

WHO IS GOD?

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

Get the young people to ask themselves who is God?

Look at the characteristics of God as given to us in the Bible.

Remind them that Jesus IS God - His character is God's character.

DESCRIPTION

This session is 1 of 6 and is designed to start the course by tackling the question 'Who is God?'

We will explore what the Bible says about God, who Jesus is, and how we can relate those truths to our experiences of God. This session should also help the young people grow in confidence that the one true God of the Bible is who he says he is - revealed to us in the person of Jesus Christ.

All Higher sessions are designed to be used as part of a 6 session follow up program in schools, youth groups or other

youth work situations with new Christians or young people exploring faith. It has been created with the understanding that this is the start of the journey and should be delivered in an engaging and relevant way.

PRAYER

God,

Help us to understand who you are. Thank you for the Bible which gives us a bigger understanding of you, and that you sent your son Jesus so we can know you, and have relationship with you.

Amen.



Who is God? Intro

Time:1 min

Materials:

- **PDF contact form**

Welcome the group and make sure they feel safe and wanted as they explore this topic.

Example opener:

“Welcome to the first Higher session, we are so excited you are here.

Today we are going to be chatting about Who is God? Some of you might already know, some of you might still be trying to work that one out!

Wherever you are today on your understanding of God don't worry, this is the right place for you!

It's all about asking questions, hanging out together and starting to figure out who is God?”



Who is God? Opener

Time:5 min

Materials:

- **a few random objects**
- **prize**

Opener

This opener is to help the young people understand that you have to know all about something before you can talk about it or explain it to others. Sales people do this all the time, they get to know their product so they can sell it to

you.

Sell a product in 30 seconds.

Bring a few random objects to the session or get the the young people to pick something they have on them like their phone and try to sell it to the group (if you have a big group you could do it in pairs). The best pitch wins a prize.

Example link to the rest of the session:

“When you come to sell something you talk about its features and best qualities. You have to know what or who something is before you can sell it or tell someone about it. Today we are going to start looking at ‘Who is God’, so like a salesperson looks at the qualities of a product, we are going to look at Gods qualities.”



Who is God? Chat

Time:7 min

Materials:

- **well known product (eg Iphone)**

This chat time is to get the young people to start to thinking about how they know about the different features of the products they use day in day out. This begins to help the young people realise you need a source for all these features.

Pick a popular well know product (for example an iPhone) and get the group to list its best features and the most distinctive elements of the design. Then get them to discuss the following questions:

- How do you know what the products features are?
- How would you decide which of these are the best selling points?
- What are the products weaknesses? What might you try to hide when selling this to someone?



Who is God? Media

Time:3 min

Materials:

- **laptop with projector and sound**

This media slot is aimed to help link the last few activities around feature of product and selling things and how that relates to the questions ‘Who is God?’ by using the Bible as a foundation.

Play the group ‘WHO IS GOD?’ AAA sessions video

Click on this link <https://vimeo.com/153371157>

Or Search **'Who is God? AAA sessions'** on **'Vimeo.com'**

Example link to sessions:

'Everyone is talking about God and trying to figure out what they think about him.

Earlier when selling a product you list and highlight all the best things about it and explain clearly what it can do. However, the best news for you is with God there are no bad features for he is perfect!

How do we know that?

The Bible! It doesn't try to sell God to us by listing his best attributes, it simply tells us who he is, and from there we can decide if we want to put our trust into him and become a true child of God.

We will look at what the Bible says as we can base our understanding on God not just on our feelings and emotions but also on some truth.'



Who is God? Teaching

Time:7 min

Materials:

- **PDF - Who is God statements**
- **Bibles**

This teaching time is aimed at getting the young people to look at some peoples' popular issues or wrong ideas about God and get them to understand these better.

Here are some statements that people make about God and how His character relates to these statements. You can download a PDF which has been designed to help the young people follow or turn this into an interactive teaching slot.

God is...

LOVE

Statement: *"God can't be loving because the world is full of suffering."*

Reality: God is love (1 John 4:16) and one day he will put an end to ALL suffering (Revelation 21:3-4), and he invites everyone to be a part of that eternal hope.

WISE

Statement: *"God must be stupid to have created such a broken world"*

Reality: God created a good world (Genesis 1:31), and he is a wise and loving father (Proverbs 2:6), but he allows us to

chose for ourselves to worship him; when we reject him we have to live in the consequences of our choice and the world is affected.

POWERFUL

Statement: *“God can’t be all powerful because other religions have risen up and taken his place”*

Reality: God is the all powerful king of the universe, he has power over life and death (1 Peter 5:11), and Jesus demonstrated this by being resurrected from his death on the cross, so that we can know true life (Romans 6:4). However, God will not force you to worship him.

EVERYWHERE

Statement: *“God either doesn’t exist or He is dead”*

Reality: Not only does God exist, he is present everywhere (Psalm 139:7-12)! God is so powerful that He can be in all places at all times, He is not bound by space and time like humans, for He created those things (Genesis 1:1)!

GOOD

Statement: *“God can’t be gracious, good or kind if He sends people to hell!”*

Reality: God doesn’t want anyone to go to hell (2 Peter 3:9), and has graciously made a way for all to be saved through Jesus Christ (John 3:16), we are the ones who chose our eternal destiny.

Deeper content...

Here are some other claims the Bible makes about God, you can use these references to get them using the Bible, if you have a younger group you could print them out and ask what they think about these verses.

God is... Father (Ephesians 4:6)

God is... Perfect (Psalm 18:30)

God is... Eternal (1 Timothy 1:17)

God is... Forgiving (1 John 1:9)

God is... Compassionate (Matthew 9:36)

God is... Just (Isaiah 30:18)

God is... Saviour (Luke 1:47)



Who is God? Chat 2

Time:3 min

Materials:

This chat time is to lead the young people towards an understanding that God is not just a force but a personal God.

But who is He?

Who do they believe he is?

Who do thier friends believe he is?

Who do thier family say he is?

Try and lead the discussion towards or finish on "...Because God is a personal God, and Christianity is a personal faith."



Who is God? Game

Time:6 min

Materials:

- **Ping pong balls**
- **prize**
- **table/flat surface**

This is a game that is based around using the force you can create with your lungs.

Racing ping pong balls

You will need two ping pong balls for this game. Get two volunteers from your group to stand at one end of the table or a marked out floor space with a ball in front of them resting on the table. Using only the air that is in their lungs they have to get their ball to the other side of the table. It is a race, the first off the end of the table wins. You could turn this into a tournament so a number of people can have a go.

Alternatively you can compete, put two people at each end of a table or floor space opposite each other. They have to try and stop the ball from crossing the table and force it back.



Who is God? Media 2

Time:5 min

Materials:

- **laptop with projector and sound**

This clip is designed to show the young people that there are some amazing forces at work in our world. But none of them are personal.

Extreme weather - surfing the heaviest wave in the world <https://www.youtube.com/watch?v=26KzUnEbTUs>

Search 'red bull heaviest wave in the world' on YouTube

God is more than a generic force, he is a knowable person!

Example link

"A force is invisible and you cannot have a personal relationship with a wave or the wind! But God wants relationship with you as He is the perfect heavenly father; He is Love itself. He has stepped into your world in the person of Jesus Christ so that we can know Him, and have relationship with Him for eternity."



Who is God? Chat 3

Time:5 min

Materials:

This chat time is aimed at helping the group relate what they have just heard about God's characteristics to their own lives. They could do this by thinking about they want in a friend and then relating this back to God's characteristics.

If you were holding interviews for a new best friend, what would you ask them?

What would you want to know about them before you trusted them?



Who is God? Prayer

Time:3 min

Materials:

After chatting about their best friends qualities, to start to finish the session help the young people pray before concluding and setting them something they can do.

Use the characteristics of God and get them to think for a minute about which one they want to know more about. Then get them to ask God in what ever language they want to use, out loud or in their hearts to ask God to show them more of who he is.



Who is God? Do

Time:5 min

Materials:

Every Higher session has something for the young people to go away and do from the session.

If you had to tell everyone what you believe in and understand God to be in a 30 second youtube clip, how would you do it? The three important things to consider are:

What would you say?

What aspects of God's character would you want to talk about?

How could you creatively show this in a video clip?

Then encourage them to actually film their own video, or get them to perform their ideas in front of the group if it is appropriate.



Who is God? Conclusion

Time:1 min

Materials:

Wrap up this session and point to the next session which is all about how God chose them!

Example:

"It has been great to see you guys this week. I know it's sad that it has finished but we have some more sessions planned!"

Keep asking your questions and taking your first steps on this life long journey of figuring out who God is.

Next time we will be chatting about how God chose you and how valuable you are!"

CHOSEN

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

Where we find our identity in today's culture

That our identity can be found in God

That God has made each person unique and considers us priceless

DESCRIPTION

This is session 2 of 6 and is designed to help the young people understand that they are chosen.

This is important as many of them may have had things spoken over them by friends or family, and this sessions starts to explain the freedom that comes with an identity in Jesus and what He says about us being a chosen child of God.

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this is the start of the journey and should be delivered in an engaging and relevant way.

PRAYER

Father God,

As we look at this topic together please help us understand that we are chosen by you and help us see areas of our lives where we find our identity in something or someone other than you.

Help us if this might be difficult and give us peace and bravery as we talk about things that have been spoken over us.

Please can you also help us to understand more about you and how you see us; totally loved and totally forgiven!



Chosen - Intro

Time:1 min

Materials:

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

Example opener:

“Welcome back to Higher sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.

Today we are going to be chatting about the fact you are all chosen by God and that means you are amazingly valuable.

Wherever you are today on your understanding of God and yourself don't worry, this is the right place for you!

It's all about asking questions, hanging out together and starting to figure out who God is.”



Chosen - Do & review

Time:4 min

Materials:

Review with the group how they got on in last sessions **DO** activity.

If you had to tell everyone what you believe in, and understand God to be in a 30 second youtube clip, how would you do it? The three important things to consider are:

What would you say?

What aspects of God's character would you want to talk about?

How could you creatively show this in a video clip?

Get them to share their experiences and encourage them if they need it to either try again this week if they didn't do anything or to keep doing the different things they are challenged to do.



Chosen - Opener

Time:5 min

Materials:

- **Head Band**
- **Pedometers**
- **pens**
- **paper**
- **music (optional)**

This is a daft way of opening up the theme and is a sure fire way to make memories as a group and have a good laugh at some point.

Select a couple of volunteers from your group and give each of them a pedometer attached to a head band, a pen and some paper. Explain that when you say 'go' (or the music starts) that the players have 30 seconds to clock up as many 'steps' as possible on their pedometer through shaking their head. However, at the same time they must also try to draw a self portrait that will be displayed to the group at the end of the game.

Link example:

"Today in the session we are going to be looking at the image that we have of ourselves - our identity, and how sometimes our picture of ourselves can become distorted because of the things that life throws at us! However, when we become a Christian, Jesus changes the game and we can begin to see things differently."



Chosen - Media

Time:3 min

Materials:

- **laptop with projector and sound**

This media slot is aimed at getting the young people to think about how they are chosen

Play the group 'Chosen' AAA sessions video.

click on this link <https://vimeo.com/154711057>

Or search '**Chosen AAA sessions**' on '**vimeo.com**'

After showing this video you could ask the group a few of the following questions;

Which words stood out for you?

Are these words easy to hear?

What do you think it means to be chosen?



Chosen - Media 2

Time:5 min

Materials:

- **laptop with projector and sound**

This clip is designed to help the young people understand that we don't always see the same things as everyone else around us.

<https://www.youtube.com/watch?v=XpaOjMXyJGk>

Search 'dove FBI sketch artist' in youtube alternatively

Example link

"What do you think about what you have just watched? If we are always unsure about how we think about ourselves, where and who are good people to tell us the truth about ourselves? Today we are going to talk about and explore how God is the best person to tell us how valuable and chosen we are."



Chosen - Explore

Time:10 min

Materials:

- **a roll of lining paper**
- **blue tac**
- **something to cover the floor**
- **neon paint and brushes**

This part of the session is to help the young people start to explore the sort of things they hear around them and how that affects them.

Stick a long strip of lining paper to the wall or floor depending on space. Then draw around a few people so you have some large outlines of people. Ask the young people to paint onto the paper negative words that have been spoken over them- this might be by friends, family or people in their school.

Example of how you might set it up

“ If you hear something said about you often enough it becomes harder and harder to work out what is true and what isn't. After a while we even think ‘well, it must be true otherwise they wouldn't say that’. After time it can feel like these words are written on our skin, a part of who we are. We then can live up to what they say, because we start to believe they're true.

When you become a Christian you get a totally new identity, not that you change your personality, but you realise that you have been chosen by God and today we're going to start to imagine what it would look to live believing what God says about us rather than what people have spoken over who we are.”



Chosen - Teaching

Time:4 min

Materials:

- **PDF - Identity statements**

Print off the PDF for this part of the session

'We are now going to check out what God thinks of you and things that happen in your life! We are going to have a look at a whole load of things people might say to you or things you say to yourself and see if God agrees!'

Get the group to have a look at the print out, ideally there would be enough for one each so they can take them away with them after the session.

After giving the group a bit of time to have a look at the statement have a discussion about what they think.

A good way to finish off this section would be to share some personal stories about how one or two of these statements have been true in your life.



Chosen - Teaching 2

Time:5 min

Materials:

- **Large mirror**
- **Dry Wipe Pen**

This slot is intended as a visual illustration so the young people can see how the words they have just painted or drawn out change the way they see themselves.

Take the large mirror and hang or stand it where the group can see it. Then explain that every person is a masterpiece, a piece of art created and chosen by God (Eph.2:10) and that when we get ready and look in the mirror

at the start of the day we stand looking at something incredible that God created.

However, other people who have been hurt often speak hurtful things over us and to us *At this point take the dry wipe pen and begin to write hurtful words on the mirror – you could use the words painted earlier in the session – make sure there is one word for every young person.*

Once these words have been spoken it becomes harder and harder to look at Gods art work and not see these words first, sometimes there are so many of these words that when we look in a mirror we can barely see ourselves at all – just the words that have been spoken.

Explain that Jesus did not come to rub these words in, but to rub these words out, that Jesus loves you and sees you as a work of art and that is what we are going to talk about now.



Chosen - Explore 2

Time:5 min

Materials:

- pens
- paper

By the end of this section the group will have explored and had illustrated to them how unique they all are.

Give each young person a pen and a piece of paper and ask them to design a brand new chocolate bar, but one that reflects them. They can choose the filling, the name, the wrapper, but it has to reflect something about who you are!

Say:

Looking around at all the differences in what's been created I believe that God makes it very clear that we are not to be the same as each other. We are unique, our blood says so. Our body produces hundreds of millions of red and white blood cells each second. Each cell has roughly 6ft of DNA strands coiled up inside of it. If the strands of DNA were stretched out of every cell in your body and put end to end there would be 80 billion miles of instruction. Your body is hardwired to be you and nobody else! Beyoncé Knowles brought a custom LV handbag and it cost her £28,741 – why? Because it is a one-of-a-kind, limited-edition bag. We are one of a kind, not even a limited edition – we are the only edition, only made once and we are worth far more than a handbag!



Chosen - Explore 3

Time:8 min

Materials:

- pens
- paper
- PDF - Circles to reflect what you are good at

This part of the session is possibly a bit deep for some young people and might not be a best fit. So use this part with caution, however it is a great thing to talk about with young people if you have the right group. It is designed to help young people to start to look at themselves and realise how amazing they are and what God has put in them.

Give each young person a pen and a piece of paper. Ask them to draw a large circle on their paper and split this into three and label the three areas, 'things I am good at', 'my top 5 best character traits', 'nice things people have said about me'.

Then give the young people some time to fill in each of these areas and chat together about how God might want them to use the gifts that he has given them!



Chosen - Chat

Time:5 min

Materials:

This chat time is aimed at getting the group to start unpacking the way words affect them.

- How do you deal with negative words that people speak about you and over you?
- What do you think about what God says about you?
- Do you find it easy to believe that God sees you as a masterpiece? That he loves and chose you completely no matter what?
- What are some of the things you can do to focus on the positive rather than the negative?



Chosen - Prayer

Time:5 min

Materials:

- **Large mirror from Explore earlier in the session**
- **cloth**
- **neon paint/ pens**
- **music**
- **PDF - 2 Corinthians 5:17**

Bring back the mirror that you have written on in activity 2, there should be one word written on this mirror for each young person in your group. Then place the cloth and pens/paint at the foot of the mirror. Explain to the young people that in a second you are going to put some music on and you would like the young people to find a space on their own and think or pray about some of the negative names that they carry and give them to God, then pray that God will help them to see themselves as God sees them. One at a time they should then come up to the mirror and wipe away one word and then write 'chosen' on the back of their hand with the pens or paint.

Once every young person has done this read 2 Corinthians 5:17 over them.

Once the reflective process has finished give a blanket prayer over the group. Then offer for any of the young people who would appreciate staying behind to be prayed for to do that. Pray against the words that have been spoken over them and that God will help them to find his identity in him.



Chosen - Do

Time:5 min

Materials:

Something for the young people to go away and do from the session.

Take a postit note or two and write on them some of the things you have learnt about God over the last two sessions or something that God says in the Bible about who they are.

Then stick in on their mirror at home, or somewhere similar



Chosen - Conclusion

Time:1 min

Materials:

Wrap up this session and point to the next session which is all about how God wants a relationship with them!

Example:

"It has been great to see you guys this week. I know its sad that it has finished but we have some more sessions planned!

Keep asking your questions and taking your first steps on this life long journey of figuring out who God is.

Next time we will be chatting about how God wants a relationship with you."

RELATIONSHIP

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

We as humans are created for intimate relationship

That we are ultimately created for intimate relationship with God and he wants to get to know us

That God gives us his Holy Spirit to deepen our relationship with him and help us to grow into the person God is calling us to be

DESCRIPTION

This is session 3 of 6 and is designed to help the young people understand that they are made for relationship with God.

Within this session we will be looking at how we are designed to be connected and in relationship. We can try and fill our lives with all kind of relationships but we were designed for relationship with God – and he wants us to get to know him as a friend! Not only that but God gives us his Holy Spirit to help us to get to know him and spend time with him so that we can step into the relationship we were created for.

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PRAYER

Jesus,

Thank you that you really want a relationship with us, and for us to get to know you. Thank you that you want the best for us and you will not leave us. Help us to get to know you better and learn how to be more like you.

Amen



Relationship - Intro

Time:1 min

Materials:

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

Example opener:

“Welcome back to Higher sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.

Today we are going to be chatting about how God wants a relationship with all of you.

Wherever you are today in your relationship with God, this is the right place for you!

Its all about asking questions, hanging out together and starting to figure out who this God is and how I can have a relationship with Him.”



Relationship - Do & review

Time:4 min

Materials:

Review with the group how they got on in last sessions **DO** activity.

Take a post-it note or two and write on them some of the things you have learnt about God over the last two sessions or something that God says in the Bible about who they are.

Then stick in on their mirror at home, or somewhere similar

Get them to share their experiences and encourage them if they need it to either try again this week if they didn't do anything or to keep doing the different things they are challenged to do.



Relationship - Opener

Time: 5 min

Materials:

- pens
- paper
- laptop with projector and sound

Opener

This opener is aimed at getting the young people to realise that it takes more than just knowing a load of facts to actually know someone.

The first stage is to show some videos that have two stories about how a guy and a girl talk about relationships and how God impacted those relationships.

Play the group the two videos "*Friendship//His*" & "*Friendship//Her*". If you need to save time then you could only play one of them.

click on these two links to find the videos <https://vimeo.com/157617193> & <https://vimeo.com/157651729>

Or search '**Friendship AAA sessions**' on '**vimeo.com**' to find them both.

After showing the first video, pause it at the end and ask the group what they think about the videos and the bible verses.

Here are the two verses featured on the videos

Romans 5:11

So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.

Ephesians 2:10

For we are God's masterpiece. He Has created us anew in christ Jesus

After watching the videos and chatting about them, lead the group towards realising that good and bad relationships affect us. God always wants a good relationship with us and has made this possible through Jesus.

Ask the young person to make a timeline of their life: high points, low points and things that have had an impact on them in some way. Give the young people the option of talking through what they have created.

Example of how to set this part up:

Today we want to look at the difference between knowing *about* someone and actually knowing them. Someone who has never met you might look at your life line and say that they know about you – your birthday, where you grew up etc. but this isn't the same as a friend, who would know you and have traveled this journey of life with you beyond the basic facts!



Relationship - Game

Time:7 min

Materials:

- **Mr and Mrs quiz questions**

Play a Mr and Mrs style quiz between pairs of friends, you could do this a few times with different pairs.

Example link:

When you know someone you know what they like and don't like, what makes them happy and what makes them angry – you know much more than facts! Up until now it might be that you know some facts *about* God, but God, who created the world, wants more than that, he wants a friendship with you where you know each other really well!



Relationship - Explore

Time:3 min

Materials:

- **PDF relationship attributes**

This section is designed to help the group start to get an understanding of what we mean by the word relationship.

First get the young people to try and come up with as many different relationship types they can think of. This is important as it will make sure you don't base this whole section on romantic relationships.

Secondly ask the young people to get into small groups and give each small group a set of relationship attributes. Ask the small groups to identify what they think are the top 5 most important attributes in a relationship. When they have done this ask them to order them 1-5 from most important to least.



Relationship - Chat

Time:5 min

Materials:

In the same small groups that they were working on the five attributes ask the young people to discuss the following questions:

- Why do you think each of these things are important in a relationship?
- How do you know if a relationship has all of these characteristics?
- What happens to a relationship when some of these are missing?

Example link to these questions

“So often we settle for relationships that don’t have all of these elements and it can mean that we end up getting hurt. The only way we can tell if a relationship has all of these elements is by spending time with someone and finding yourself in a position where you have to trust them etc.

God wants to get to know you, and he is trustworthy and faithful and thinks you’re worth dying for! But why do we often find ourselves settling for something less than this?”



Relationship - Game 2

Time:8 min

Materials:

- **Fast food burgers (eg**
- **Mc Donalds**
- **Burger King etc. 1 per team) and a picture of the burger you have chosen**
- **space hoppers**

This game links to the media clip with Jamie Oliver talking about fast food which will help show the group how we sometimes look at relationships like we do fast food.

Take all of the burgers apart and put them all into one big bowl. Split the group into small teams and give each team a space hopper. Each team should line up and prepare for a relay race. The first member of each team should bounce to the bowl of burger bits and take the first thing needed (bread) and then bounce back to their team and begin building their burger. Then next team member should then bounce to go and get the next thing needed. The first team to have reconstructed their burger with their team wins.

Note: You may want to display a picture of what the burger originally looked like to help the teams with accuracy.



Relationship - Media

Time:3 min

Materials:

- **laptop with projector and sound**

This clip links to the burger game and shows how short term binge food is bad for us. This will link to how we also build relationships like this sometimes.

Play this clip: <https://www.youtube.com/watch?v=ry2szBXdoK0>

Search 'jamie oliver fast food nourish' on youtube

Example link

So often people around us, friends and family, can let us down and hurt us. However well we know someone there's something in us that wants to be known completely. Sometimes we're so desperate to be known that we will be friends with anyone just so that we feel loved. If we do that it's like we are building our relationships with junk food, but something in us calls out for more because we were built for more than junk food relationships – we were created to know and be known by the God who created the world!



Relationship - Teaching

Time: 4 min

Materials:

- PDF - Ephesians and Jeremiah poster

Read: Jeremiah 1:5

Example of what you might say

"In the Bible we read that God not only knows you now but knew you even when you were in the womb! He had a plan for you even before you came into the world! This is incredible, it means that God not only knows you but knows everything about you – all the good bits and all the bad bits and still wants you to get to know him and spend time with him, just like you would any other of your friends!"

Read: Ephesians 2:10

Example of what you might say

"God also thinks that you're a masterpiece, that he has created you and put you together in such a way that he thinks you're an amazing work of art. But God also knows that you're not the finished product yet – there's still things we do to get stuff wrong and mess up but God loves us and wants to get to know us anyway. God is the best kind of friend, not far off and distant but the kind of friend who loves us but tells us the truth. He loves us too much to leave us as we are so he helps us to become the masterpiece that he created us to be!"



Relationship - Game 3

Time:6 min

Materials:

- pens
- paper
- blindfolds

This is a game that will show the group how important it is for God to communicate with us, his creation, to show us how he has made us.

Split the group into fours or close to. Explain that one member of the team is going to draw a picture for the other people to guess, however they are also going to be blindfolded. Ask them to nominate their team leader and find out from the leader what the first object is. They can then return to their group, put their blind folds on and draw the object they have been given whilst the team guess. However, the drawer is also not allowed to speak. The first team to guess win, play as many times as you want.

Example link

“It is difficult to create a master piece without any communication! God wants to help you grow as a Christian and speak into your life, but without communication this just isn’t possible and what could be an amazing master piece doesn’t fulfill it’s potential. The more time we spend with God the more we move towards becoming the masterpiece we were created to be – so how do we communicate with God?”



Relationship - Teaching 2

Time:4 min

Materials:

This teaching shows from the Bible how much he wants to communicate with us and transform us.

Before we look at practical ways we spend time with God, we need to know that we are not alone. After Jesus died and came back to life he went back up to heaven. However, he didn’t leave us alone. Jesus sent The Holy Spirit (The spirit of God) to be a part of our lives. This spirit helps us to have a relationship with God, it’s not scary or spooky but enables God to speak to us and helps us speak to God too! Not only this, but as we get to know God, through his Spirit, we begin to become more of the person God wants us to become!

Read: Galatians 5: 22-26

God wants to get to know us, for us to speak to him and for him to speak to us, and as that happens these fruits begin to grow in our lives, not through us trying harder, but just by us spending time with God and getting to know who he is. Just like we become more like the people we spend time with, as we spend more time with God we will become more like him.



Relationship - Explore 2

Time:8 min

Materials:

- **paper plates**
- **coloured felt tips (a different colour per person if possible)**

Example intro to this section:

“God created you to be you, to like the things that you like and be good at the things that you’re good at! God wants you to enjoy spending time with him so why not think of what you really enjoy doing and do it with God!”

Give each young person a paper plate and ask them to write in the middle of it one or two things that they like doing with their coloured pen, eg. Playing xbox, shopping, exercise, being on the internet. When they have done this ask them to put their plate on the floor in the room face up. Then ask the young people to take a few minutes to walk around and write on the back of the plates how someone might use that activity to spend time with God. Eg. Xbox – put on a talk or worship music in the background; baking – they could make cakes for people and pray a really simple prayer for the people they are baking for; When listening to music add some Christian music to you playlist.

At the end ask the young people to collect back their plates and see if they think they could give any of these ideas a go during the next week!



Relationship -Do

Time:2 min

Materials:

Something for the young people to go away and do from the session.

During the next week ask your group to try out what they learned in the last activity of this session: finding what you love doing and try doing it with God. This might be putting worship music on whilst you run, or play x-box, it might be listening to a bit of the Bible whilst you get ready in the morning. Do it for a week and write down anything that stands out to you during this time!



Relationship - Conclusion

Time:1 min

Materials:

Wrap up this session and point to the next session which is all about church!

Example:

"It has been great to see you guys this week. I know it's sad that it has finished but we have some more sessions planned!"

Keep asking your questions and taking your first steps today on exploring how much God wants a relationship with you.

Next time we will be chatting about church."

CHURCH

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

That we are created to be connected, not just to God, but to each other.

That the Church is God's community for his people.

That whilst the Church makes mistakes, it is also the hope for the world and it is vital that we are a part of it.

DESCRIPTION

This is session 4 of 6 and is designed to help the young people understand church.

In this session we will look at the importance of being connected to other people; that it is something that we are created to do but whilst other people can make things more beautiful, they can also make things messier!

We are all called to be a part of something bigger called the Church, we are all different and all have a different role to play. In this community we learn to follow Jesus together, learn how to love others, be patient with each other and see a

world transformed through love.

All Higher sessions are designed to be used as part of a 6 session follow up program in schools, youth groups or other youth work situations with new Christians or young people exploring faith. It has been created with the understanding that this is the start of the journey and should be delivered in an engaging and relevant way.

PRAYER

Thank you God for friends and the people that you put around us!

Thank you for community and that you want us to learn from and grow with other people. Help us to love other people like you love us.

Helps us also to learn from them, to journey with them and, together with you, make a difference to the world we live in.



Church - Intro

Time:1 min

Materials:

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

Example opener:

“Welcome back to Higher sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.

Today we are going to be chatting about the church and how important it is.

Wherever you are today in your relationship with God, this is the right place for you!

It’s all about asking questions, and getting to the bottom of why God is such a big deal to some people.”



Church - Do & review

Time:4 min

Materials:

Review with the group how they got on in last sessions **DO** activity.

During the next week ask your group to try out what they learned in the last activity of this session: finding what you love doing and try doing it with God. This might have been putting worship music on whilst they ran, or playing the x-box, it might have been listening to a bit of the Bible whilst they get ready in the morning. They would have done it for a week and should have written down anything that stood out to them during this time!

Get them to share their experiences and encourage them if they need it to either try again this week if they didn't do anything or to keep doing the different things they are challenged to do.



Church - Opener

Time: 5 min

Materials:

- **A sheet of sticky dot stickers per person**
- **laptop with projector and sound**

This opener is aimed at getting the young people to realise how many connections they have with people already and how minor or important those connections may be.

Give the young people a sheet of stickers each and tell them that they have two minutes to talk to different people and find as many connections with them as they can. Once they find a connection with that individual they must move to someone else and talk to another person - though they can return to people within the two minutes. For every connection that they find with people they should swap a coloured dot with another player. The person with the most dots at the end of the two minutes wins. Different 'connections' may include attending the same school, having the same favourite food or living on the same road.

Example link

"Today we are going to spend some time looking at how we are not only created to be connected to God but also to each other! We are made to be with other people, to be in community and connected to something much bigger than ourselves!"

Play the group 'Church' AAA sessions video

click on this link <https://vimeo.com/154713879>

Or search '**Church AAA sessions**' on '**vimeo.com**'

Ask the group what they think of this video.

What stood out for them?

What are there experiences of church?



Church - Game

Time:7 min

Materials:

- **plastic cups**
- **rubber bands**
- **string**

This game is designed to get the group working together and give an example of how working together is important.

Preparation: tie one end of a piece of string to the elastic band and continue to do this with different pieces of string for however many people you want to be in each team so that everyone in a team has a piece of string to hold.

Split your group into small teams of 3 or more. Give each team 5 plastic cups at the end of a room, some standing, some fallen over etc. and give them the band with the string tied to it. Explain to the teams that their goal is to move their cups one at a time to the opposite end of the room and to stack the cups into a pile. The first team to do this will win. The catch is that they can only touch the cups with the string and elastic band and each player must be holding ONE string each. The teams should pull their string to stretch the elastic band and carry the cup as a team, placing it at the other end of the room. Players cannot use two hands.

Example link

"Sometimes doing things with other people can feel like hard work and we can feel it would be much easier to go it alone! It would have been much easier for one of you to pick up a cup and walk it to the other end of the room!"

However, we are made to be connected - to do things with other people, because when we work with other people we learn, we can get the best out of each other and learn about ourselves in the process!"



Church - Game 2

Time:5 min

Materials:

- **balloons**

This game is meant to be fun and competitive, to show how working together makes this game may easier.

Split your group into smaller teams and ask the teams to stand in a circle and put their arms around each other's shoulders. When all of the teams have done this throw one (or two!) inflated balloons into the middle of the circle. Explain to the teams that they must stay in their team circle but try to stomp on the other teams balloons to pop them, they can defend their own balloons but must not pick them up. The team with the last unpopped balloon wins.

Example link

Although things can be easier on our own, they are often nowhere near as fun and when a group of people are drawing

together to work for a common cause or passion you not only achieve more but learn that other people have got your back – they want the best for you and can bring the best out of you! This was always God’s plan, that’s why he created the Church!



Church - Explore

Time:8 min

Materials:

- **large sheet of paper**
- **pens**

This part of the session will start to help the young people to explore their understanding and experiences of church.

If you have a larger group then split the young people into smaller discussion groups and give each group some paper and two different coloured pens. Otherwise you can do this as one group.

Ask each group to draw a large church on their paper (it needs to be big enough to write inside). Ask the young people to list the good things that they think or have heard about the Church and then write these things inside the picture of the church. Then ask the young people the bad things that they think or have heard about the church and ask them to write these things on the outside of the picture of the church.

Example link

“A lot of people have different opinions about the Church, about what it is, what it does and the things it gets wrong or right! The basic idea of the Church is that it is a group of people who have given their lives to following Jesus and they get together to form a community. In a way what you are doing now is church!”

The Church isn’t about the building but about the people who meet together to learn about God together and live their lives together. The problem is, that because the church is made up of people, we don’t always get it right!”

Now ask the young people to think of some negative character traits that they see either in themselves or their friends. Ask the young people to then take a different coloured pen and write these on the inside of the church alongside with the good things.

Example link

“Just because we have decided to follow Jesus and become part of a community, the Church, it doesn’t mean that we stop getting things wrong. In some ways, it means that we fit into the church perfectly because we are a group of people who make mistakes but we’re trying to live differently!”

Now ask the young people to return to the original colour that they were writing in and along side their negative words to write the opposite of this word. Eg. ‘Selfish/ Generous’. Then ask everyone to read out what they have written on the insides of their churches.

Example link

“We are not a part of the church because we are perfect, we are a part of the church because God knows we work best in community and together we are trying to be the best version of us that we can be even though we still do make mistakes!”



Church - Teaching

Time:3 min

Materials:

- **Bibles**
- **PDF - 1 Corinthians poster**

This part of the session is looking at the Bible and what it has to say about church.

Read: 1 Corinthians 12: 12-21

Example explanation

“When the Bible was written there was a sense of communities being divided: between Jews (the people who did believe in God) and Gentiles (those who didn’t); the rich and the poor; and many more. However, one of the ways that the Church is described in the Bible is being like ‘The Body of Christ’ – like being Jesus body on earth, and we’ve all got a part to play no matter who we are or what our story is. The truth is that there is a place for you in the Church! You are different from other people and you will bring things to God’s community that are really needed. Not only that but you may well learn from other people as well!”



Church - Chat

Time:10 min

Materials:

- **PDF print out of Proverbs poster**

This chat time is to start to get the young people to understand why God might have wanted us to be in community.

Ask the young people to get into groups of three or four and read Proverbs 27:17 from the poster

- What do you think it means for ‘iron to sharpen iron’?
- Do you have people around you that are different from you? What do you learn from them?
- Can you think of a time when someone you know has helped you to become a better person even though it may not have been easy?



Church - Prayer

Time:3 min

Materials:

- **Picture frame with glass**
- **sharpies/ glass pens or similar**

Explain to the group that whilst the church is not perfect, we can choose what we want to contribute and that can start now. Ask the young people to think of one word each (or a couple if you have a smaller group) to describe the type of community that they would like to be a part of eg. 'generous', 'forgiving', 'fun', 'trustworthy'. When each person has their word (ideally different ones) ask them to carefully write that word onto the glass of the picture frame.

Example close to prayer time

"We get to create this kind of community, but the best way that we can do that is by ensuring that we take responsibility for ourselves behaving this way. We will all mess up and make mistakes, but we should help each other through our mistakes, forgive each other quickly and cheer each other on and as we begin to grow together we begin to make a difference to the world around us. You are a part of this body, this is Church."



Church - Do

Time:5 min

Materials:

This is something for the young people to go away and do from the session.

It's time to help make the young people take a bold step this session. Invite them to a church service and see how they get on. Maybe you could look at having a special welcome for them at church.

It might be also worth chatting to the group about how they feel about this and if you need to think about special permissions.

BIBLE

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

To look at why the Bible has relevance and authority today

To help the young people get the best from it.

DESCRIPTION

This session is 5 of 6 and is designed to look at what is the Bible?

This session is designed to place the Bible as the book that helps us understand that History is His Story, and that it is not just a self help, or sat nav to life. We are part of the best story ever told, we are playing a part in God's story not our own. This is not about us, but about God and his plans for our life. Which we understand by reading and looking at the bible.

All Higher sessions are designed to be used as part of a 6 session follow up program in schools, youth groups or other youth work situations with new Christians or young people exploring faith. It has been created with the understanding that

this is the start of the journey and should be delivered in an engaging and relevant way.

PRAYER

Thank you God for making me part of your family, and thank you that you have a plan for my life! Help us today to understand more about what it means to follow you and by your Spirit help me understand your bible more and more as we look at it today.

Amen



Bible - Intro

Time:1 min

Materials:

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

Example opener:

“Welcome back to Higher sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.

Today we are going to be chatting about the bible and how important it is.

Wherever you are today in your relationship with God, this is the right place for you!

It's all about asking questions, and getting to the bottom of why the bible really does make a difference.”



Bible - Teaching

Time:2 min

Materials:

This teaching links to a video about the whole Bible that explains it in a new way.

The aim of this section is to help the young people understand that when they become a follower of Jesus they became part of His family and His story which we can read about in the bible.

Example explanation

“We learnt a few weeks ago that God has always been and always will be. So his story has already started and will keep on going, that might sound like it is bad news for us... it's not because his story becomes our story. Through Jesus we become part of the story he is writing .

This means we need to know what our past was, and where our future is so we know our part in the story. God created a part for us in His story!! Only we can play it. Only we are able to do our bit. "



Higher - Media

Time:4 min

Materials:

- **laptop with projector and sound**

This video gives an overview of the bible so we can know the story of the Bible.

<https://www.youtube.com/watch?v=fFq6TD-jBbU>

Can buy it here<http://www.worshiphousemedia.com/mini-movies/43447/the-greatest-story-ever-told>



Bible - Teaching 2

Time:6 min

Materials:

- **laptop with projector and sound**

Before this session look at www.higherbible.com , this site is where you can get hold of a suitable Bible for young people and familiarise yourself with how to sign up for bible reading emails

This part of the session is about making sure everyone in the group has a Bible, they understand your experiences with the bible, and have a go at a reading some of the bible on their own

At the begining of this section ideally give away copies of the bible to the members who don't have a copy of the bible.

Testimony slot: Take some time with the group to explain your own experiences with the Bible. You could share your favourite verse, how you first got into it, some of the challenges you have with it, and some of the best times you have had reading it.

Show the group to www.higherbible.com website and watch some of the videos on their together. There a number there, work out which one might be best for your group. After showing them around the site encourage them to sign up for a reading plan to help them get through Mark together. There is a free email they can sign up to, which will help them read Mark.

If there is any way of encouraging each other, maybe you could text the group to help them keep going with their reading plans.



Bible - Game

Time:5 min

Materials:

- **Bibles**

This game is a fun way to get the young people racing through the Bible. The more noise and chaos the better as we are trying to do away with the idea that the bible is old and not accessible.

Draw swords

Every one in the group has to hold a Bible in their writing hand. They then have to hold it by their waist as if they were drawing a sword from a holster. The leader of the group calls out "draw swords' - all swords are now drawn from waist to fully outstretched arm, as if about to charge the enemy. The leader then call out a Bible verse eg Psalm 27:2.

The race is now on to find the verse in the Bible, stand on the chair and read the verse out loud first.



Bible - Prayer

Time:3 min

Materials:

- **PDF prayers of the bible**
- **background music**

Try and get the young people to use the Bible to pray together or as a whole group.

You can either download the pdf which has three prayers from the Bible and use them to help the young people pray at the end of the session. Or use some prayers you know from the Bible. By now you might have an idea how this will work best, if you aren't sure you could try putting on some back ground music and leave them to pray on their own. Or you could see if someone in the group is up for praying for the group.



Bible - Do

Time:2 min

Materials:

This session has two ideas for what the young people could go away and do from the session.

Send them to higherbible.com and sign up to receive the email updates to help them read Mark

Try reading a bit of the Bible everyday. Make sure it is appropriate for your group and you don't set the bar too low or too high. The main aim is just to start reading the words on the page.



Bible - Conclusion

Time:1 min

Materials:

Wrap up this session and point to the next session which is all about the adventure we are on as followers of God!

Example:

"It has been great to see you guys this week. I know it's sad that it has finished but we have some more sessions planned!"

Keep asking your questions and taking your first steps today on exploring the bible and how it shows us God.

Next time we will be our last session on the adventure! "



Bible - Chat

Time:5 min

Materials:

This chat time is for the group to start explaining why they love certain stories and why they connect to it.

- What is your favourite film/book/play/song/video game?
- Why do you like it? What's your favourite bit?
- What is it saying to you? What is the message of the story?
- How do you connect to it? Do you feel it is like your life in any way?



Bible - Opener

Time:3 min

Materials:

- **laptop with projector and sound**

This combined video and chat section is aimed at opening up the group to the theme of the session.

What is the Bible? Why is this book important? This video is the introduction to this session.

Play the group 'The Bible' AAA sessions video

click on the link <https://vimeo.com/154038436>

Or search '**The Bible AAA sessions**' on '**vimeo.com**'



Bible - Do & review

Time:4 min

Materials:

Review with the group how they got on in last sessions **DO** activity.

“It’s time to help make the young people take a bold step this session. Invite them to a church service and see how they get on. Maybe you could look at having a special welcome for them at church.” From the last session

Get them to share their experiences and encourage them if they need it to either try again this week if they didn’t do anything or to keep doing the different things they are challenged to do.



Bible - Chat 2

Time:5 min

Materials:

This chat slot is all about how hard it can be to find your way around the Bible.

You could also try a conversation and lead by example to have the leaders talk about their successes and failures at reading the Bible.

- Do you have a Bible at home?
- What do you think are peoples biggest objections to the Bible?

- Do you find it hard to use the Bible?
- Have you ever read the Bible before?

Some things that are worth saying at some point;

Don't be a hater of the contents page

The big number is the first number

The little number is the second number

The most important Bible is the one you read.

Try and read old and new testament.

Talk about it with others, no one knows it all.



Bible - Teaching 3

Time: 5 min

Materials:

- **Bibles**

This slot is designed to get the young people seeing that there are different types of literature in the Bible and that it is possible to find some amazing wisdom in the Bible.

Example link

"The book of Proverbs is a great book in the Bible that talks about wise things that still work today.

Wisdom can be found all over the place, inside a cracker, on the internet, and from your mates.

As a Christian we believe that God is the source of all wisdom through the Spirit. Meaning that all wisdom can be tested and found to be false or true when compared to God.

The best way to see this is that all the wisdom in the world can be filtered and understood by God as if He were a large sieve. Good stuff sticks and bad stuff falls through to the ground.

The Bible is more than a self help guide or a guide to the story you find yourself in. It is also your rocket fuel to being a disciple and follower of Jesus."

Look at some of these verses with the group and see what they think.

Proverbs

4:23 - Guard your heart above all else, for it determines the course of your life.

15:1 - A gentle answer deflects anger, but harsh words make tempers flare.

20:1 - Wine produces mockers; alcohol leads to brawls. Those led astray by drink cannot be wise.

27:14 - A loud and cheerful greeting early in the morning will be taken as a curse!

27:17 - As iron sharpens iron,so a friend sharpens a friend.

31:30 - Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.

ADVENTURE

HIGHER SESSIONS

AIM

In this session, we are aiming to study the following:

You were created with a purpose

Through relationship with God you can join him in the greatest adventure

DESCRIPTION

This session is 6 of 6 and is the last session of the course. It is designed to set up the best adventure the young people will ever go on. Following God!

This session is designed to help the young people realise they are loved and created with a unique purpose in mind. Through relationship with God, he will invite them to join him in the greatest adventure ever journeyed. This session also sets up the next six sessions of spiritual formation.

All Higher sessions are designed to be used as part of a 6 session follow up program in schools, youth groups or other

youth work situations with new Christians or young people exploring faith. It has been created with the understanding that this is the start of the journey and should be delivered in an engaging and relevant way.

PRAYER

Jesus your good news is so good. Thank you for saving me!

I pray that today as we finish our course looking at the foundations of what it means to follow you, that you would give us a burning passion to go on a life long adventure with you. Show us what an adventure with you could look like.

Amen



Adventure - Intro

Time:1 min

Materials:

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

Example opener:

“Welcome back to Adventure sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.

Today we are going to be chatting about the adventure God has lined up for you!

Wherever you are today in your relationship with God, this is the right place for you!

It’s all about asking questions, and getting to the bottom of what we mean by ‘God has an adventure for you.’”



Adventure - Do & review

Time:4 min

Materials:

Review with the group how they got on in last sessions **DO** activity.

Last session had two ideas for what the young people could go away and do from the session.

Send them to higherbible.com and sign up to receive the email updates to help them read Mark

Try reading a bit of the Bible everyday. Make sure it is appropriate for your group and you don’t set the bar too low or too high. The main aim is just to start reading the words on the page.

Get them to share their experiences and encourage them if they need it to either try again this week if they didn’t do

anything or to keep doing the different things they are challenged to do.



Adventure - Media

Time:5 min

Materials:

- **laptop with projector and sound**

This combined video and chat section is aimed at opening up the group to the theme of the session.

Are you ready to jump in fully? Are you ready for the adventure?

Play the group 'The Adventure' AAA sessions video

click on this link <https://vimeo.com/154979326>

Or search '**The Adventure AAA sessions**' on '**vimeo.com**'

After showing the video ask the group

What do you think might stop you from jumping?

Sam in the video didn't mind jumping, do you think he was scared?



Adventure - Chat

Time:3 min

Materials:

This chat time is to get the young people talking about some of there own adventures and make sure we are all on the same page with the word adventure.

- What does the word adventure mean to you?
- Have you been on any adventures recently?
- When Peter walked on water do you think he was scared? Or do you think he was up for the adventure of following Jesus?

If this doesn't work use some examples or ask them to think about what adventure means to other people like Bear Grills.



Adventure - Explore

Time:4 min

Materials:

This is designed to help the young people explore and start to expand their horizons of what an adventure could look like.

You have been given a pot of cash and some time to make a plan for your family or friends to go on a big adventure.

- What would it look like?
- Would there be any scary bits? Fun bits? Relaxing or mental bits?



Adventure - Media 2

Time:5 min

Materials:

- **laptop with projector and sound**

This video clip links to the teaching from John 10:10

<https://www.youtube.com/watch?v=vLT3A0a3hoQ>

Search 'people are awesome 2015' in youtube to find it

After showing the video ask a few questions to the group to help link back to the next verse

- What happens after the video finishes?
- Such an amazing sequence of people being amazing, which was your favourite bit?
- Do you think they were living an adventure?
- So what happens when they die? They had a great adventure but for what purpose?

Example link to teaching

"Our relationship with God has the same level of adventure and awesomeness as the clip does, but with eternal consequences."



Adventure - Teaching

Time:2 min

Materials:

- **Bibles**

This teaching slot is to remind and re-iterate that this adventure is one of life and of living life to the full.

John 10:10

The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life.

Example:

"God came to give life and life to the full. This life is found through a relationship with God. After we have this He starts to show us what this means and shows us life to the full. Not only this, but he helps us to live it out by the power of the Spirit so we can have this massively life long adventure!"



Adventure - Explore 2

Time:5 min

Materials:

- **PDF words to define the life we have in God**
- **scissors**

This part of the session is to start thinking about how different what God would want their life to look like as we go on this adventure.

Get the young people to match up the words with their other half. One half is God's life and the other half is the opposite.

- Joy not sorrow
- Hope not despair
- Peace not chaos
- Sonship not orphan
- Light not darkness
- Freedom not slaves
- Created not accident
- Purpose not meaningless
- Life not death
- Love not unloved
- Whole not broken
- Found not lost
- Powerful not powerless



Adventure - Teaching 2

Time:4 min

Materials:

This teaching part is about helping the young people realise that God gives us a personal call not a generic call to follow him.

Example intro:

“Jesus gave a personal call to the disciples when they were fishing (Mark 1). He saw what they were doing, and then asked them to become fishers of men. He was so personal that he tailored his words to match up with what the fishermen would have understood. He also invited them to join him on the biggest adventure of their lives that would change them and the world for ever!”

After you have introduced the teaching slot pull out something that the group is interested in and use it to give an example of the point above. For example if you have some guys and girls who like football you could say:

“Jesus might say to you guys who like football, that he wants you to score goals for Jesus and join His team. Rather than trying to tackle Christians and defend your goal, He is asking you to join His team and become the best striker in the league. He wants you to win games and situations for Jesus team!”

God wants to give you a personal call and purpose to your life like he did with the fishermen.

What do you think about that? Can you think of how else Jesus might have worded the call that He gave to the disciples in Mark?



Adventure - Chat 2

Time:5 min

Materials:

- **pen**
- **paper**

This chat time is to start to hear what the young people are passionate about and the things that God might want them to have an adventure with. Make sure as you talk about this topic you help young people that don't have a clear idea yet understand that God does have a plan for them and that he will show them it over the course of their lifetime.

Write out your own sentence about what you think your purpose and personal call might be like Jesus gave the disciples.

- What have you written down?
- Are you passionate about anything?

As leaders you could talk about what you are passionate about to help show the young people how this works out. Your stories are really powerful too!



Adventure - Media 3

Time:4 min

Materials:

- **laptop with projector and sound**

This is a clip where they will see something that doesn't seem to make sense and isn't what most people would think a bike is designed for.

<https://www.youtube.com/watch?v=IDi9uFcD7XI>

This clip is all about pushing the boundaries of what people thought was possible. Who would have thought that a motorbike could go on water, let alone surf a wave!

Life with God is like this. There are loads of possibilities and he has given us the tools we need. We just have to decide whether or not we want to try and go on the adventure.



Adventure - Teaching 3

Time:3 min

Materials:

This teaching slot is a chance to be real with the young people and explain how this adventure is great.

We suggest you share from your own story. Talk about how it's not always safe, easy or successful. You could even look to get a visitor in to share about their experiences.



Adventure - Prayer

Time:3 min

Materials:

This prayer session is designed to be slightly more open than other prayer slots in the other sessions. As the young people begin to look at their own situations, this will hopefully inspire some of the prayer points.

Task the group to pray for their mates and their on going journey with God.

This could take the shape of writing it down, praying out loud, or they give you the leader some ideas of what to pray about. The most important thing at this stage is to start encouraging them to lead each other and themselves in this area.



Adventure - Do

Time:5 min

Materials:

This is the last **Do** of the course and is designed to encourage the young people to go to church and to bring people with them.

Invite your mate along to church/youth group and invite them on the adventure with you!

As a youth team you will have to help them and have a plan about how best to guide the young people through this process.



Adventure - Conclusion

Time:1 min

Materials:

Wrap up this session and point people to the Higher course.

“This is the end of the first course laying some of the foundations of what it means to be a follower of Jesus.

The next 6 sessions we are doing together are all about getting the fuel we need for the adventure. You would never dream of leaving the house on a massive adventure without taking supplies and the right equipment.

Stick around to keep journeying together in figuring out more and tooling up for the adventure ahead.”