

## SESSION 3. LIVING

How do we treat the people around us?

### Aims of the session

'Sticks and stones may break my bones but names will never hurt me' is probably the stupidest rhyme I learnt as a child. The thought that we are not affected by what people say about us is crazy. In this session, we want our young people to know that what people say about us impacts our lives and more importantly we have power over other people with our words. We are called to bring life and love to others.

### Game – 5/10 mins

#### All Stars

Give each person a piece of paper and have them draw a self-portrait. Ask them to put their name on it (in case it's not obvious who it is!). You can spend a little or a long time on this first half of the activity.

When everyone is finished, stick them all up on a wall.

The second step of this exercise involves handing out some sticky stars or just post-it notes. Each person should write something positive describing each person and stick it on their self-portrait.

Give people some time to just soak in what's been written

### Group work / Discussion – 10/15 mins

Was it hard not to write something humorous or banterish?

How did it make you feel reading the things written about you?

How did it make you feel writing positive things about other people?

Do you hang around with people who are more positive or more full of banter?

Is it easier to give encouragement than receive it? Why?

### Testimonies - 5/10 mins

Thinking back about our challenges last week, how is that going?

Have you experienced God doing anything else in your life this week?

### Video – 5 mins

<https://www.youtube.com/watch?v=-qzHn9jZNDc>

<https://www.youtube.com/watch?v=PveLZCyNN4U&index=3&list=PL64ScZt2I7wHP6szmqiRMQzWk8aF0P0R9>

### Talk – 5 mins

Romans 12: 9 -21

When we look at each other what do we see? How we look? How we act? What we have done in the past? Our mistakes? How we present ourselves?

These make up some of the ways in which we see each other and that determines how we treat each other.

What if in the same way God doesn't see the outwards appearance, but he sees our hearts, he looks at how He created us, He sees us as His children, what would it look like if this is how we saw each other which then determined how we treated each other?

Culture of Banter – what does that mean?

Culture of Honour – what does that mean?

Our world is starving for genuine, loving relationships where human dignity is honoured, spiritual development is encouraged, and life's pain is comforted through the voices and hands of loving people. They will see the fullness of God's love because of the way we love each other.. 1 John 4:12

So how can we do this?

Work through romans 12: 9 -21

### Challenge – 5 mins

- What can I do this week to help someone else?
- Find two people in the group, commit to praying for each other for 5 minutes every day this week. Text each other a prayer request each day.
- Commit 10 minutes a day to asking a member of your family/close friend about their day, really listening to them and then praying for them later (or with them!)
- Encourage the group to find an older member of the church to speak to and ask them about their experience of church and faith growing up. Ask them about what was different about church when they were young. What was good that helped them engage with God? What are they glad is different?

### Worship – 10 mins

*You can do sung worship, reflective worship or for more ideas - <https://engageworship.org/ideas>*