



GROUP MATERIAL
Term 1 Session 1

1



**HOW
DO I
MAKE
MY WAY?**

INTRODUCTION

LIFE LABS 1

HOW DO I MAKE MY WAY?



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

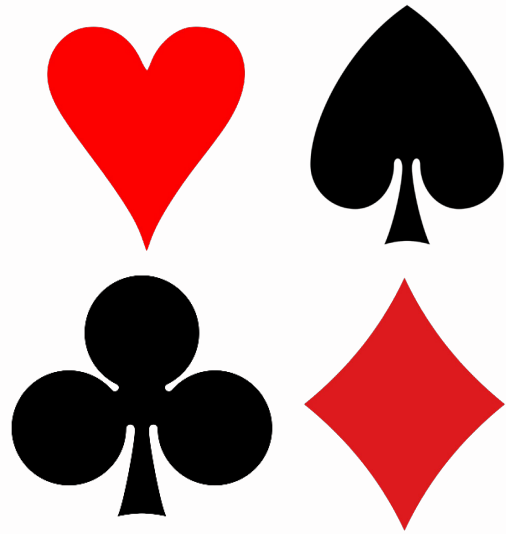
"EACH OF US GOES THROUGH THE PROCESS OF FIGURING OUT WHO WE ARE"



"so, how do we make our way?"

PLAY THE GAME

PLAY THE FOUR CORNERS GAME



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?

DO THE SHAPE MAZE ACTIVITY

List some people who could help you make your way.

.....
.....
.....

What is a situation that you are unsure of what to do next?

.....
.....
.....
.....



READ THE SCRIPTURE

Matthew
4:18-22

JESUS CALLS THE FIRST DISCIPLES

¹⁸While walking by the Sea of Galilee, he saw two brothers, Simon (who is called Peter) and Andrew his brother, casting a net into the sea, for they were fishermen.

¹⁹And he said to them, "Follow me, and I will make you fishers of men."



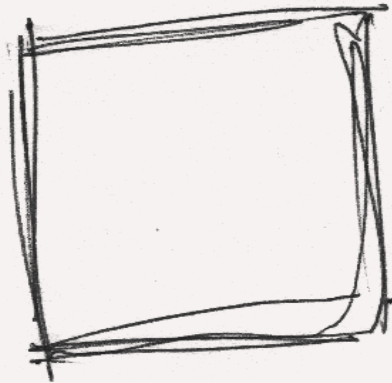
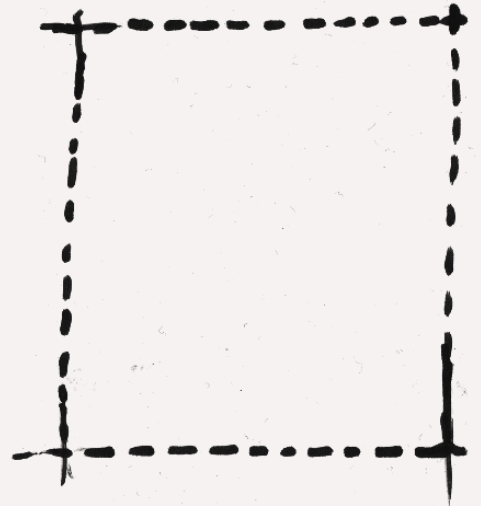
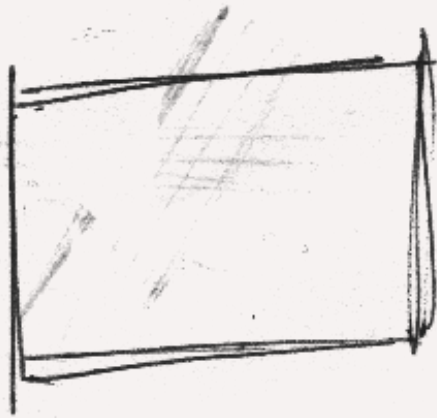
²⁰Immediately they left their nets and followed him.

²¹And going on from there he saw two other brothers, James the son of Zebedee and John his brother, in the boat with Zebedee their father, mending their nets, and he called them.

²²Immediately they left the boat and their father and followed him.



3 LIST THINGS YOU ARE GOOD AT



What's one good thing I can do for someone else?

In 3 words how would you describe yourself?

CONCLUSION



CONCLUSION

“ LIFE IS ABOUT DECISIONS ”

Life is about decisions. 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 it can be difficult to figure this out, and our lives can feel directionless.

Just like Jesus called the disciples, he calls us to follow him, using our gifts and talents in that process.

The Good News is that following Jesus gives our lives a purpose and direction.



GROUP MATERIAL
Term 1 Session 2

2



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

INTRODUCTION

LIFE LABS 2

HOW DO I KEEP GOING IF THINGS GO OFF TRACK?



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?

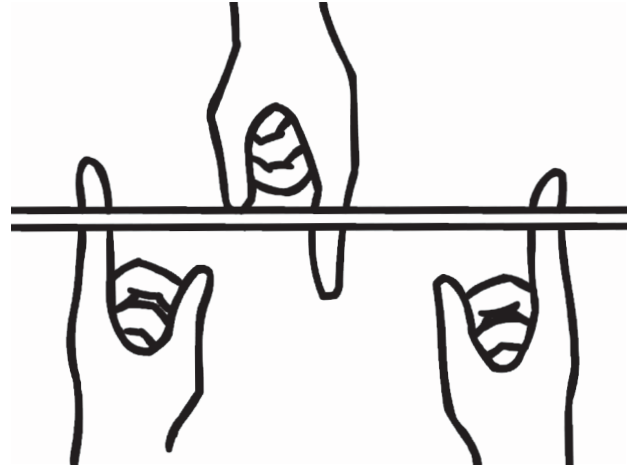
"SOMETIMES IT'S NOT JUST LITTLE PROBLEMS THAT RUIN OUR DAY, BUT BIG PROBLEMS"



How do we keep going if things go off track?

PLAY THE GAME

PLAY THE HELIUM STICK GAME



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

DO THE NUMBER PUNCH ACTIVITY

We all go through times that are difficult where we feel down. But some situations are bigger than we can handle on our own. We can have challenges like mental health, losing people close to us, and family breakdown.

When we face these challenges, it's important to find the help and support we need. This may be parents, counsellors, or other trusted adults. You can also use the services below:

- If you are in immediate danger, call 000
- 1800RESPECT – Call 1800 737 732 for support to people impacted by sexual assault, domestic or family violence and abuse.
- Lifeline - Call 13 11 14 for crisis support and counselling, with a focus on suicide prevention.
- Kids Helpline - Call 1800 55 1800 for free, private and confidential phone and online counselling services for young people aged 5 to 25.
- Sexual assault and abuse helplines – go to <https://www.healthdirect.gov.au/sexual-assault-and-abuse-helplines> to find the service in your State or Territory.

If you are not sure if what you're experiencing is ok, visit the website What's OK At Home (<https://woah.org.au/>) to learn the signs of family violence.

READ THE SCRIPTURE

Luke 15:11-24

¹¹Jesus continued: “There was a man who had two sons.

¹²The younger one said to his father, ‘Father, give me my share of the estate.’ So he divided his property between them.

¹³“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.

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

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



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

¹⁷“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!

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

¹⁹I am no longer worthy to be called your son; make me like one of your hired servants.’

²⁰So he got up and went to his father.

READ THE SCRIPTURE



"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.

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

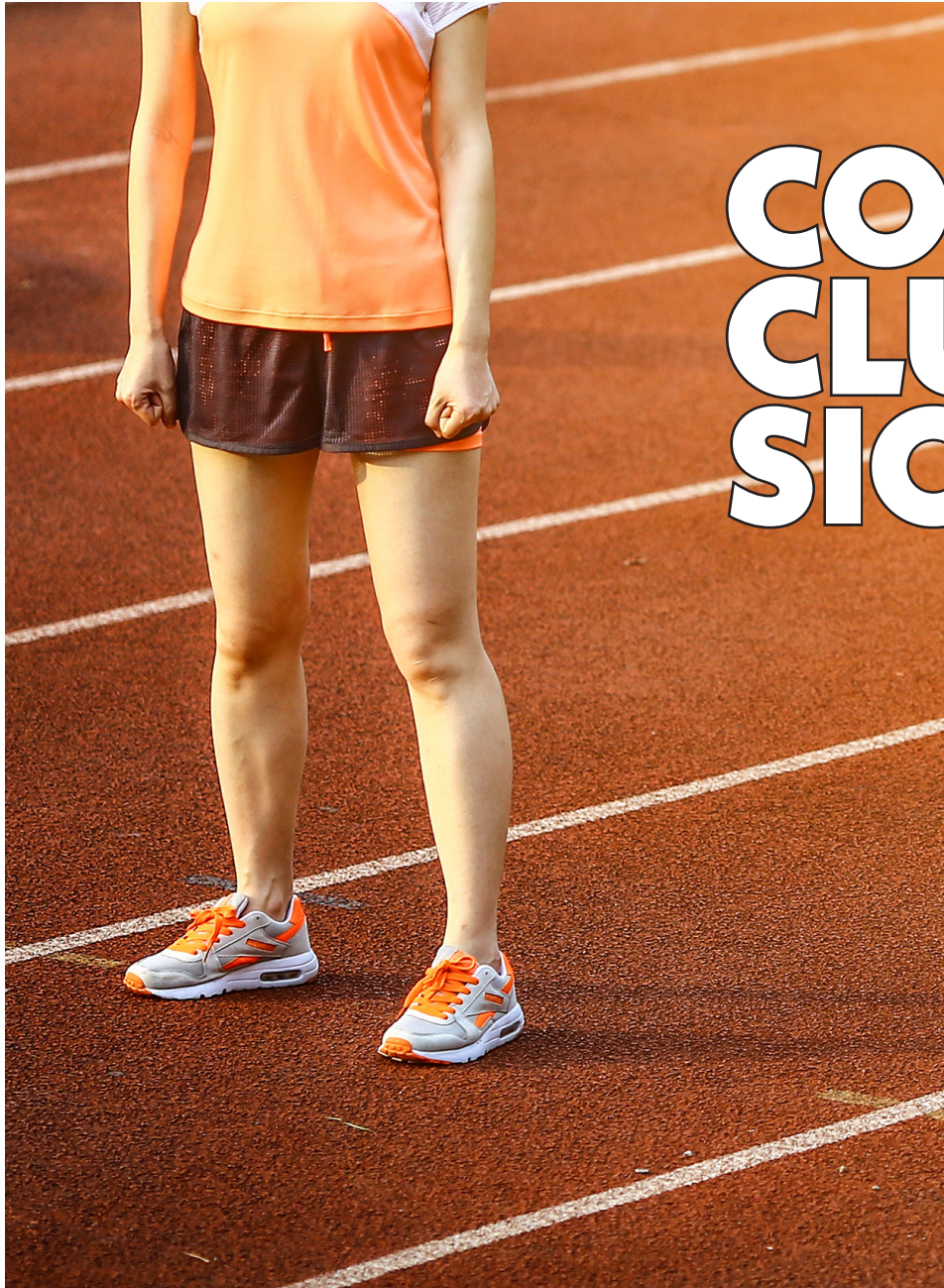
²²"But the father said to his servants, 'Quick! Bring the best robe and put it on him. Put a ring on his finger and sandals on his feet.

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

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



CONCLUSION



CON CLU SION

**“WE ARE
ACCEPTED
AND
CELEBRATED
BY GOD”**

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.



GROUP MATERIAL
Term 1 Session 3

3



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

INTRODUCTION

LIFE LABS 3

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




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?

"WE NEED PEOPLE TO SUPPORT US, COMFORT US, AND GUIDE US."



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

PLAY THE GAME

PLAY BACK-TO- BACK GAME

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)?

DO THE RIVER CROSSING ACTIVITY

I feel supported by *when they*

I appreciate *because they help me by*

..... *I can rely on*

because they

READ THE SCRIPTURE

Luke 5:17-26

¹⁷One 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.

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

¹⁹When 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.

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



²¹The 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?"

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

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

²⁴But 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."

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

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

CONCLUSION

CON CLU SION

**“ JESUS
CARES
ABOUT US
AND
SUPPORTS
US ”**

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.



GROUP MATERIAL
Term 1 Session 4

4



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

INTRODUCTION

LIFE LABS 4

HOW DO WE HELP OTHERS MAKE THEIR WAY?



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?

“WE WORRY THAT THEY WON'T BE ABLE TO ACHIEVE THEIR DREAMS”



“How do we help others make their way?”

PLAY THE GAME

PLAY THE SPOTTO GAME

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?

DO THE PUZZLE MATCH ACTIVITY

*Who are my
friends?*

*What is important
to them?*

*What is something
that helps them?*

READ THE SCRIPTURE

John 1:43-51

⁴³The next day Jesus decided to go to Galilee. He found Philip and said to him, "Come, follow me."

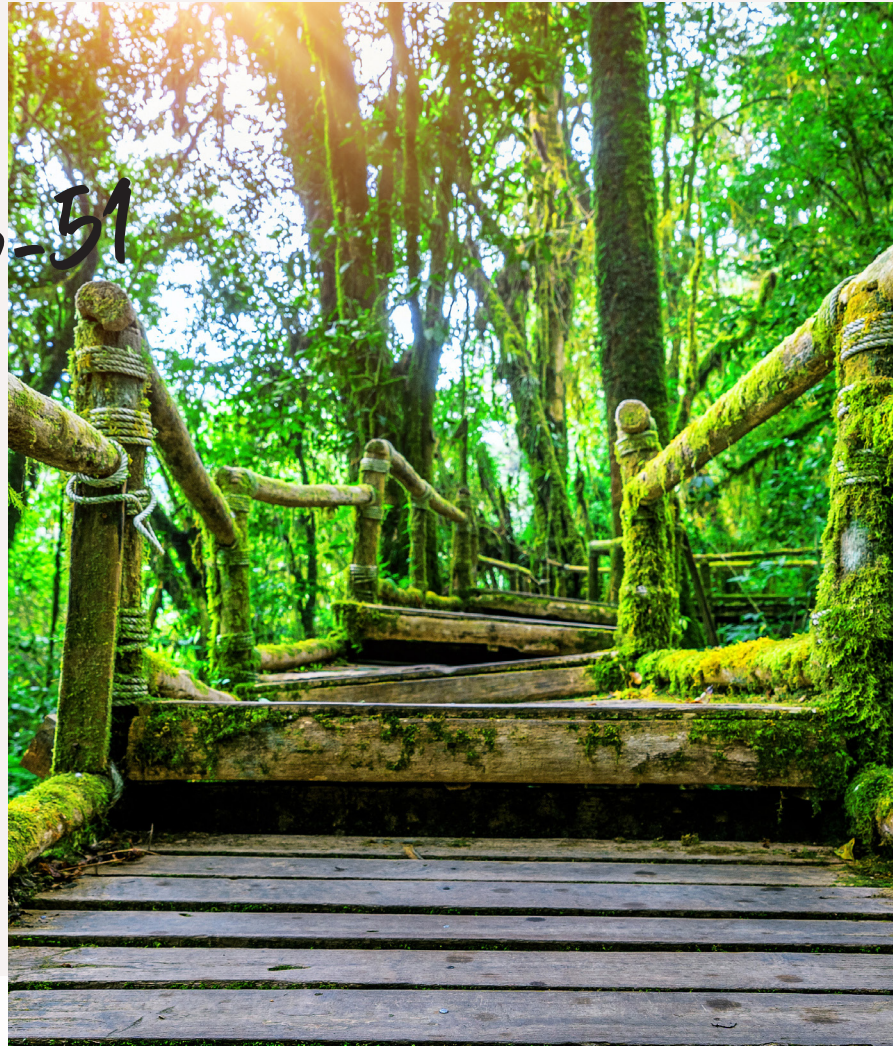
⁴⁴Philip was from Bethsaida, Andrew and Peter's hometown.

⁴⁵Philip 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."

⁴⁶"Nazareth!" exclaimed Nathanael. "Can anything good come from Nazareth?" "Come and see for yourself," Philip replied.

⁴⁷As they approached, Jesus said, "Now here is a genuine son of Israel—a man of complete integrity."

⁴⁸"How do you know about me?" Nathanael asked. Jesus replied, "I could see you under the fig tree before Philip found you."



⁴⁹Then Nathanael exclaimed, "Rabbi, you are the Son of God—the King of Israel!"

⁵⁰Jesus 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."

⁵¹Then 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."

CONCLUSION

CON CLU SION

**“LIVES CAN
HAVE
MEANING
AND
PURPOSE
WHEN WE
FOLLOW
JESUS”**

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 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.



GROUP MATERIAL
Term 1 Session 5

5



**WHAT
MAKES
SOMEONE
A GOOD
FRIEND?**

INTRODUCTION

LIFE LABS 5

WHAT MAKES SOMEONE A GOOD FRIEND?



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?

**"MEETING NEW PEOPLE
IS A CHANCE TO MAKE
NEW FRIENDS."**



*"What makes
someone a good
friend?"*

PLAY THE GAME

PLAY THE SAME SAME GAME

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?

DO THE DISASTER HOLIDAY ACTIVITY

"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."

List the friends you would want to be stuck on an island with

To survive on the island you and your friends will need to help each other. Who could do what?

Jobs	Friends
Look after the injured people	
Entertainment	
Finding food and water	
Building a shelter	
Signalling for help	
Organising teamwork	
Add your own jobs below:	

READ THE SCRIPTURE

John
15:12-17

LOVE EACH OTHER

My command is this: Love each other as I have loved you. ¹³Greater love has no one than this: to lay down one's life for one's friends. ¹⁴You are my friends if you do what I command.

¹⁵I 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.



¹⁶You 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.

¹⁷This is my command: Love each other.

CONCLUSION



CONCLUSION

**“JESUS
LOVES US
AND CALLS
US HIS
FRIENDS”**

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.



GROUP MATERIAL
Term 1 Session 6

6



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

INTRODUCTION

LIFE LABS 6

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



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?

"WE ALL NEED PEOPLE WHO CAN HELP GUIDE US AS WE MAKE OUR WAY."



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

PLAY THE GAME

PLAY THE BLIND BUILD GAME

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?

DO THE SHOUTING MATCH ACTIVITY

There are many qualities that make a good guide. A good guide might give good advice, listen to you when you're struggling or show you how to do something when you're not sure. What qualities makes someone a good guide for you?

READ THE SCRIPTURE

Mark
4:35-41

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

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

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



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

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

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

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

CONCLUSION



CONCLUSION

“WE CAN TRUST JESUS AND RELY ON HIM FOR GUIDANCE”

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.



GROUP MATERIAL
Term 1 Session 7

7



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

INTRODUCTION

LIFE LABS 7

WHAT DOES A HEALTHY COMMUNITY LOOK LIKE?



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?

"WE ARE ALL CONNECTED TO OTHERS AS WE MAKE OUR WAY."



"What does a healthy community look like?"

PLAY THE GAME

PLAY HUMAN KNOT GAME

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

DO THE SPACE WALK ACTIVITY

How healthy for you are the communities you are a part of? Rank your communities from 1-5. 1 = Not Healthy for me, 5 = Very healthy for me

Friends 1 2 3 4 5

Family 1 2 3 4 5

School 1 2 3 4 5

Neighbourhood you live in 1 2 3 4 5

Add any other communities you are a part of:

_____ 1 2 3 4 5

_____ 1 2 3 4 5

_____ 1 2 3 4 5

SUPPORT RESOURCES

Where can you find help if you are in an unhealthy community?

Communities have conflict and disagreements, but that isn't the same thing as being unsafe or trapped with hurtful people.

When we are being neglected or abused the most important thing is our safety. If you are experiencing violence or abuse, it is not your fault, and not your responsibility to fix.

If you are being hurt or feel unsafe, don't put yourself in those dangerous situations. Look for those caring people God puts in your life and ask for help.

There's a list of resources in the group material that can help you if you feel unsafe in your communities.

- If you are in immediate danger, call 000
- 1800RESPECT – Call 1800 737 732 for support to people impacted by sexual assault, domestic or family violence and abuse.
- Lifeline - Call 13 11 14 for crisis support and counselling, with a focus on suicide prevention.
- Kids Helpline - Call 1800 55 1800 for free, private and confidential phone and online counselling services for young people aged 5 to 25.
- Sexual assault and abuse helplines – go to <https://www.healthdirect.gov.au/sexual-assault-and-abuse-helplines> to find the service in your State or Territory.

If you are not sure if what you're experiencing is ok, visit the website What's OK At Home (<https://woah.org.au/>) to learn the signs of family violence.



READ THE SCRIPTURE

1 John
4:7-12

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

⁸Whoever does not love does not know God, because God is love.

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



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

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

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



CONCLUSION



CON CLU SION

**“THAT GOD
LOVES
US AND
SHOWS
US WHAT
LOVE
LOOKS
LIKE”**

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.



GROUP MATERIAL
Term 1 Session 8

8



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

INTRODUCTION

LIFE LABS 8

HOW DO WE HELP PEOPLE WHO ARE ON THEIR OWN?



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?

"WE WILL SAY THE WRONG THING, BUT WE STILL WANT TO HELP"



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

PLAY THE GAME

PLAY MAKE ROOM! GAME

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?

DO THE CONNECT UP ACTIVITY

How do you connect with others?
Circle the ways you like to reach out to people and spend time with them:

Do you prefer **inviting people over** or **going out** with them?

Do you prefer **catching up with old friends** or **meeting new people**?

Do you prefer **giving gifts** or **making things**?

Do you prefer **solving problems** or to **spend time listening**?

Do you prefer **talking on the phone** or **texting**?

Do you prefer **hanging out** or **playing sports in teams**?

Do you prefer **video games** or **conversations**?

Consider the ways you prefer to reach to others, and think of someone you know who needs somewhere to belong and make a difference.

READ THE SCRIPTURE

Luke 19:1-10

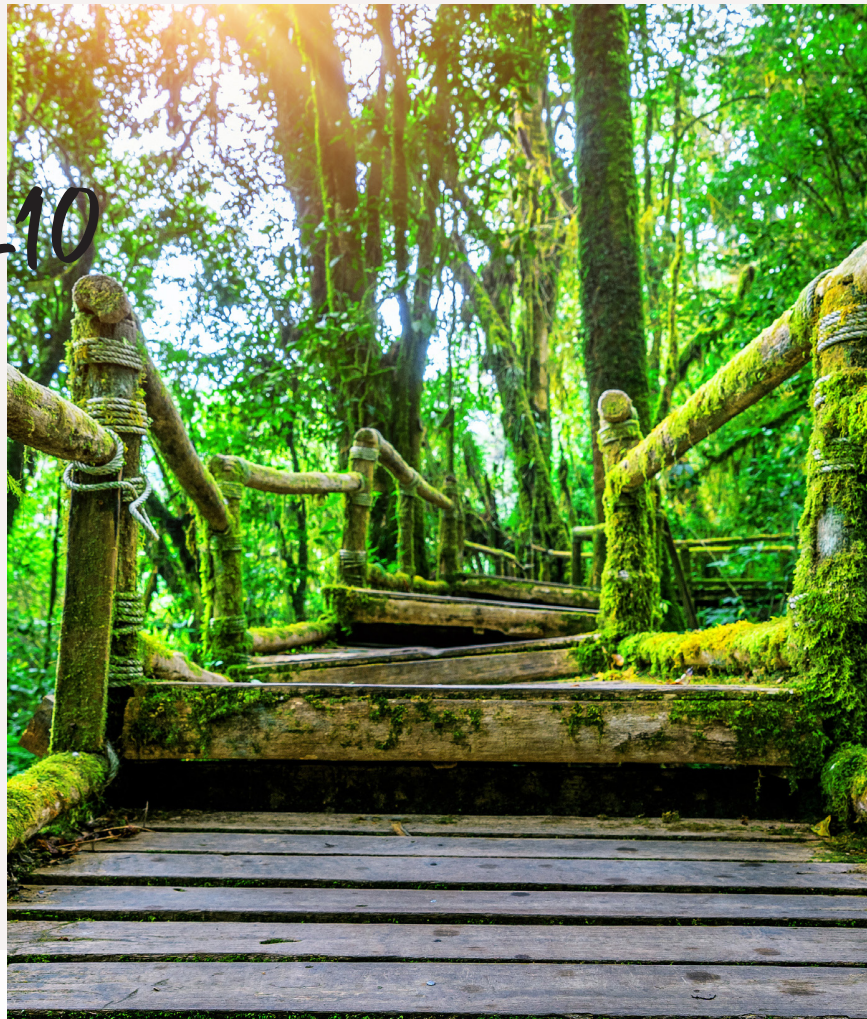
Jesus entered Jericho and was passing through.

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

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

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

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



⁶So he came down at once and welcomed him gladly.

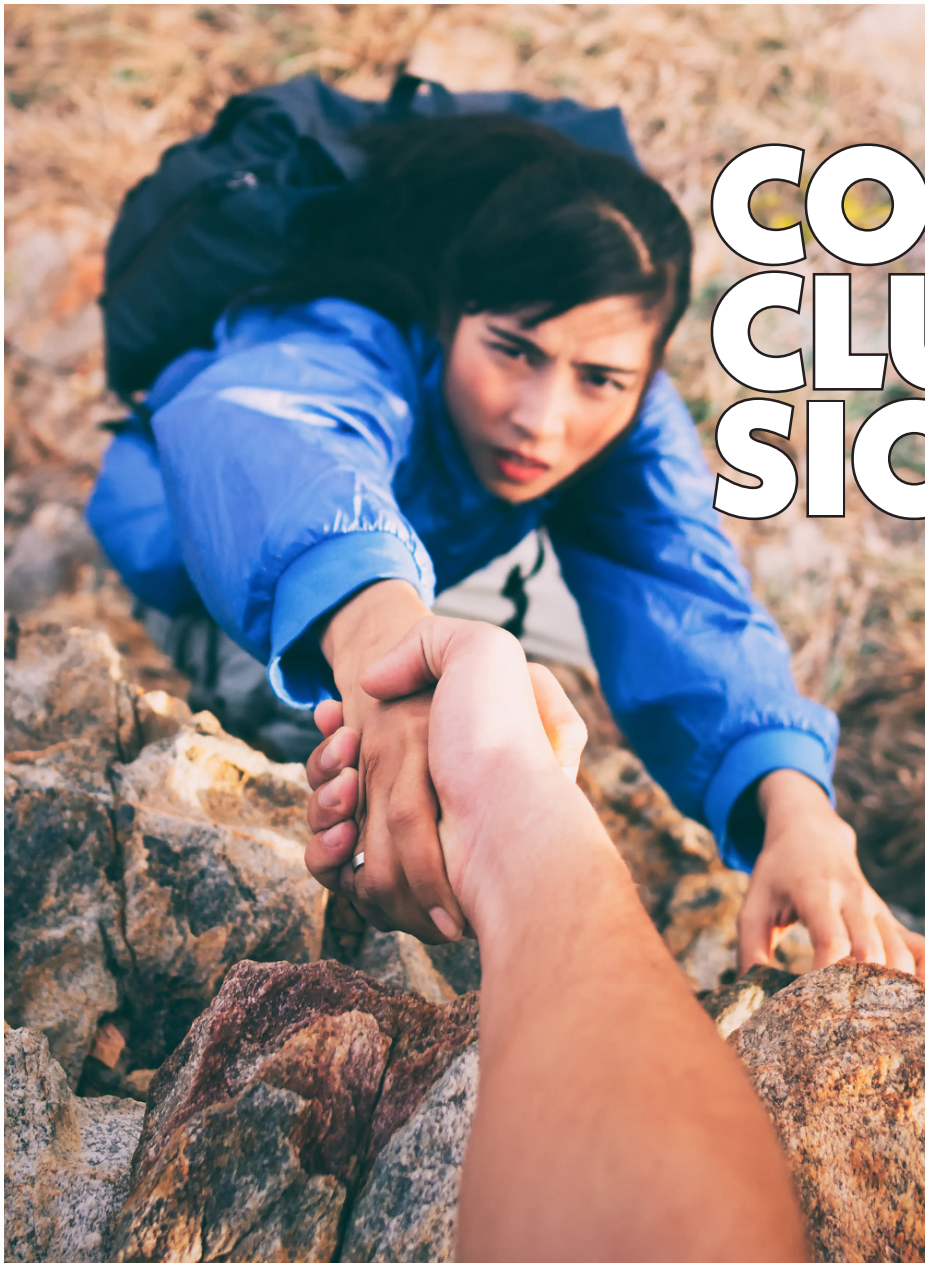
⁷All the people saw this and began to mutter, "He has gone to be the guest of a sinner."

⁸But 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."

⁹Jesus said to him, "Today salvation has come to this house, because this man, too, is a son of Abraham.

¹⁰For the Son of Man came to seek and to save the lost."

CONCLUSION



CONCLUSION

“WE CAN REACH OUT TO OTHERS BY SEEING, CARING, AND ENCOURAGING.”

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.