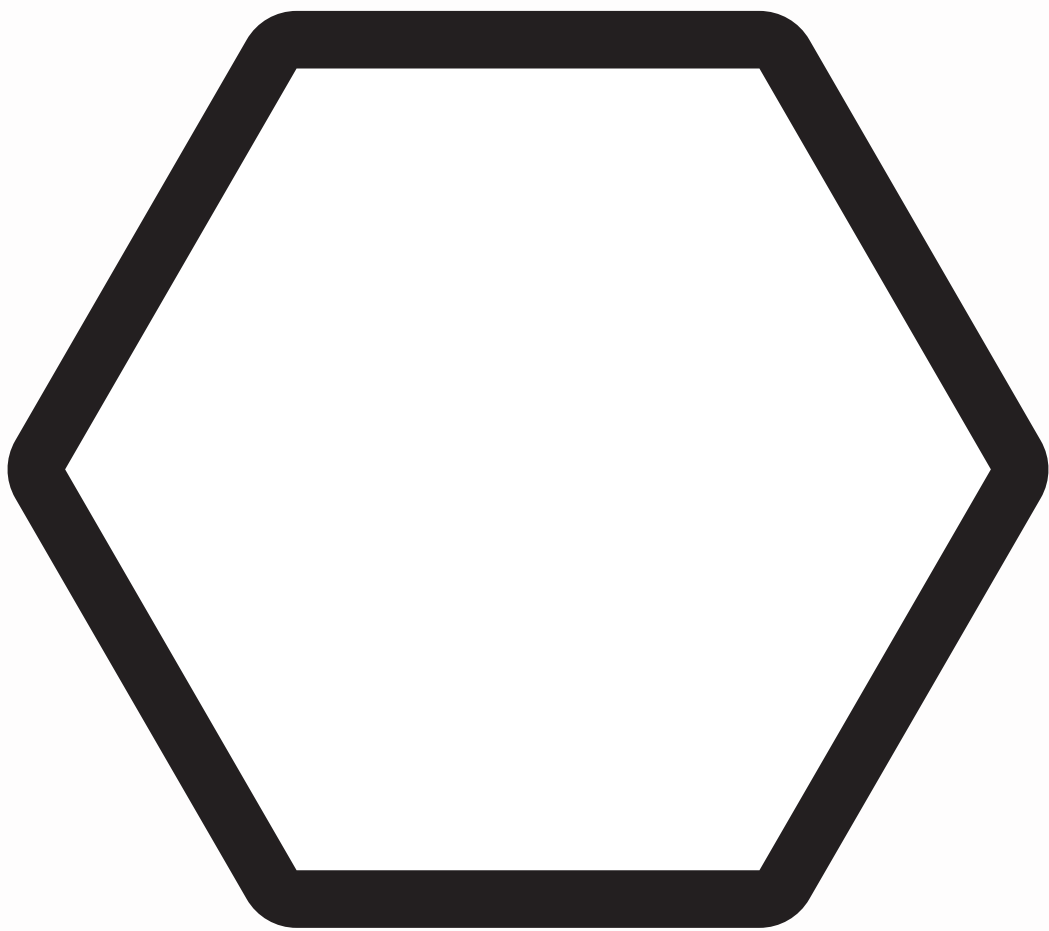


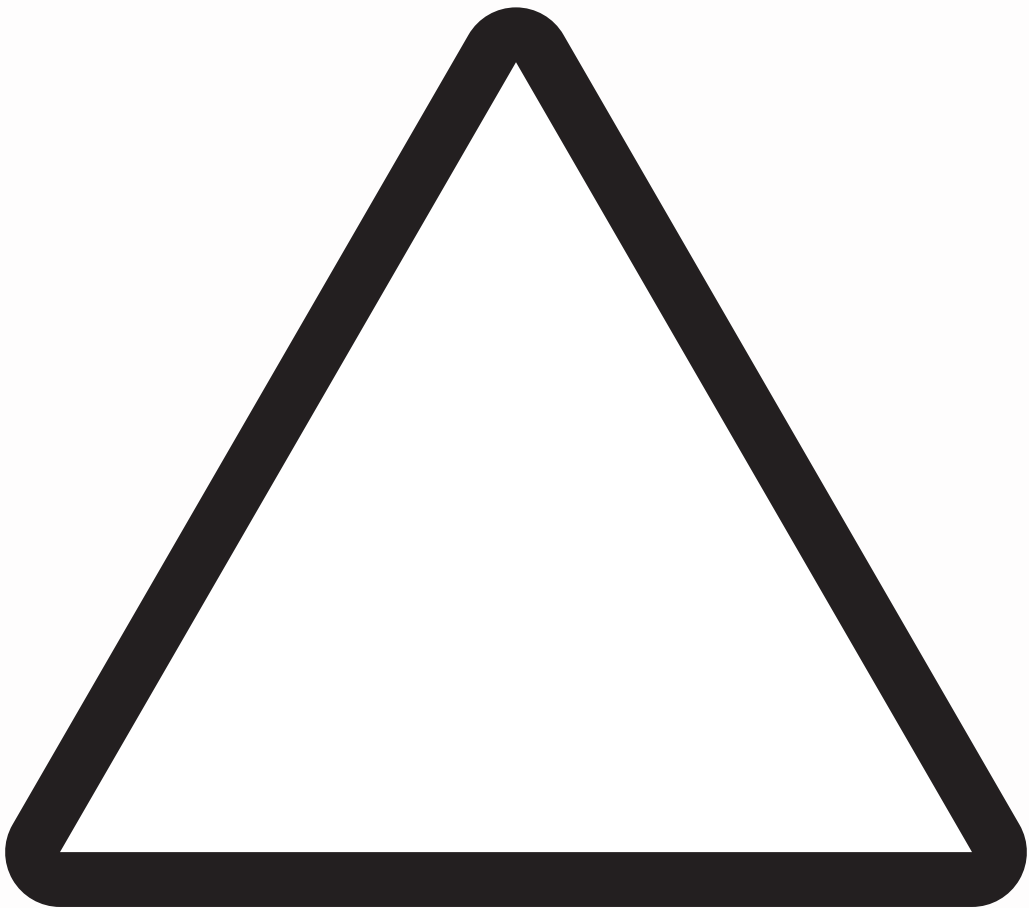
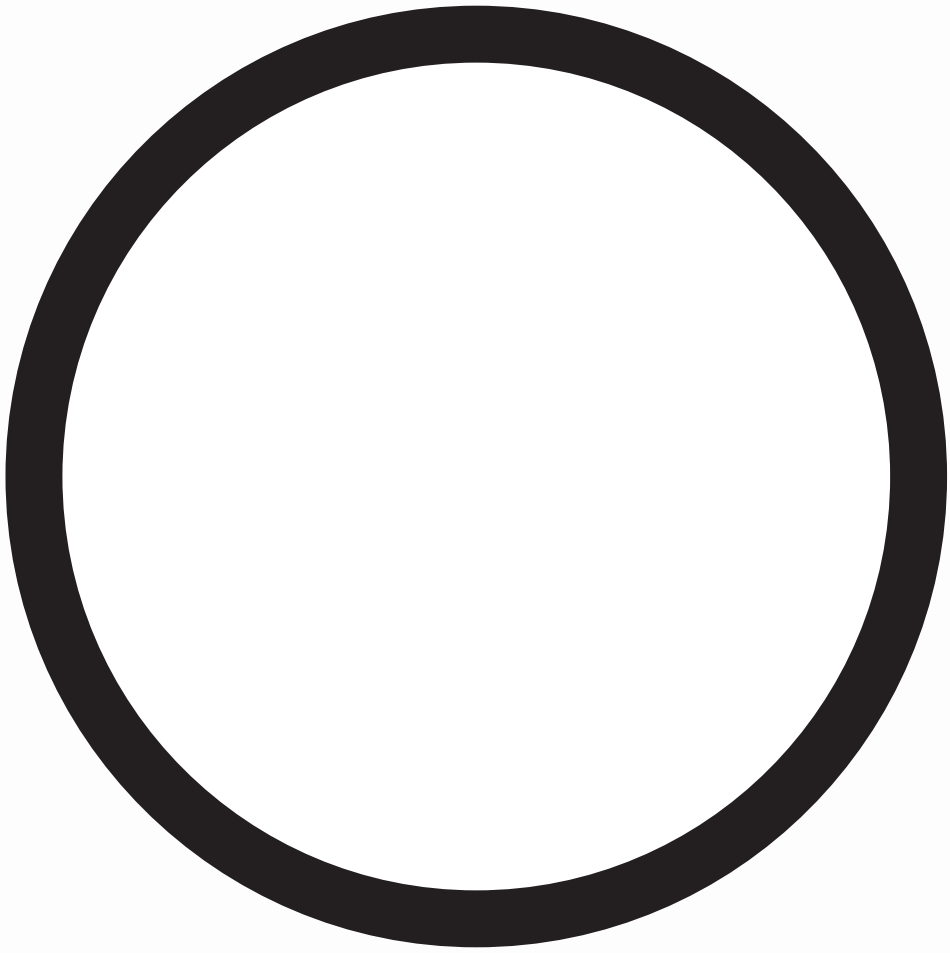




















**LEADER MATERIAL**  
Term 1 Session 2

**2**



**HOW  
DO I KEEP  
GOING IF  
THINGS GO  
OFF TRACK?**

# LIFE LABS 2 | HOW DO I KEEP GOING IF THINGS GO OFF TRACK?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- 1 light-weight pole at least 1 metre long
- 20 paper plates with numbers 1-20 written on them
- Timer
- Markers/masking tape



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people explore how they move forward when their life goes off track.

### Game:

The Helium Stick game gets young people to experience the feeling of giving up.

### Activity:

The Number Punch activity helps young people explore how they respond to difficult or hopeless situations.

### Scripture:

The Scripture Luke 15:11-24 explores God's acceptance and celebration of us, even when things go wrong.



## STEP 1



# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

Have you ever had one of those days where everything that can go wrong, does go wrong and it feels like there is nothing you can do to make it better?

Maybe you overslept, missed the bus, or stubbed your toe. Sometimes it's not just little problems that ruin our day, but big problems too.

Whether it's something that we've done or something that's happened to us, sometimes life can go off track.

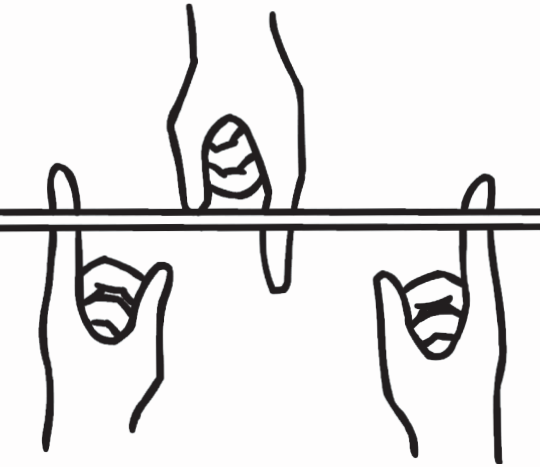
When our lives go off track, we can feel out of control, like nothing can make it better. It can be difficult to find stable ground and keep moving forward.

How do we keep going if things go off track? As a way to begin thinking about this, let's play the Helium Stick game.

*"How do we keep going if things go off track?"*



## STEP 1



# PLAY THE HELIUM STICK GAME

### EQUIPMENT:

A light-weight pole at least 1 metre long (like a broom handle)

- The group lines up in pairs, facing their partner.
- Introduce the Helium Stick – a light-weight pole, at least 1 metre long.
- Ask the group to point out their index fingers and then lay the Helium Stick down on people's fingers.
- The group must try to lower the Helium Stick to the ground. However, everyone's fingers must constantly be in contact with the Helium Stick.
- If anyone's finger is not touching the Helium Stick, the task is restarted at shoulder height.
- As the group tries to lower it, either their fingers will stop touching it, or the stick will raise instead of lower. Have a laugh about it.
- Keep going for a while. The group may or may not be able to finish the task – that's ok!

HOW DID YOU GO WITH THAT GAME? FUN?  
FRUSTRATING? DID YOU FEEL LIKE  
GIVING UP? WHY?

## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

## HOW TO DO THE NUMBER PUNCH ACTIVITY

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

### EQUIPMENT:

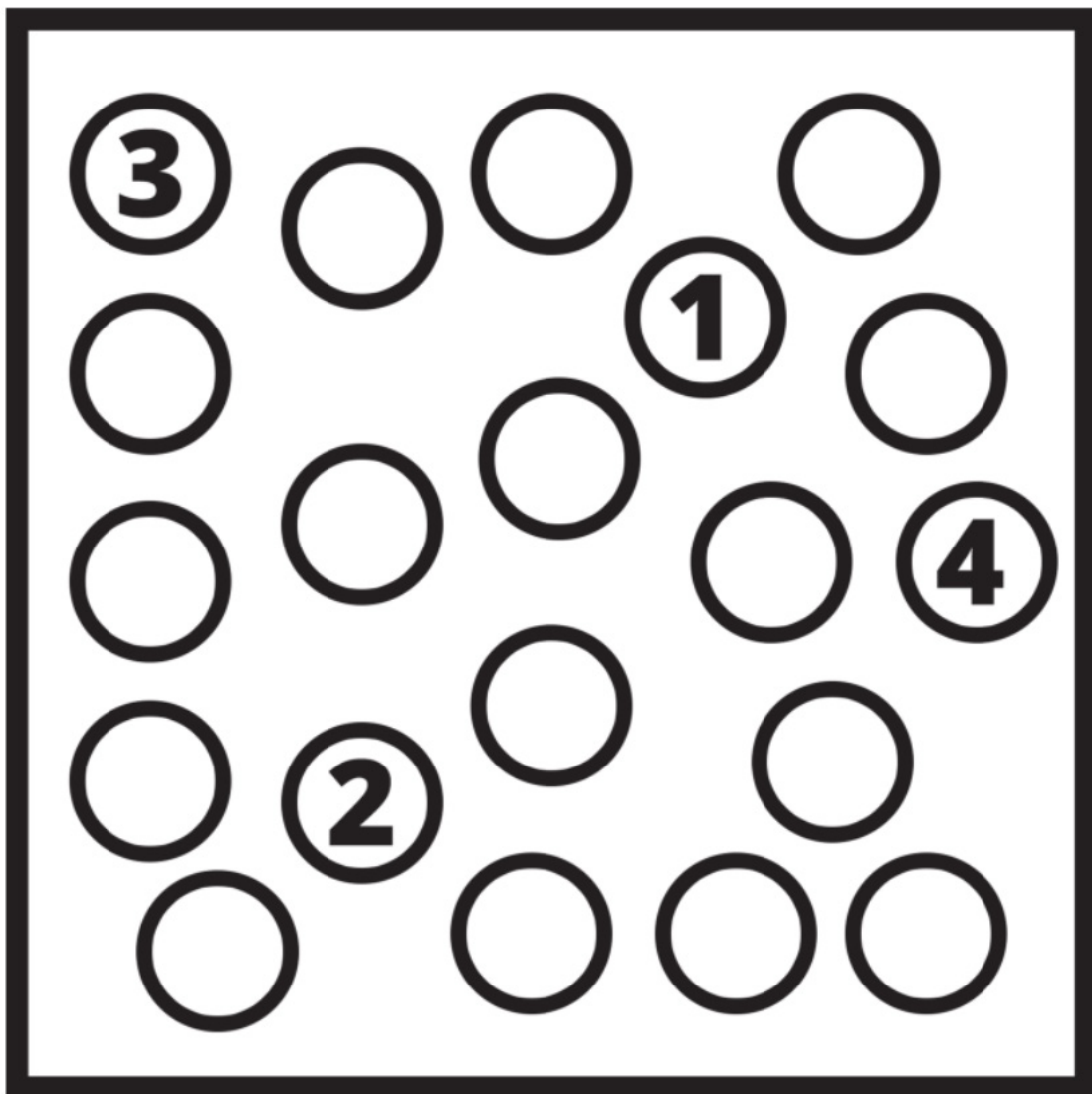
- ✓ 20 paper plates with numbers 1-20 written on them, timer, markers/masking tape



- 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 15 seconds.
- 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.

## STEP 2

- 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 encourage the group to think through a new strategy. The time limit is very short, and it will be difficult for young people to achieve. This is part of the activity, and will be discussed in the questions.
- Allow 5-8 attempts, monitoring if morale is dropping. If the group gives up, feel free to move on. At this point, let them know that the activity was very difficult, and failure was likely.



## STEP 2

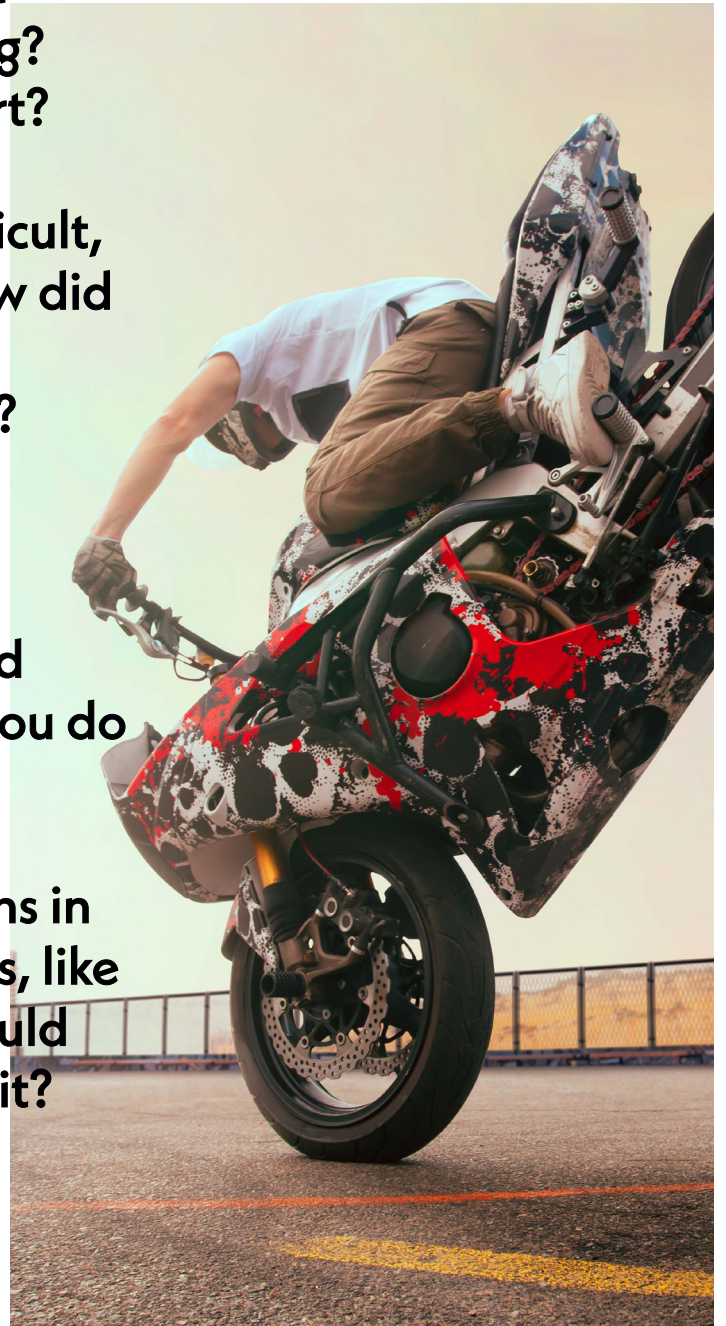
# DISCUSS THE ACTIVITY

How did you go with that activity? Fun? Challenging? What was the hardest part?

This activity was very difficult, and failure was likely. How did you feel when you were attempting it? Frustrated? Hopeless?

How did the difficulty change your decisions and involvement? What did you do when you felt hopeless?

Have there been situations in your life that felt hopeless, like there was nothing you could do? How did you handle it?





## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

### LUKE 15:11-24

<sup>11</sup>Jesus continued: "There was a man who had two sons.

<sup>12</sup>The younger one said to his father, 'Father, give me my share of the estate.' So he divided his property between them.

<sup>13</sup>"Not long after that, the younger son got together all he had, set off for a distant country and there squandered his wealth in wild living.

<sup>14</sup>After he had spent everything, there was a severe famine in that whole country, and he began to be in need.

<sup>15</sup>So he went and hired himself out to a citizen of that country, who sent him to his fields to feed pigs.

<sup>16</sup>He longed to fill his stomach with the pods that the pigs were eating, but no one gave him anything.

<sup>17</sup>"When he came to his senses, he said, 'How many of my father's hired servants have food to spare, and here I am starving to death!

<sup>18</sup>I will set out and go back to my father and say to him: Father, I have sinned against heaven and against you.



<sup>19</sup>I am no longer worthy to be called your son; make me like one of your hired servants.'

<sup>20</sup>So he got up and went to his father. "But while he was still a long way off, his father saw him and was filled with compassion for him; he ran to his son, threw his arms around him and kissed him.

<sup>21</sup>"The son said to him, 'Father, I have sinned against heaven and against you. I am no longer worthy to be called your son.'

<sup>22</sup>"But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet.

<sup>23</sup>Bring the fattened calf and kill it. Let's have a feast and celebrate.

<sup>24</sup>For this son of mine was dead and is alive again; he was lost and is found.' So they began to celebrate.

## **STEP 2**

# **DISCUSS THESE TOPIC QUESTIONS**

What do you think about what we just read? How might it relate to how we keep going when things go off track?

The son had a plan for his life, to take his inheritance, leave home and party. Then an unpredictable natural disaster happened, and he was left with nothing. Have you ever had an experience where your plans didn't work out? What happened? What was that like?

When things went wrong, the son's new friends abandoned him, but he found support back home. Who are the people in your life who accept you even when things go wrong?

When he hit rock bottom, the son changed his plans and decided to go back home. Has there been a time in your life where you had to change and make new plans?

In this story, Jesus says that God is like the father who celebrated and welcomed his son home. What does it mean to you that God celebrates and welcomes you?

**IN THE GROUP MATERIAL: AN ENCOURAGEMENT FOR  
YOUNG PEOPLE TO SEEK HELP IF THEY FACE  
SIGNIFICANT CHALLENGES.**

## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

Sometimes things go off track. We can feel like we don't have control and that we can't keep moving forward.

In the story, the son's life had gone off track, but he changed his plans and found acceptance with his father.

The Good News is that even when things go off track, we are accepted and celebrated by God, and that can help us to move forward.



### 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**





**LEADER MATERIAL**  
Term 1 Session 3

**3**



**WHO ARE  
THE PEOPLE  
WHO WILL  
SUPPORT  
US ON OUR  
WAY?**

# LIFE LABS 3 | WHO ARE THE PEOPLE WHO WILL SUPPORT US ON OUR WAY?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- Paper plates



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people identify helpful and supportive people in their life.

### Game:

The Back-to-Back game gets young people to experience literal support of others

### Activity:

The River Crossing activity helps young people explore what helps them connect with others and who supports them.

### Scripture:

The Scripture Luke 5:17-26 explores how some friends supported a man to meet Jesus.



## STEP 1



# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

There are people everywhere around us. People at school, teachers, friends, siblings, carers. Some are just people we know, but others are the people we go to when times get tough.

We need people to support us, comfort us, and guide us. When we feel supported, it can give us a sense of stability to try new things, and give us confidence to make our way.

We all need people on our journey. Who are the people who will support us on our way?

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

*"Who are the people  
who will support us  
on our way?"*

## STEP 1

# PLAY THE BACK-TO- BACK GAME

- Have every participant find a pair (the game is easier if they are similar heights).
- They sit on the ground back-to-back with their partner and link arms. They then try to stand up while keeping their arms linked.
- If they successfully stand up, find another group who was successful and try with four people.
- Continue combining with groups until it is impossible, or the challenge has been completed with everyone.

HOW DID YOU GO WITH THAT GAME? FUN?  
CHALLENGING? WHO ARE THE PEOPLE  
IN YOUR LIFE WHO HELP YOU UP OFF THE  
GROUND (LITERALLY OR  
METAPHORICALLY)?



## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

## HOW TO DO THE RIVER CROSSING ACTIVITY

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

### EQUIPMENT:

- Paper plates



- Create a start and end point approximately 5 metres apart.
- Explain to the group that between the 2 points is a 'river' that they must cross and they have 'rocks' (the paper plates) to use to cross the river.
- Each rock must have a player on it, or it floats away. They must stand on a rock within 1 second of it being put down.
- Explain that it is very windy at this river, and that if people aren't supported by others they will be blown into the river. This means that each team member must be physically connected in some way to the rest of the team whilst attempting to cross.
- If anyone falls in the river or is disconnected from the team, the whole group must restart.
- The team must make it across the river staying connected in order to win.

## STEP 2

# DISCUSS THE ACTIVITY

What did you think of the activity? Was it easy? Difficult? Why?

In this activity, it can be hard to keep your balance and you need the support of others. Did you feel supported? Did you disconnect at all? Why?

What helped you stay connected to others? Was it something you did, or they did? In your life, what helps you feel connected to others?

Whilst you may never have had to cross a rushing river, have you ever been in a situation when you needed support to make your way? What happened?



## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

### LUKE 5:17-26

<sup>17</sup>One day Jesus was teaching, and Pharisees and teachers of the law were sitting there. They had come from every village of Galilee and from Judea and Jerusalem. And the power of the Lord was with Jesus to heal the sick.

<sup>18</sup>Some men came carrying a paralysed man on a mat and tried to take him into the house to lay him before Jesus.

<sup>19</sup>When they could not find a way to do this because of the crowd, they went up on the roof and lowered him on his mat through the tiles into the middle of the crowd, right in front of Jesus.

<sup>20</sup>When Jesus saw their faith, he said, "Friend, your sins are forgiven."

<sup>21</sup>The Pharisees and the teachers of the law began thinking to themselves, "Who is this fellow who speaks blasphemy? Who can forgive sins but God alone?"

<sup>22</sup>Jesus knew what they were thinking and asked, "Why are you thinking these things in your hearts?"

<sup>23</sup>Which is easier: to say, 'Your sins are forgiven,' or to say, 'Get up and walk?'



<sup>24</sup>But I want you to know that the Son of Man has authority on earth to forgive sins." So he said to the paralysed man, "I tell you, get up, take your mat and go home."

<sup>25</sup>Immediately he stood up in front of them, took what he had been lying on and went home praising God.

<sup>26</sup>Everyone was amazed and gave praise to God. They were filled with awe and said, "We have seen remarkable things today."

## **STEP 2**

# **DISCUSS THESE TOPIC QUESTIONS**

What do you think about what we just read? How does it relate to who will support you on your way?

In this story, the man found it difficult to walk. He relied on people who were there for him and helped him in the ways he needed. Are there people in your life who are there for you too?

In this story, Jesus cares about the man's physical and spiritual health. What difference could it make for you that Jesus cares about you?

This man's life was changed when his friends took him to see Jesus. Is there someone in your life who helps you connect with Jesus?

The man who came through the roof had friends who literally supported him, and Jesus celebrated their faith. How can you be that type of friend to someone?

**IN THE GROUP MATERIAL: YOUNG PEOPLE LIST PEOPLE WHO SUPPORT THEM, AND HOW.**

## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

There are people everywhere around us. Some are just people we know, but others are the people we go to when times get tough.

We need people to support us, comfort us, and guide us. In the story of the man who came through the roof, we see the difference that supportive friends can make in someone's life.

The Good News is that Jesus cares about us and supports us, and we can find people who will help us on our way.



### 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**







**LEADER MATERIAL**  
Term 1 Session 4

**4**



**HOW DO  
WE HELP  
OTHERS  
MAKE THEIR  
WAY?**

# LIFE LABS 2 | HOW DO WE HELP OTHERS MAKE THEIR WAY?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- Kids Jigsaw puzzle approximately 15-20 pieces (see print out at back if required)
- Container or puzzle box



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people consider how they can help others find their way in life.

### Game:

The 'Spotto' game helps young people to practice noticing others.

### Activity:

The 'Puzzle Match' activity helps young people identify and communicate with others who they can help.

### Scripture:

The Scripture John 1:43-51 explores how we can help our friends connect with the things that bring them meaning and purpose.



## STEP 1



# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

Everyone is trying to make their way in life. We might be confident in our journey but notice that others are struggling.

Maybe our friends don't know what the next step is or don't have healthy people around them. They might become unmotivated or go down dangerous paths.

We worry that they won't be able to achieve their dreams, or that our paths will separate and we'll drift apart.

But what can we do when our friends seem lost? How do we help others make their way?

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

*"How do we help others make their way?"*

## STEP 1

# PLAY THE SPOTTO GAME

### EQUIPMENT:

None

- Have the group sit in a circle so they can see everyone.
- Before starting make sure that everyone knows the name of each participant.
- The leader says a visual characteristic about someone in the group e.g. "someone wearing a blue shirt". An example list is provided below, but you'll need to adapt it for your group.
- The first person to say "Spotto" and then a person's name who fits the category wins a point. E.g "Spotto Gary"
- The first person to 5 points or whoever has the most points at the end of the game wins.

### CATEGORIES:

- Wearing a jumper
- Black shirt
- Earrings
- Blonde hair
- Nike shoes
- School uniform
- White socks
- Sitting with their legs crossed
- Wearing glasses
- Shoelaces are untied
- Not wearing shoes
- 2 items of jewellery
- Wearing a hat
- Nail polish
- Laying down

HOW DID YOU GO? WERE YOU A GOOD SPOTTER? DO YOU FIND IT EASY OR DIFFICULT TO NOTICE WHAT'S GOING ON IN OTHER PEOPLE'S LIVES?

## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

## HOW TO DO THE PUZZLE MATCH ACTIVITY

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

### EQUIPMENT:

- ✓ Kids Jigsaw puzzle approximately 15-20 pieces (see print out at back if required), container or puzzle box



- Before starting, mix up the puzzle pieces in the box or a container.
- Each participant grabs a puzzle piece. They must find someone who has a piece that fits with theirs.
- You may not show anyone your piece. You can only describe it to others. If you don't think you have a match with a participant, try with a different person.
- When you think you've found someone with a match try and fit the pieces together.
- If it is a match, one participant keeps the match and the other goes back to the box and grabs another piece. If it is not a match both players go back to the box and change pieces.
- Continue until the puzzle is complete.

## STEP 2

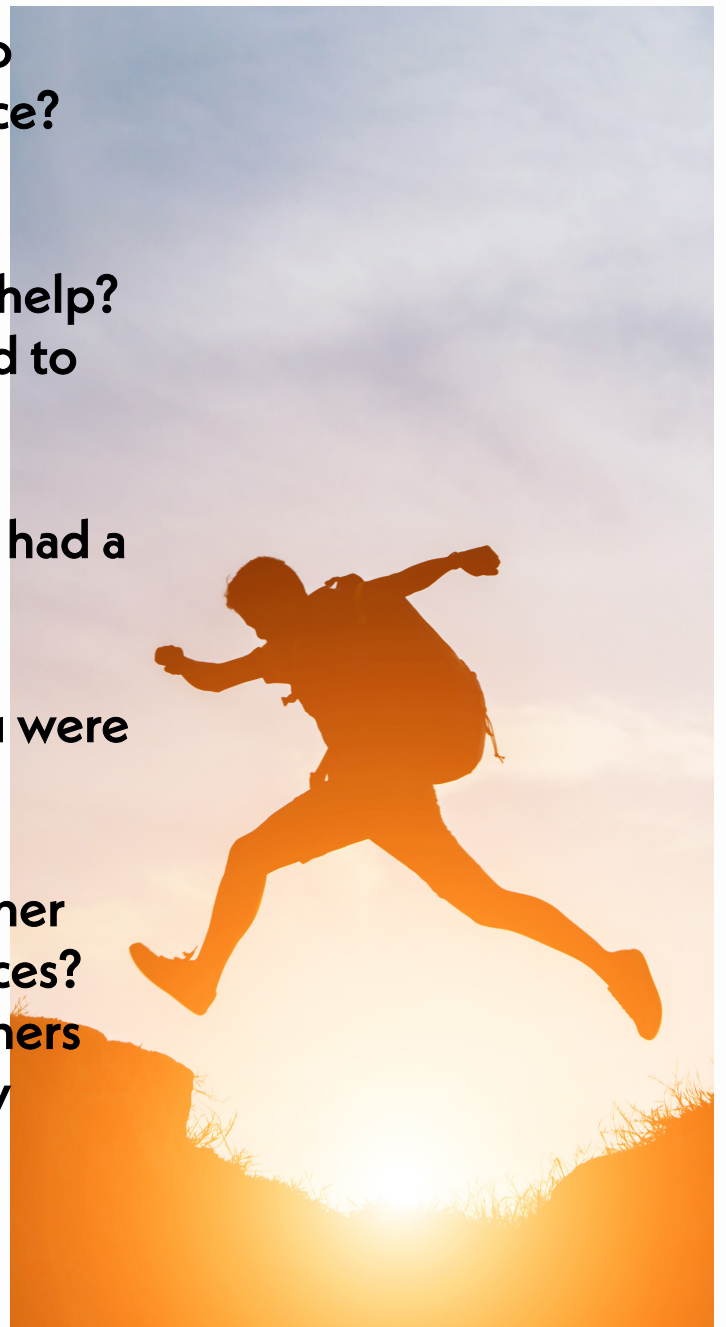
# DISCUSS THE ACTIVITY

How did you go with the activity? Was it difficult to describe your puzzle piece?

What did you do to find someone who you could help? Were there things you did to help you find a match?

How did you know if you had a piece that someone else needed? What was your strategy to make sure you were right?

Were you able to help other people connect their pieces? Have you ever helped others connect with people they need in their lives?





## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

## JOHN 1:43-51

<sup>43</sup>The next day Jesus decided to go to Galilee. He found Philip and said to him, “Come, follow me.”

<sup>44</sup>Philip was from Bethsaida, Andrew and Peter’s hometown.

<sup>45</sup>Philip went to look for Nathanael and told him, “We have found the very person Moses and the prophets wrote about! His name is Jesus, the son of Joseph from Nazareth.”

<sup>46</sup>“Nazareth!” exclaimed Nathanael. “Can anything good come from Nazareth?” “Come and see for yourself,” Philip replied.

<sup>47</sup>As they approached, Jesus said, “Now here is a genuine son of Israel—a man of complete integrity.”

<sup>48</sup>“How do you know about me?” Nathanael asked. Jesus replied, “I could see you under the fig tree before Philip found you.”

<sup>49</sup>Then Nathanael exclaimed, “Rabbi, you are the Son of God—the King of Israel!”

<sup>50</sup>Jesus asked him, “Do you believe this just because I told you I had seen you under the fig tree? You will see greater things than this.”



<sup>51</sup>Then he said, “I tell you the truth, you will all see heaven open and the angels of God going up and down on the Son of Man, the one who is the stairway between heaven and earth.”

## **STEP 2**

# **DISCUSS THESE TOPIC QUESTIONS**

What do you think about what we just read? How do you think it might relate to helping others make their way in life?

In this story Jesus invites Phillip to follow him, and then Philip goes and invites Nathanael. How do you include your friends as you go through life?

Philip remembered that he had spoken with Nathanael about wanting to meet Jesus, so invited him along. Do you know what matters to your friends? How do you find out?

Nathanael doesn't seem interested in when Philip tells him, so Phillip invited him to see for himself. When you think you know something that could help a friend, how do you share it with them?

Nathanael meets Jesus and realises that this is what he has always wanted. How do you help others find what they want?

**IN THE GROUP MATERIAL: YOUNG PEOPLE LIST FRIENDS, SOMETHING IMPORTANT TO THOSE FRIENDS, AND SOMETHING THAT COULD ASSIST THEM.**

## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

Everyone is trying to make their way in life. We might be confident in our journey but notice that others are struggling. When we see our friends struggling, we can worry that they won't be able to achieve their dreams, or that our paths will separate and we'll drift apart.

Just like Just like Philip connected Nathanael to Jesus, we can connect our friends to the people and things that are meaningful in their lives.

The Good News is that our lives can have meaning and purpose when we follow Jesus, and we can share that with others.



### 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**







**LEADER MATERIAL**  
Term 1 Session 5

**5**



**WHAT  
MAKES  
SOMEONE  
A GOOD  
FRIEND?**

# LIFE LABS 5 | WHAT MAKES SOMEONE A GOOD FRIEND?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

None



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people identify what makes someone a good friend.

### Game:

The Same Same game gets young people to find commonalities and think about how they connect with people.

### Activity:

The Disaster Holiday activity helps young people explore how people have different qualities and abilities, and think about what they like in friends.

### Scripture:

The Scripture John 15:12-17 shows us a model of what friendship can be like.

## STEP 1

# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

As we make our way, we'll meet new people in new places. Maybe we're put in a different class, or a sports team, or a band, or a youth group.

Meeting new people is a chance to make new friends.

How do we know if they are the kind of people we want to be friends with?

What makes someone a good friend?

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

*"What makes someone a good friend??"*

---

## STEP 1

# PLAY THE SAME SAME GAME

- Have the participants get into groups of at least 3 people. You will need a minimum of 2 groups.
- In the group material, teams list as many common traits among participants as possible. E.g if everyone in the group has curly hair write “curly hair”.
- After a time limit of 2-3 minutes have each group read out their list. They get a point for every unique answer that they come up with. The team with the most points win.

### **GROUP MATERIAL:**

- Young people list what their team has in common.

HOW DID YOU GO? WAS IT EASY TO FIND SOMETHING IN COMMON? WHEN YOU'RE WITH A NEW GROUP OF PEOPLE, HOW DO YOU CONNECT WITH THEM?

## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

## HOW TO DO THE DISASTER HOLIDAY ACTIVITY

- You can do this activity as individuals or pairs.
- Start by reading out the scenario.

"You're on your way to Hawaii for a holiday with friends. During your flight something goes wrong and the plane crash lands on a deserted island 50km off the coast of Hawaii. Everyone survived the crash but there are some passengers who are injured. You and your friends need to work out how you will survive."

- Give the participants 10 minutes to complete the activity in the group material

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

### EQUIPMENT:

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





---

## STEP 2

# DISCUSS THE ACTIVITY

How did you go with the activity? Do you think you and your friends would have survived?

Who are the people you chose as friends on the island? How do you choose friends when you're in new places?

What did you think was the most important quality in a friend for the activity? What qualities are most important to you in a good friend?

Have you ever been in a situation where you have to rely on your friends? How can your friends look out for you when you're struggling?



**IN THE GROUP MATERIAL: YOUNG PEOPLE COMPLETE THE DISASTER HOLIDAY ACTIVITY.**

---

## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

## JOHN 15:12-17

My command is this: Love each other as I have loved you.

13 Greater love has no one than this: to lay down one's life for one's friends.

14 You are my friends if you do what I command.

15 I no longer call you servants, because a servant does not know his master's business. Instead, I have called you friends, for everything that I learned from my Father I have made known to you.

16 You did not choose me, but I chose you and appointed you so that you might go and bear fruit—fruit that will last—and so that whatever you ask in my name the Father will give you.

17 This is my command: Love each other.



---

### **STEP 3**

# **DISCUSS THESE TOPIC QUESTIONS**

**What do you think about what we just read?  
How do you think it might relate to what makes  
someone a good friend?**

**Jesus says that loving your friends means laying  
down your life for them, like going out of your way  
to meet a need of someone else. Do you have any  
friends who are like that?**

**Sometimes we think of Jesus as distant or different,  
but here he says he chose the disciples' to be his  
friends. What might it mean for Jesus to be your  
friend?**

**Jesus says that his disciples will bear "fruit".  
In another part of Bible (Gal 5:22-23), It talks  
about the "fruit of the Spirit", things like kindness,  
patience, and faithfulness. Which of these qualities  
do you think is important in a friend?**

## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

As we make our way, we'll meet new people in new places.

This gives us a chance to make new friends, but how do we know if they're the kind of people we want to be friends with?

The Good News is Jesus loves us and calls us his friends.

We can choose good friends who are kind, faithful, and patient, just like 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**



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**LEADER MATERIAL**  
Term 1 Session 6

6



**HOW DO  
I CHOOSE  
PEOPLE TO  
GUIDE ME ON  
THE WAY?**

# LIFE LABS 6 | HOW DO I CHOOSE PEOPLE TO GUIDE ME ON THE WAY?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- Packs of the same Lego set (1 per group and 1 for reference). Kmart has Mini Block figures for \$2.
- Blindfolds (1 per pair)
- Numbered pieces of paper (1 per pair)



## SESSION OUTLINE

### Purpose:

The purpose of this session is to identify adults who help guide us.

### Game:

The 'Blind Build' game gets young people to experience the need for guidance.

### Activity:

The 'Shouting Match' activity helps young people identify the right voices to listen to.

### Scripture:

The Scripture Mark 4:35-41 explores the idea that we can trust Jesus and rely on him for guidance.



## STEP 1

# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

We all need people who can help guide us as we make our way. When we choose subjects, face a challenge, or think about the future, we can turn to others to help us feel confident about our choices.

We might need adults to listen to us, help us find the tools we need to succeed or to step in when everything feels too difficult to go on.

But not every adult is a helpful guide. Some adults don't understand us and have opinions about what paths we should take that don't suit us.

We need guides who will help us make our way.

How do we choose people to guide us on the way?

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

*"How do we choose people to guide us on the way?"*

---

## STEP 1

# PLAY THE BLIND BUILD GAME

### EQUIPMENT:

Packs of the same Lego set, 1 per group and 1 for reference. (Kmart has Mini Block figures for \$2)

- To prepare complete the reference Lego set.
- Have participants get into groups of 3-4.
- Give each group a small Lego set with the instructions removed. They can use the completed Lego set for reference.
- If a group gets really stuck they can ask for a hint.
- Allow 5-8 minutes for the groups to try and build the Lego.

HOW DID YOU GO? DID YOU NEED A HINT  
OR SOME HELP? WHO DO YOU GO TO WHEN  
YOU'RE NOT SURE WHAT TO DO NEXT?

## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

## HOW TO DO THE SHOUTING MATCH ACTIVITY

### EQUIPMENT:

- Blindfolds (1 per pair), numbered pieces of paper (1 per pair)



- Make sure there are no obstacles or hazards.
- Blindfolded participants can NEVER run.
- The leader must be able to see everyone.
- If you feel this may be too dangerous for your group, you can limit the amount of people blindfolded and take turns.
- To set up for this activity create a large open space for participants to walk around freely with no obstacles or hazards.
- Have everyone break up into pairs and stand on one side of the room.
- Assign a piece of paper with a number on it for each pair.

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## STEP 2

- In their pairs they choose who will be the traveller and the guide. Have the traveller put on the blindfold. Then on the opposite side of the room place the pieces of paper spread out on the ground.
- When the leader says “go” the travellers must try to find and pick up their piece of paper whilst blindfolded. The guides must stay at the start line and can only guide their traveller by talking to them.
- If a traveller bumps into another traveller, they remove their blindfold and walk back to the start. If a traveller picks up the wrong piece of paper, they also have to restart.
- The first pair to find their correct number wins.
- When all the pairs have found their piece of paper, start again with the roles swapped.





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## STEP 2

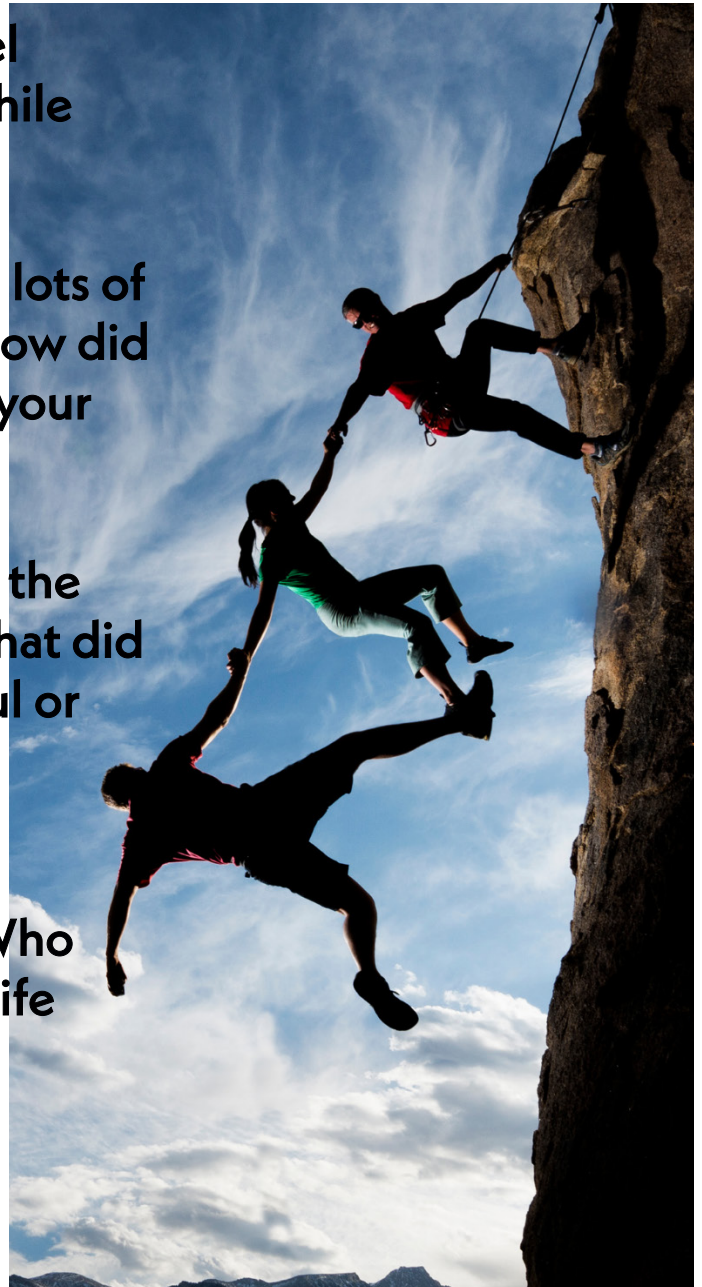
# DISCUSS THE ACTIVITY

How did you go with the activity? How did you feel trying to find your way while you couldn't see?

In this activity there were lots of people talking at once. How did you go trying to listen to your particular guide?

Were you better at being the traveller or the guide? What did guides do that was helpful or unhelpful?

What makes someone trustworthy as a guide? Who are some people in your life who are helpful guides?



**IN THE GROUP MATERIAL: YOUNG PEOPLE LIST  
QUALITIES OF GOOD GUIDES.**

---

## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

### MARK 4:35-41

That day when evening came, he said to his disciples, "Let us go over to the other side."

<sup>36</sup>Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him.

<sup>37</sup>A furious squall came up, and the waves broke over the boat, so that it was nearly swamped.

<sup>38</sup>Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?"

<sup>39</sup>He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm.

<sup>40</sup>He said to his disciples, "Why are you so afraid? Do you still have no faith?"

<sup>41</sup>They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"





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### **STEP 3**

# **DISCUSS THESE TOPIC QUESTIONS**

**What do you think about what we just read? How do you think it might relate to choosing people to help guide you on your way?**

**Some of the disciples were experienced fishermen and they knew how to sail, so Jesus trusted them to get him across the water. Who are the adults who trust you?**

**The disciples encountered a scary situation and sought guidance from Jesus. Have you asked for guidance from someone you trust? How did that go?**

**The disciples were wondering if Jesus cared about them enough to calm the storm. Jesus woke up from his sleep and calmed the storm because they asked. What might it mean for Jesus to care about you?**

**The disciples trusted Jesus as their guide. Have you ever trusted Jesus with anything? Is there something you want to trust Jesus with?**

---

## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

We all need people who can help guide us as we make our way. We may need adults to listen to us, to help us find the tools we need to succeed, or to step in when everything feels too difficult to go on.

Not every adult is a helpful guide, but Jesus listens to us when we are struggling and can help us find our way.

The Good News is that we can trust Jesus and rely on him for guidance.



### 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**



**LEADER MATERIAL**  
Term 1 Session 7

**7**



**WHAT DOES  
A HEALTHY  
COMMUNITY  
LOOK LIKE?**

# LIFE LABS 7 | WHAT DOES A HEALTHY COMMUNITY LOOK LIKE?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- 5 Hula hoops (or something to mark the space)



## SESSION OUTLINE

### Purpose:

The purpose of this session is help young people identify what a healthy community looks like.

### Game:

The Human Knot game gets young people to experience the idea of being connected to those around them.

### Activity:

The Space Walk activity helps young people helpful and unhelpful communities.

### Scripture:

The Scripture 1 John 4:7-12 explores the idea that when we enter communities that are loving we experience God because God is love.



## STEP 1

# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

We are all connected to others as we make our way. We have connections with people in our neighbourhood, our schools, and those we choose to spend time with.

This is called our community. Some communities can be welcoming, supportive, and seem like a good fit. But others can try to pressure us, control us, or make us feel like we have to change to fit in.

As we make our way we need communities that are healthy for us.

What does a healthy community look like?

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

*"What does a healthy community look like?"*



---

## STEP 1

# PLAY THE HUMAN KNOT GAME

- Stand in a circle and have everyone put their left hand in, choosing someone else's hand to hold. After everyone is holding a left hand everyone does the same with their right hand.
- When everyone is holding hands start to try and untangle as a group. You must not let go of any hands.
- Continue until the group successfully untangles or the game starts to feel boring or impossible.

HOW DID YOU GO? WHAT WAS HELPFUL OR  
UNHELPFUL ABOUT BEING CONNECTED TO  
OTHERS? WHAT COMMUNITIES ARE YOU  
CONNECTED TO?

## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

## HOW TO DO THE SPACE WALK ACTIVITY

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

### EQUIPMENT:

- 5 Hula hoops (or something else to mark spaces on the ground)



- Set up a start point and an end point. In between put the 5 hula hoops down about a metre apart from each other to make a path for people to step on.
- Participants need to make it across the area whilst staying connected. You can tell them that the area is outer space, and the hula hoops are platforms. If they aren't on a platform, they will float away.
- The young people must stay in contact as a group at all times (i.e. holding hands), or they will float away.
- When the leader says "go" the group has 90 seconds to get everyone across. See how your group goes and adjust the time limit accordingly.
- If a player disconnects, start again.

## STEP 2

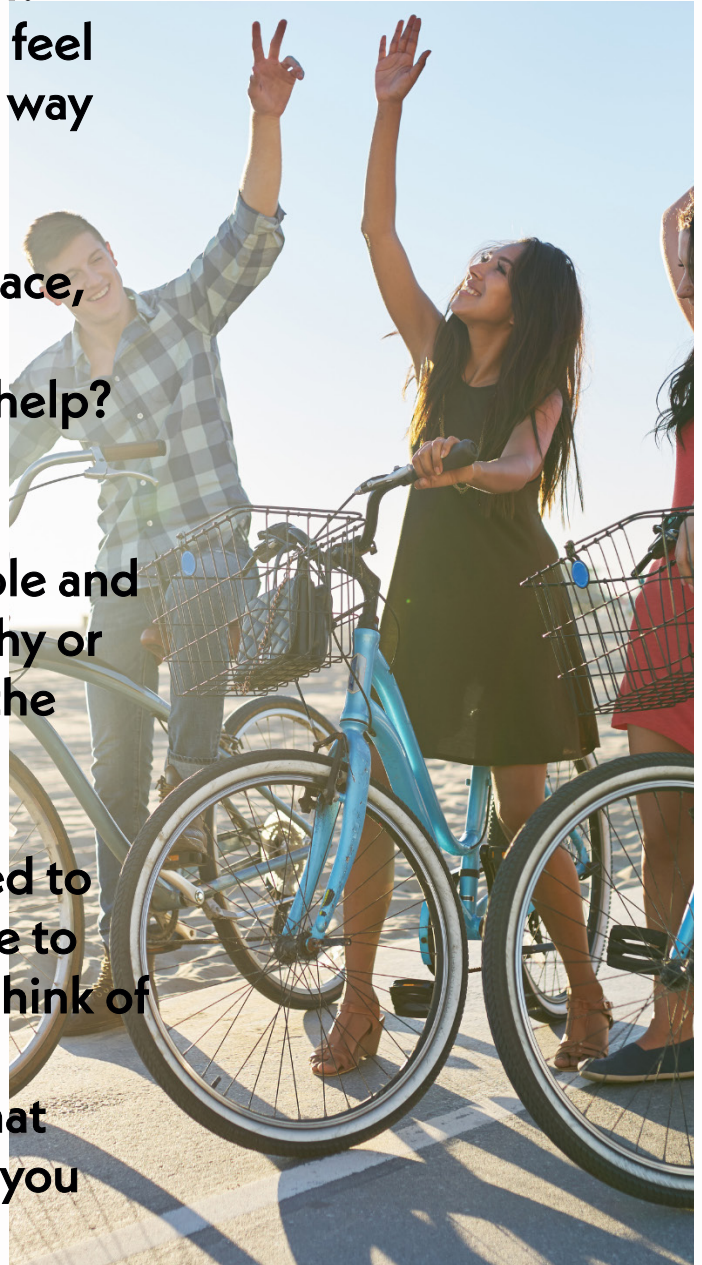
# DISCUSS THE ACTIVITY

How was the activity? Fun? Frustrating? How did you feel as you tried to make your way across as a group?

When you crossed the space, how did it help being connected? What didn't help?

Just like this activity, connecting to some people and places in life can be healthy or hurtful. How do you tell the difference?

In this activity, you needed to be connected to someone to make your way. Can you think of the times you needed to connect somewhere? What types of communities do you find healthy in life?



**IN THE GROUP MATERIAL: YOUNG PEOPLE LIST COMMUNITIES THAT THEY ARE PART OF AND RATE HOW HEALTHY THEY ARE FOR THEM. PROVIDED IS A LIST OF SUPPORT RESOURCES FOR YOUNG PEOPLE.**

## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

### 1 JOHN 4:7-12

<sup>7</sup>Dear friends, let us love one another, for love comes from God. Everyone who loves has been born of God and knows God.

<sup>8</sup>Whoever does not love does not know God, because God is love.

<sup>9</sup>This is how God showed his love among us: He sent his one and only Son into the world that we might live through him.

<sup>10</sup>This is love: not that we loved God, but that he loved us and sent his Son as an atoning sacrifice for our sins.

<sup>11</sup>Dear friends, since God so loved us, we also ought to love one another.

<sup>12</sup>No one has ever seen God; but if we love one another, God lives in us and his love is made complete in us.



---

### **STEP 3**

# **DISCUSS THESE TOPIC QUESTIONS**

**What do you think about what we just read?  
How do you think it might relate to what a healthy  
community looks like?**

**Healthy communities have people who look out for  
each other. Who are the people in your communi-  
ties that look out for you? Who do you look out for?**

**This scripture says that love comes from God. When  
you think of God's love what comes to mind?**

**Jesus loves us, which helps us to love others. What  
difference does Jesus' love make for your life?**



## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

We are connected to others in community as we make our way.

Some communities can be welcoming, supportive, and seem like a good fit. But others can try to pressure us, control us, or make us feel like we have to change to fit in. When we are in communities that welcome us, show us love and acceptance we can feel safe.

The Good News is that God loves us and shows us what love looks like, and that's what a healthy community is.



### 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**



**LEADER MATERIAL**  
Term 1 Session 8

**8**



**HOW DO  
WE HELP  
PEOPLE  
WHO ARE  
ON THEIR  
OWN?**

# LIFE LABS 8 | HOW DO WE HELP PEOPLE WHO ARE ON THEIR OWN?

## HOW TO RUN A SESSION:

### STEP 1:

Read introduction, then play the game

### STEP 2:

Do the activity then discuss the questions

### STEP 3:

Read the Scripture, discuss the questions

### STEP 4:

Read the conclusion, close the session



## EQUIPMENT NEEDED FOR THE SESSION:

- Tarp or sheet



## SESSION OUTLINE

### Purpose:

The purpose of this session is to help young people identify ways to help people who are on their own.

### Game:

The Make Room game gets young people to explore what it might feel like to be left out.

### Activity:

The Connect Up activity helps young people think about how they connect with those who are on their own by seeing and engaging.

### Scripture:

The Scripture Luke 19:1-10 tells the story of Jesus accepting and including someone who was on their own.

## STEP 1

# READ INTRODUCTION, PLAY THE GAME (10 MINUTES)

As we go through life we may see people who are on their own and have no one to turn to. We know that as we make our way we need people alongside us to give us support and guidance.

When people don't have others to rely on they might feel alone, go down wrong paths or make unhealthy decisions. Sometimes we notice when others are struggling but don't know what to do.

We might think that it's not our business or that we will say the wrong thing, but we still want to help.

How do we help people who are on their own?

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

*"How do we help people who are on their own?"*



---

## STEP 1

# PLAY MAKE ROOM! GAME

### EQUIPMENT:

Tarp or sheet

- Have the group stand on the tarp.
- The group must try and fit on the smallest space they can, by folding the tarp and standing on it.
- The group has five minutes to try and fit on the smallest space they can.
- The team needs to be on the tarp for 10 seconds for the attempt to count.

DID YOU ALL FIT ON THE TARP? NO ONE LIKES GETTING LEFT OUT. WHAT DID IT FEEL LIKE WHEN THERE WASN'T ROOM ON THE TARP FOR EVERYONE?



## STEP 2

# DO ACTIVITY, THEN DISCUSS QUESTIONS (15 MINUTES)

### LEADERS, WATCH THE PARTICIPANTS FOR:

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

## HOW TO DO THE CONNECT UP ACTIVITY

### EQUIPMENT:

- None

- Have each person stand by themselves around your space.
- The object of this activity is for the participants to move closer to each other by asking each other questions until everyone is physically connected.
- Participants take turns to ask other participants a question. They can choose any participant they want.
- The question must be a yes or no question about their life. For example, "do you like ice cream?" or "have you ever been to another country?"
- If the answer is yes (no cheating!), both the question asker and answerer take a step towards each other.
- After this, choose another person to ask a question of someone, and so on. Try and keep the activity moving quickly.
- If any participants end up close to each other they can 'connect' by linking arms. The activity ends when the whole group is connected.

## STEP 2

# DISCUSS THE ACTIVITY

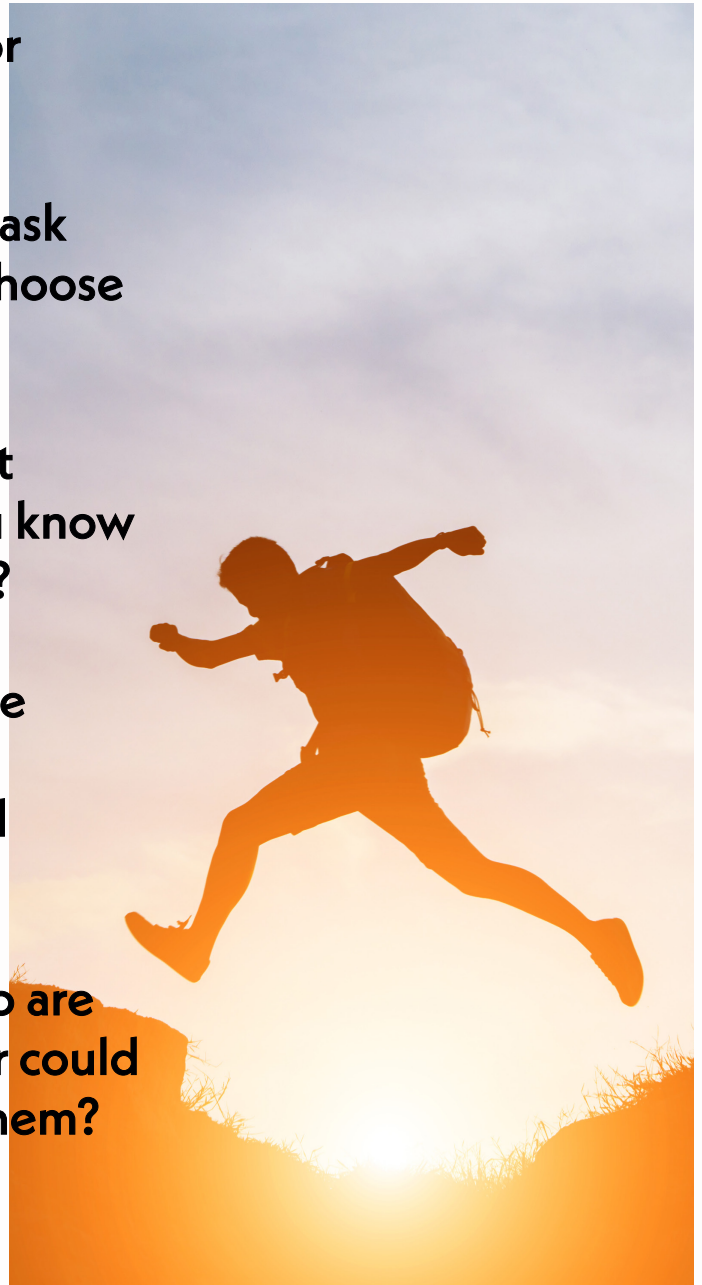
How did you go with the activity? What was easy or challenging about it?

When it was your turn to ask questions, how did you choose who to ask?

How did you decide what questions to ask? Did you know the answer would be yes?

Who were the first people connected? Who was connected last? What did that feel like?

Do you know anyone who are on their own? What do or could you do to connect with them?



## STEP 3

# READ THE SCRIPTURE, DISCUSS THE QUESTIONS (15 MINUTES)

### LUKE 19:1-10

Jesus entered Jericho and was passing through.

<sup>2</sup>A man was there by the name of Zacchaeus; he was a chief tax collector and was wealthy.

<sup>3</sup>He wanted to see who Jesus was, but because he was short he could not see over the crowd.

<sup>4</sup>So he ran ahead and climbed a sycamore-fig tree to see him, since Jesus was coming that way.

<sup>5</sup>When Jesus reached the spot, he looked up and said to him, "Zacchaeus, come down immediately. I must stay at your house today."

<sup>6</sup>So he came down at once and welcomed him gladly.

<sup>7</sup>All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

<sup>8</sup>But Zacchaeus stood up and said to the Lord, "Look, Lord! Here and now I give half of my possessions to the poor, and if I have cheated anybody out of anything, I will pay back four times the amount."



<sup>9</sup>Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham. <sup>10</sup>For the Son of Man came to seek and to save the lost."

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### **STEP 3**

# **DISCUSS THESE TOPIC QUESTIONS**

**What do you think about what we just read? How do you think it might relate to how we help people who are on their own?**

**Have you ever felt like an outsider, like Zacchaeus? How do you think it felt for Zacchaeus to be welcomed by Jesus?**

**Jesus encouraged Zacchaeus by calling him a true son. How could you encourage someone today who might feel like an outsider?**

**Zacchaeus was up a tree and away from the crowd so he could see Jesus. What do you think is a good way to approach someone who may seem like they don't want to be included?**

**IN THE GROUP MATERIAL: YOUNG PEOPLE CIRCLE WAYS THAT THEY BEST CONNECT WITH OTHERS.**



## STEP 4

# READ THE CONCLUSION, CLOSE THE SESSION (15 MINUTES)

### READ THE CONCLUSION

As we go through life we may see people who are on their own and have no one to turn to.

Sometimes we notice when others are struggling but might not know what to do.

We might think that it's not our business or that we will say the wrong thing, but we still want to help. Jesus shows us an example of how to reach out and encourage someone who is on their own.

The Good News is that just like Jesus we can reach out to others by seeing, caring, and encouraging.



### 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**