



LEADER MATERIAL
TERM 4 | 2024

*How do we learn
from our past and
look forward to
our future?*



TOPIC OUTLINE

In the first half of the term, we will explore how we can find meaning and joy in our future work.

In the second half of the term, we will look back on the year we have had – identifying the good things that have happened, the connections we've made and the things we have learnt.

Part 1

In Part 1, we will explore how we can find meaning and joy in our future work.

No one wants to end up in a job they hate. We want to do something that suits us – something we enjoy and are good at, something that feels meaningful.

But how do we get there? How do we work out what jobs will suit us? Are there choices we can make today that will help set us on the right path?

The Good News is that God has given all of us things we are good at and passionate about. It's possible for all of us to find meaning in our future work.

Part 2

In Part 2, we look back on the year we have had. We explore how we have grown through challenges, and we take time to give thanks for the good things that have happened. We also take note of the connections we have had with others and celebrate what we have accomplished together.

The Good News is that through the ups and downs of life, we are never alone. The Holy Spirit is always with us, and we also have each other. Through the ups and downs of life, we can support each other and help each other follow Jesus.

Life Labs

In the first half of the term, we will explore how we can find meaning and joy in our future work.

Life Labs 1: What do I love to do?

Purpose: The purpose of this session is to help young people identify what they love to do and explore the Good News that we can find joy in our work.

Scripture: The Scripture (1 Thessalonians 2:7-9) explores the idea that if we do something we are passionate about, we can enjoy our work, even when it is difficult.

Life Labs 2: What am I good at?

Purpose: The purpose of this session is to help young people identify things they are good at and to explore the Good News that we all have different gifts that we can use in our future employment.

Scripture: The Scripture (Romans 12:6-8) explores the idea that God has given us all different gifts, and we can use them to make a difference.

Life Labs 3: What do I think the world needs?

Purpose: The purpose of this session is to help young people identify local and global needs that stir them up inside and to explore the Good News that Jesus wants to use us to help meet these needs.

Scripture: The Scriptures (Matthew 9:35-38 and Psalm 82:3-4) explore the idea that we can partner with God and help respond to the needs in our world.

Life Labs 4: How can I find purpose?

Purpose: The objective of this session is to help young people reflect on how they can find purpose and explore the Good News, which is that we can find purpose in loving God and loving others.

Scripture: The Scripture, Mark 12:28-35, explores the idea that we can find deep purpose in loving God and loving others.

In the second half of the term, we will reflect on and celebrate the last year.

Life Labs 5: Who did I connect with this year?

Purpose: The purpose of this session is to help young people reflect on the connections they had this

year and to look at how their connections changed and the impact these connections had.

Scripture: The Scripture (John 14:15-18) explores the Good News that the Holy Spirit never changes and is always with us, helping us.

Life Labs 6: What did we learn from this year?

Purpose: The purpose of this session is to help young people explore what they have learnt this year and explore the Good News that we can grow and learn through challenging times.

Scripture: The Scripture (James 1: 3-5) explores the Good News that we can grow through challenging times.

Life Labs 7: What are we grateful for this year?

Purpose: The purpose of this session is to help young people identify things from this year that they are grateful for.

Scripture: The Scripture (1 Thessalonians 5:17-18) explores the Good News that we can live with gratitude, no matter what is happening in our lives.

Life Labs 8: What will you remember about Life Labs this year?

Purpose: The purpose of this session is to help young people remember and celebrate the memories they made in Life Labs this year.

Scripture: The Scripture verses (Matthew 4:18-21 and Luke 10:1) explore the idea that Jesus doesn't expect us to follow him on our own; we can share the journey with others.

Appendix – Activity Sessions

Introductory Activity Session

For the first session of the term, you can take the opportunity to welcome young people back and introduce them to the theme. Rather than a structured Life Lab session, the material explores some activities you could do that are fun, will connect the young people, and help introduce the ideas we'll look at in the life labs. For example, in this session, you can help young people explore their beliefs and where they come from through activities like charades, a movie night or a job fair.

Reflection Activity session

The activity session provides an opportunity to reflect on the topic idea in a less structured session than a Life Lab. You can use the ideas to create a fun social session to help develop the topics. You can help young people reflect on this topic through activities like old-school party games, a dance party or ice skating.

Speaker Brief

The speaker brief provides an outline for a short youth-focused message based on part of the term's materials. This speaker brief is based on the John 14:16-18 scripture, and the Good News that we can always find connection with Jesus.

ACKNOWLEDGEMENT OF COUNTRY

At the start of each session, acknowledge the Country and traditional owners of the land your group is gathering. Below is a template you could use.

Today we meet on _____ Country.

We acknowledge the Traditional Owners of the lands and waters from which we've all come or crossed over to arrive here today. We commit ourselves to being voices of reconciliation.

SESSION 1

What do I love to do?

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people identify what they love to do and to explore the Good News that we can be passionate about our work.

Game: The *Job Taboo* game gets young people to think about the different jobs that people can do.

Activity: The *What Do I Like* activity helps young people identify the types of things they enjoy doing.

Scripture: The Scripture (1 Thessalonians 2:7-9) explores the idea that if we do something we are passionate about, we can enjoy our work, even when it is difficult.

Equipment needed for the session:

- Printed Job Taboo cards (one set for the group to share)
- Five sets of printed cards for the What Do I Like activity

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



As we move through high school, it's natural to start thinking about the jobs we will do in the future. Some young people find this exciting, but for many young people, it is scary.

What if we end up in a job we hate? What if our future work feels meaningless? What if it doesn't suit us?

We'll spend so much time working, so it would be great if our job involved things we enjoy doing. As we plan for the future, it's helpful to ask ourselves: 'What do I love to do?'

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



PLAY THE 'JOB TABOO' GAME

Equipment:

Job Taboo cards

- Ask one participant to choose a card from the pile.
- The participant must get the group to guess what job is on the top of their card using words.
- They cannot use any words written on the card, including words in the job name.
- When someone guesses the job correctly, it is their turn to choose a card and describe a job.
- Repeat while still fun or cards run out.



How did you go with the game?

Do you know anybody who does one of these jobs?

Do you think people are more likely to get jobs when they know someone else who has done that job?



Police Officer

Police station
Uniform
Crime

Teacher

School
Student
Classroom

Actor

Movie
Actress
Television

Soldier

Gun
War
Army

Barista

Coffee
Café
Milk

Vet

Animals
Sick
Surgery

Youth Worker

Helping
Young people
Teenagers

Dentist

Teeth
Dental
Clinic

Writer

Book
Story
Words

Doctor

Hospital
Nurse
Sick

Chef

Restaurant
Serve
Food

**Supermarket
assistant**

Coles
Woolworths
Groceries

Farmer

Grow
Animals
Tractor

Firefighter

Pole
Uniform
Truck

Pastor

Religion
Christianity
Church

Bus Driver

School
Transport
Wheels

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders watch the participants for:

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

HOW TO DO THE 'WHAT I LIKE' ACTIVITY

Equipment:

- 5 sets of the 'What I like' cards (next page)

- Lay the cards on a table so everyone can see them.
- Invite participants to choose five cards that feature things that they like doing.

Discuss the Activity



How did you go with the activity? How did it feel when you found a card that felt like 'you'?

*Did anything stand out to you about the cards that you chose?
Were there any themes?*

What difference would it make to have a job where we get to do things we enjoy?

What are three jobs that you would love to do?

In the group material: What are three jobs that you would love to do?



<p>Listening to a friend's problems</p> <p>Helping people</p>	<p>Making things</p> <p>Working with my hands</p>	<p>Fashion</p> <p>Making things beautiful</p>	<p>Helping people learn new skills.</p> <p>Teaching/training</p>	<p>Coding</p> <p>Computers/technology</p>
<p>Doing random acts of kindness</p> <p>Helping people</p>	<p>Working with tools</p> <p>Working with my hands</p>	<p>Decorating (and re-decorating) my room</p> <p>Making things beautiful</p>	<p>Explaining how to do things in a way that makes sense</p> <p>Teaching/training</p>	<p>Playing computer games</p> <p>Computers/technology</p>
<p>Cheering people up</p> <p>Helping people</p>	<p>Fixing things that are broken</p> <p>Working with my hands/ problem solving</p>	<p>Doing makeovers</p> <p>Making things beautiful</p>	<p>Coming up with new ways to do old things</p> <p>Teaching/training / Problem Solving</p>	<p>Fixing people's computer problems</p> <p>Computers/technology</p>
<p>Solving puzzles</p> <p>Problem solving</p>	<p>Understanding how things work</p> <p>Problem solving</p>	<p>Trying new things</p> <p>Problem solving</p>	<p>Meeting new people</p> <p>Connecting with people</p>	<p>Making friendly conversation with strangers</p> <p>Connecting with people</p>

<p>Talking on the phone</p> <p>Connecting with people</p>	<p>Bushwalking</p> <p>Being outdoors</p>	<p>Mowing the lawn</p> <p>Being outdoors</p>	<p>Surfing or swimming in the ocean</p> <p>Being outdoors</p>	<p>Playing sport</p> <p>Being outdoors</p>
<p>Writing stories / story telling</p> <p>Creativity</p>	<p>Baking</p> <p>Creativity</p>	<p>Multi-talking</p> <p>Problem solving</p>	<p>Craft</p> <p>Creativity</p>	<p>Making a crowd laugh</p> <p>Performance</p>
<p>Drama/theatre sports</p> <p>Performance</p>	<p>Performing for people</p> <p>Performance</p>	<p>Writing songs</p> <p>Music</p>	<p>Learning an instrument</p> <p>Music</p>	<p>Singing or playing music</p> <p>Music</p>

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

When we were with you, as apostles of Christ we could have used our authority to make you help us. But we were very gentle with you. We were like a mother caring for her little children. We loved you very much, so we were happy to share God's Good News with you. But not only that—we were also happy to share even our own lives with you. Brothers and sisters, I know that you remember how hard we worked. We worked night and day to support ourselves, so that we would not be a burden to anyone while we did the work of telling you God's Good News.

1 Thessalonians 2:7-9



Discuss these topic questions



What do you think about what we just read? How do you think it might relate to what we love to do?

These words come from a letter that a leader named Paul wrote to the church in Thessalonica. He says that he worked extremely hard when he was with them, sharing God's Good News, but he didn't mind, because it brought him joy. Can you think of a time when something was a lot of work, but it brought you joy?

Paul was passionate about his message. What does it feel like when we are passionate about something?

Paul had a side job (making tents) and used the money from that job to fund what he was passionate about. What do you think of this approach to work? Could this work for people today?

Notes on the Scripture for Facilitators:

- Paul was passionate about spreading the gospel.
- He didn't want to be a burden on the people he was preaching the gospel to, so he worked day and night.
- Paul's passion for the work he was doing was so extreme that he funded the work himself! He worked as a tentmaker and used his earnings to fund his ministry.
- Paul poured a lot of energy into doing what he loved and was passionate about.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



As we move through high school, it's natural to start thinking about the jobs we will do in the future. Sometimes, this can cause us to worry. We want to do something that suits us. Something we will enjoy.

Working out what we enjoy doing today can give us clues about what we will enjoy doing in the future.

The Good News is that we can be passionate about our work. When we find a job we like doing, we can find joy in it, even if it is tiring or difficult at times.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 2



What am I good at?

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people identify things they are good at and to explore the Good News that God has given us all gifts that we can use to make a difference.

Game: The *First Person To...* game gets young people to witness a variety of skills and demonstrate at least one skill of their own.

Activity: The *Trophy Presentation* activity helps young people receive encouragement from a peer about one of their strengths.

Scripture: The Scripture (Romans 12:6-8) explores the idea that God has given us all different gifts, and we can use them to make a difference.

Equipment needed for the session:

- Printed trophy template for each participant

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



No one wants to get stuck in a job they are bad at.

When we have to do things that don't match our abilities, we can feel frustrated or even embarrassed. If we spend too long in that kind of space, we can start to have negative feelings about ourselves.

It's a different story when we do things we are good at. We can feel confident, proud and valuable.

We all have strengths that can be used in a future job, but sometimes it takes a while to work out what ours are.

As we think about our future, it's helpful to ask ourselves: 'What am I good at?'

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

PLAY THE 'FIRST PERSON TO...' GAME

- The group leader will read out a series of challenges.
- The first person to complete each challenge wins.

Challenges:

- Do five push ups
- Create a rhyming four-sentence poem about bread
- Name all the Australian capital cities
- Do the floss dance
- Do a five second handstand
- Spell the word 'environment'
- Tell a knock-knock joke
- Say the four times tables
- Make a paper aeroplane
- Go cross-eyed
- Sing a line of a song from the 90s
- Draw a picture of your group leader
- Leader to add extras



How did you go with the game? Which activities were you best at?

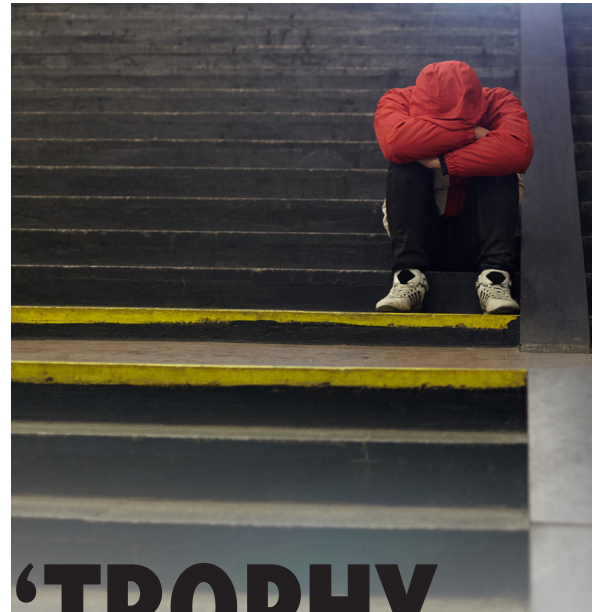
How did you feel when you were doing them?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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



HOW TO DO THE 'TROPHY PRESENTATION' ACTIVITY

Equipment:

- Printed trophy template for each participant
- A few glue sticks or rolls of sticky tape
- Felt tip markers

Optional: extra craft items to decorate the trophy, e.g., glitter or gold star stickers.

- Every participant makes a trophy for someone else in the group.
- The trophy highlights one thing that the recipient is good at.
- Write, draw, and colour the message on the trophy body (part 1) before assembling it.
- Facilitators should be prepared to help young people come up with trophy ideas for each other.

In the group material:

Write down three other things you are good at.

Discuss the Activity

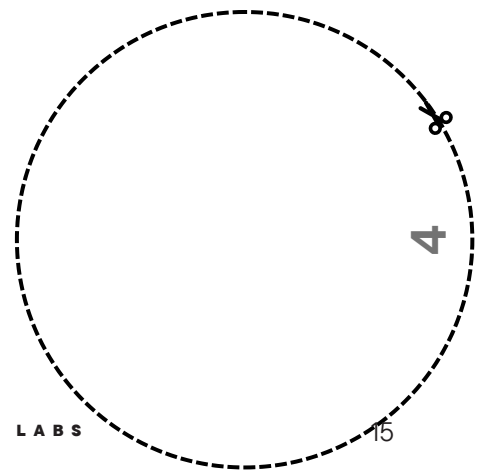
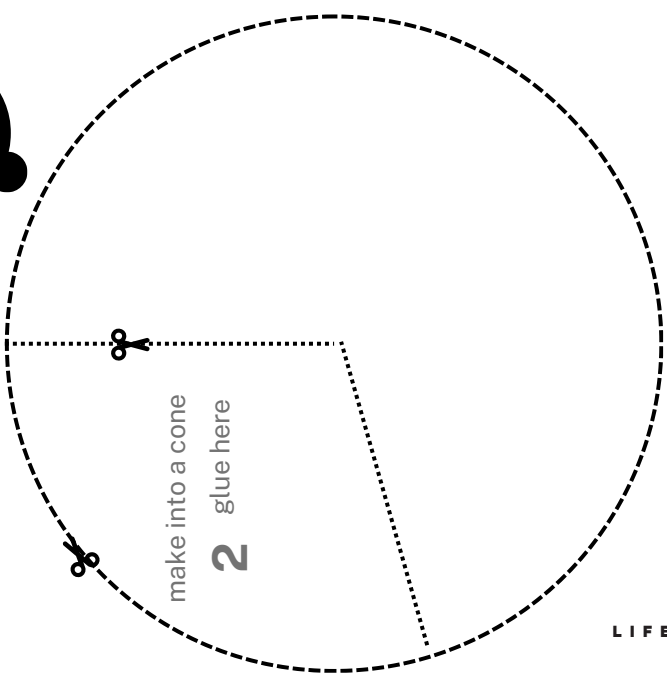
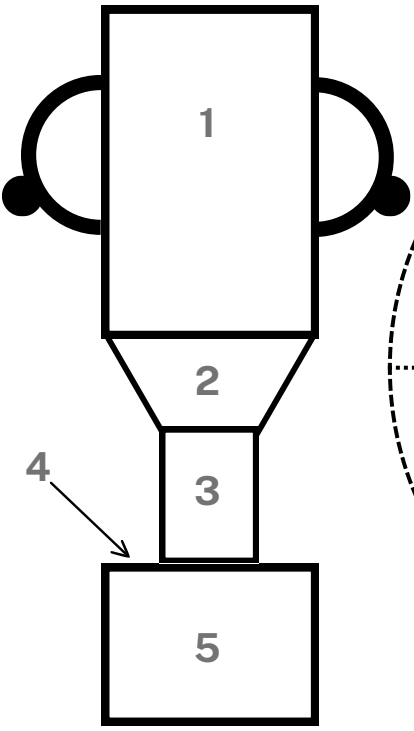
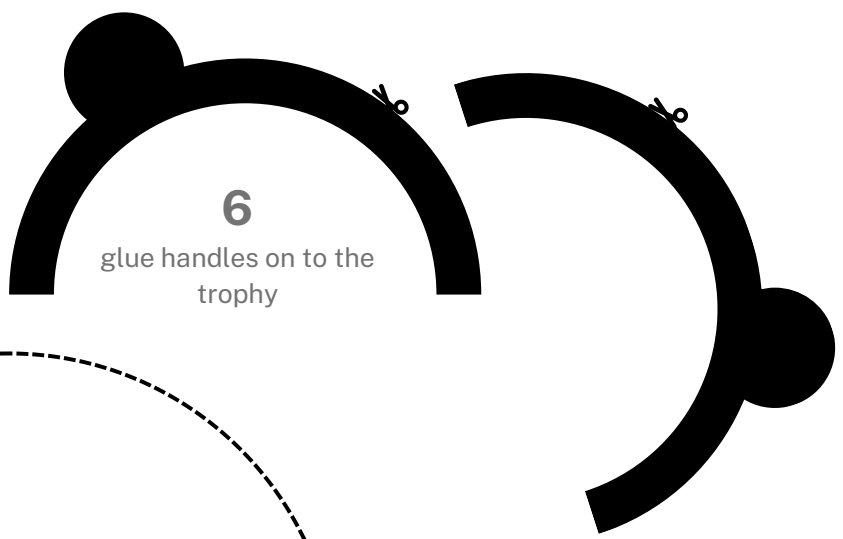


*How did you go with the activity?
Was anyone surprised by the trophy they received? Why/why not?*

How could you use the strength featured on your trophy in a future job?

*Which do you think is easier
- noticing other people's strengths or our own? Why?*

Apart from getting trophies, how can we work out what our strengths are?



READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

⁶ We all have different gifts. Each gift came because of the grace God gave us. Whoever has the gift of prophecy should use that gift in a way that fits the kind of faith they have. ⁷ Whoever has the gift of serving should serve. Whoever has the gift of teaching should teach. ⁸ Whoever has the gift of comforting others should do that. Whoever has the gift of giving to help others should give generously. Whoever has the gift of leading should work hard at it. Whoever has the gift of showing kindness to others should do it gladly.

Romans 12:6-8.



Discuss these topic questions



What do you think about what we just read? How do you think it might relate to what we are good at?

Verse 6 says, 'We all have different gifts.' Does this surprise you? Do you think some people have gifts that they haven't discovered yet? How do we find out what our God-given gifts are?

Paul names some specific gifts here (teaching, being generous, comforting people, leading, serving and prophecy). Which one of these comes most naturally to you? What do you see as some of your other strengths?

What difference would it make if our future job lined up with our gifts and skills?

Notes on the Scripture for Facilitators:

- Paul says God has given us different gifts, and we should focus on using the ones he has given to us.
- Paul says that 'each gift came because of the grace God gave us.' These gifts are not something we have earned or learnt. God gave them to us – like a present.
- In verse 3, Paul urges the Romans to be humble. He says, 'Don't think that you are better than you really are. You must see yourself just as you are.' This helps frame verses 6-8. Instead of being proud or jealous, we should focus on using the gifts God has given us.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



Something special happens when we get to do things we are good at. We can feel proud, confident, and like we have found our 'sweet spot.'

Our future jobs will be more enjoyable if they line up with our gifts. So, when we think about our future work, it's helpful to ask ourselves, 'What am I good at?'

The Good News is that God has given us all gifts that we can use to make a difference today and in our future work.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 3



What do I think the world needs?

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people identify local and global needs that stir them up inside and to explore the Good News that Jesus wants to use us to help meet these needs.

Game: The *Meet the Needs* game gets young people to experience what it is like to respond to needs.

Activity: The *Wall of Needs* activity helps young people identify a variety of needs and reflect on which ones they feel drawn towards.

Scripture: The Scriptures (Matthew 9:35-38 and Psalm 82:3-4) explore the idea that we can partner with God and help respond to the needs in our world.

Equipment needed for the session:

- Large sheet of butcher's paper
- One black marker
- A different coloured marker for each participant

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



Our world is full of needs: things that are not right, things that are causing people pain.

Some of these needs fire us up more than others. When we hear about them, something inside us screams, “That is not ok!”

These needs can grab us by the heart, and we find ourselves wanting to help.

Our background can give us a soft spot for particular needs.

Our future jobs can be filled with meaning when connected to a need we care about.

So, as we think about the future, it’s helpful to ask ourselves:

‘What do I think the world needs?’

As a way to begin thinking about this, let’s play the ‘Meet the Needs’ game.

PLAY THE ‘MEET THE NEEDS’ GAME

- This game is a variation of Ship to Shore/Captains Coming.
- The group leader will read out a 'need', and participants need to respond to that need as quickly as possible.
- The last participant to respond is eliminated.
- You might like to do several practice rounds before eliminating anyone.
- Before you begin, you will need to share the four needs with the group and teach them the action they must do in response.



Need	Response
Change the old lady’s lightbulb	Spring to feet and pretend to change a lightbulb
Stop the bully	Cross arms in front of body, as if protecting the child
Find the missing earring	Drop to the floor and search
‘Aaarrgh!’	Shout: “I’ll help you!”



How did you go with the game?

How easy was it to respond to the needs quickly?

What jobs do you think of when you think about responding to need?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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

HOW TO DO THE 'WALL OF NEEDS' ACTIVITY

Equipment:

- Large sheet of butcher's paper
- One black marker
- A different coloured marker for each participant

- Divide a large sheet of paper into three sections. Label the sections: 'People I know', 'Australia' and 'The world'.
- As a group, brainstorm needs that exist in those spaces. Try to think of as many as you can – big and small.
- Next, give each participant a different coloured marker. Invite them to circle 1-3 needs that they really care about. (Multiple people can circle the same need).

Discuss the Activity



How did you go with the activity? Were some categories easier to fill than others? Why, or why not?

How do you feel when you look at all these needs?

Can all these needs be fixed by everyday people? Why do you think that?

Have a look at the needs that you circled. Why are those needs most important to you? What could it look like for you to help address those needs in a future job?

In the group material

Write down the needs you chose and something you can do to help.

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

³⁵ Jesus travelled through all the towns and villages. He taught in their synagogues and told people the Good News about God's kingdom. He healed all kinds of diseases and sicknesses. ³⁶ Jesus saw the many people and felt sorry for them because they were worried and helpless—like sheep without a shepherd to lead them. ³⁷ Jesus said to his followers, "There is such a big harvest of people to bring in. But there are only a few workers to help harvest them. ³⁸ God owns the harvest. Ask him to send more workers to help gather his harvest."

Matthew 9:35-38

You must help poor people and those with no family to receive justice.

Help those who have pain and trouble to receive the help they need.

Rescue weak and helpless people, so that evil people cannot hurt them.

Psalms 82:3-4



Discuss these topic questions



What do you think about what we just read? How do you think it might relate to what we think the world needs?

In the first scripture, Jesus is confronted by people's needs, and it says that Jesus "felt sorry for them". When have you felt sorry for strangers who are hurting? Where do you think these feelings come from?

Jesus prays that God would send more workers to help meet people's needs. Does it surprise you that God wants to partner with ordinary people in this way? Why/why not?

What difference would it make to have a job that involves setting things right in the world?

Notes on the Scripture for Facilitators:

- Jesus saw many people with many different needs: people who needed to be saved, people who were sick, and people who needed peace, hope and direction.
- Jesus framed the greatness of human need as an opportunity – a harvest that was plentiful. But it was a harvest that needed workers.
- God sends workers for the harvest. He prompts people to step up and respond to human need.
- The word used for "felt sorry for them" (v 35) is a Greek word that means "moved with compassion." It describes a powerful compassion that moves a person to the depths of their being.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion

Our world is full of need: things that are not right and things that are causing pain. Some of these needs fire us up. They grab us by the heart, and we find ourselves wanting to help.

Our future work can feel meaningful when connected to a need we care about.

The Good News is that God wants to use us to set things right in our world. We can make a difference today – and in our future work.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 4

How can I find purpose?



How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The objective of this session is to help young people reflect on how they can find purpose and to explore the Good News that we can find purpose in loving God and loving others.

Game: The *Purpose Match* game gets young people to experience identifying the purpose of various objects.

Activity: The *Careers Quiz* activity helps young people identify an area of work that might suit them.

Scripture: The Scripture (Mark 12:28-35) explores the idea that we can find deep purpose in loving God and loving others.

Equipment needed for the session:

- Device and internet access for each participant to do the Careers Quiz
- Purpose Match PPT slide deck ([download here](#))

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



As we get older, it's common to crave a sense of purpose. We want to do things that feel meaningful and worthwhile.

We don't want to drift through life aimlessly. And we don't want to end up in a job that seems pointless.

But how do we find a sense of purpose?

How can we steer ourselves towards a job that feels meaningful?

When we think about our future work, it's helpful to ask ourselves, 'How can I find purpose?'

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

PLAY THE 'PURPOSE MATCH' GAME

Equipment:

- Purpose Match PPT slide deck ([download here](#))
- Laptop to display PPT slides

- Display the slides one by one.
- Each slide contains a picture of an item.
- Participants need to 'buzz in' and say what the purpose of the item is.
- (Optional: Ask each participant to create a unique buzzer sound).

Nb. Some items have one obvious use; others have multiple possible purposes.

Possible items:

Vacuum cleaner	Charger	Hair spray	WD-40
Concealer	Gorilla clamp	Screw	Wax
Capo	Command strips	Isopropyl	
Whisk	Toilet spray	Aluminium foil	
Deodorant	Lawnmower	Olive Oil	



How did it feel when you came across items that had more than one purpose?

Do you think people are created with one purpose, or can we find purpose in many different things?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

HOW TO DO THE 'CAREERS QUIZ' ACTIVITY



Equipment:

Device and internet access for each participant to do the Careers Quiz

- Each group member completes the Careers Quiz independently.

Nb. At the end of the quiz, users are prompted to add their email address and phone number. Please advise group members that they must not enter their real details here. They can simply enter '0400 000 000' and 'email@email.com' or similar.



[Career Quiz](#)

Leaders, watch the participants for:

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

Discuss the Activity



How did you go with the activity? Have you ever done something like this before?

What did you think when you received your result? Do you think the suggested jobs would be a good fit for you?

Do you know anyone who has a similar job to the one that came up on your quiz?

What steps could you take today to help prepare for your ideal future job?

Often, our first job is not our dream job. What stepping stones might be needed along the way before you get your ideal job?

In the group material:

Young people think about jobs they can start with, one that will give them experience, and one they wouldn't mind if their dream job isn't available.

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

WHICH COMMAND IS THE MOST IMPORTANT?

²⁸ One of the teachers of the law came to Jesus. He heard Jesus arguing with the Sadducees and the Pharisees. He saw that Jesus gave good answers to their questions. So he asked him, “Which of the commands is the most important?”

²⁹ Jesus answered, “The most important command is this: ‘People of Israel, listen! The Lord our God is the only Lord. ³⁰ Love the Lord your God with all your heart, all your soul, all your mind, and all your strength.’[d] ³¹ The second most important command is this: ‘Love your neighbor[e] the same as you love yourself.’[f] These two commands are the most important.”

³² The man answered, “That was a good answer, Teacher. You are right in saying that God is the only Lord and that there is no other God. ³³ And you must love God with all your heart, all your mind, and all your strength. And you must love others the same as you love yourself. These commands are more important than all the animals and sacrifices we offer to God.”

³⁴ Jesus saw that the man answered him wisely. So he said to him, “You are close to God’s kingdom.” And after that time, no one was brave enough to ask Jesus any more questions.

Mark 12:28-34

Discuss these topic questions



What do you think about what we just read? How do you think it might relate to finding purpose?

In this scripture, Jesus says that loving God with everything we have and loving others as much as we love ourselves is the most important thing we can do. What do you think of this teaching?

What difference could it make if we approached our lives with this aim?

Can you think of any adults you know who love God and others through their jobs? (Try to think of some who don't work for the church.) What does this look like?

Do you think every job can feel meaningful if we try to love God and others through it?

Notes on the Scripture for Facilitators:

- The greatest commandment is to love God and to love others. All the other commandments flow from these.
- When loving God and others is our motivation, we can find purpose in whatever we do for work, study or fun.
- The religious teacher was trying to trick Jesus by asking a difficult question about the law. For today’s session, we focus our attention on the wisdom Jesus brings in this scripture and how this helps us find purpose.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



As we get older, it's common to crave a sense of purpose. We want to do things that feel meaningful and worthwhile.

But how do we find a sense of purpose?

How can we steer ourselves towards a job that feels meaningful?

Thinking about what we like doing, what we are good at and what the world needs can help point us in the right direction.

The Good News is that when we focus on loving God and loving others, we can find deep purpose and meaning today and in our future work.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 5

Who did I connect with this year?

SESSION OUTLINE

Purpose: The purpose of this session is to help young people reflect on the connections they had this year and to explore the Good News that even though our connections change, Jesus never changes and is always there for us.

Game: The *Link Chasey* game gets young people to experience making and changing connections.

Activity: The *Tree of Connections* activity helps young people reflect on their connections this year.

Scripture: The Scripture (John 14:15-18) explores the idea that the Holy Spirit never changes and is always with us, helping us.

Equipment needed for the session:

- A4 paper for each participant
- Variety of coloured markers to share

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.



READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



We all need connection – people who know us and people to share our lives with.

Over time, these connections can change. We meet new people, and existing connections can grow or fade.

As we reflect on the year we've had, it's good to think about how we were shaped by our connections.

It's good to ask ourselves: 'Who did I connect with this year?'

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



PLAY THE 'LINK CHASEY' GAME

- To start the game, choose one person who will be 'It' and one who will be 'Runner'. The job of 'It' will be to catch 'Runner'.
- Everyone else must find a partner and link arms with them.
- When the game begins, 'Runner' will run to avoid being caught by 'It'.
- 'Runner' can find safety by linking arms with a pair of players. When this happens, the person on the other side of the pair becomes 'Runner'.
- If 'Runner' gets tagged by 'It' at any point in the game, they become the new 'It'.
- Continue while still fun.



How did you go with the game? What does it feel like when we are connected to others?

In the game, our connections kept changing. How does it feel when our connections and relationships change?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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



HOW TO DO THE 'TREE OF CONNECTIONS' ACTIVITY

Equipment:

- Variety of coloured markers to share
- Tree of Connections page in group material

- Give group members a variety of coloured markers for participants to share.
- Encourage participants to write the people they feel connected to in each area on the tree.

Nb. One branch is not labelled. This branch can be used for connections from sport, dance, or any other area of life.

Discuss the Activity



How did you go with the activity?

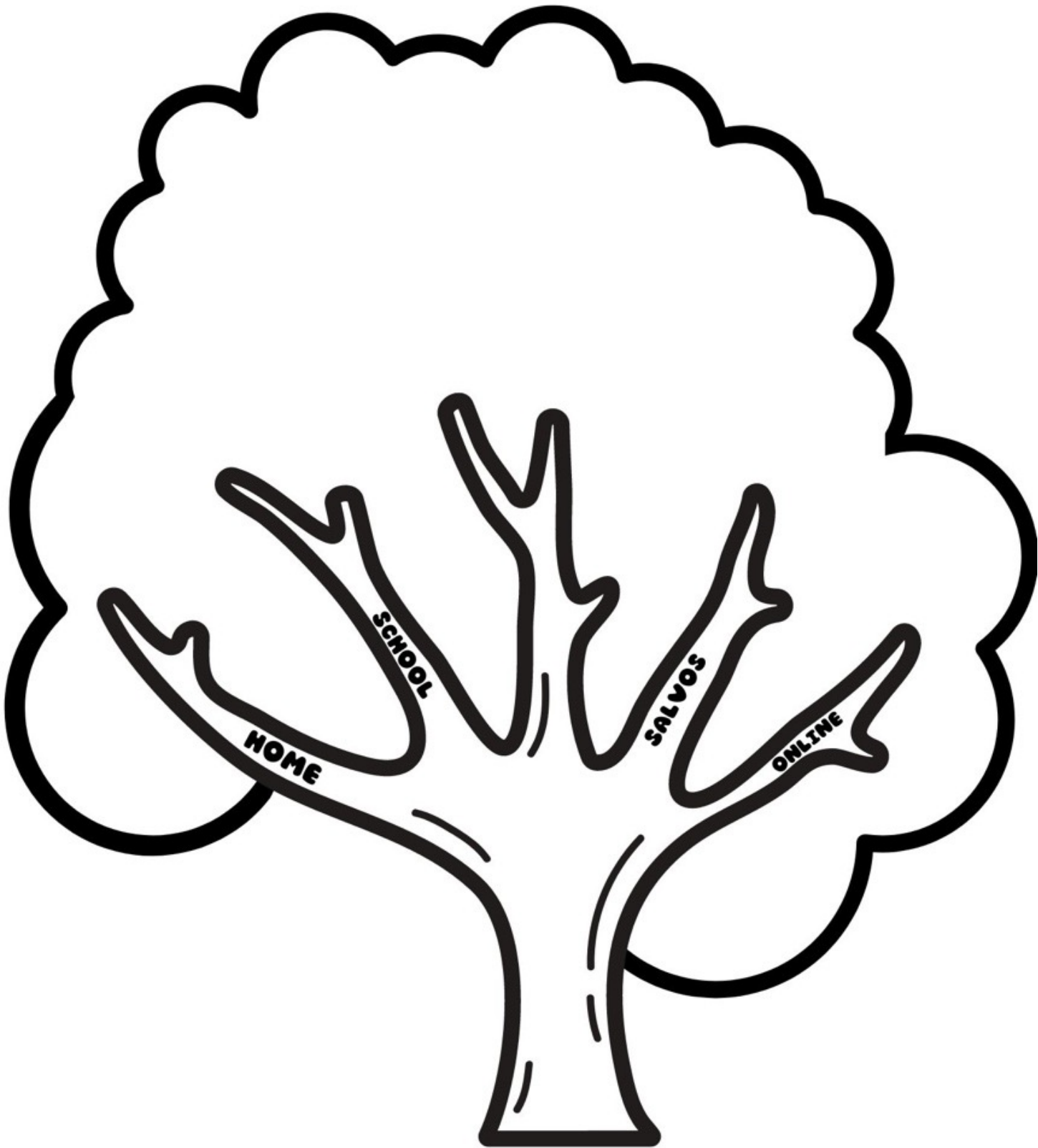
Did anything surprise you as you filled out your tree?

Have you made any new connections this year?

Which connections have grown stronger for you?

Which connections were most important? Why?

In the group material: Tree of connections.



READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

THE PROMISE OF THE **HOLY SPIRIT**

¹⁵ “If you love me, you will do what I command. ¹⁶ I will ask the Father, and he will give you another Helper to be with you forever. ¹⁷ The Helper is the Spirit of truth. The people of the world cannot accept him, because they don’t see him or know him. But you know him. He lives with you, and he will be in you. ¹⁸ “I will not leave you all alone like orphans. I will come back to you.

John 14:15-18 ERV

Discuss these topic questions



What do you think about what we just read? How do you think it might relate to the question: ‘Who did I connect with this year?’

In this scripture, Jesus says he doesn’t want the disciples to be left all alone. Why do you think people have such a high need for connection?

Jesus says he will give us the Holy Spirit to always be with and help us. When do you feel connected to Jesus?

How could being connected to the Holy Spirit help you?

Notes on the Scripture for Facilitators:

- Jesus understands our need for connection.
- Before Jesus ascended to heaven, he promised to give us the Holy Spirit – someone to be with us and someone to help us.
- In this scripture, Jesus’ relationship with the disciples is changing. He won’t be able to hang out with them in person anymore, but he promises to give them the Holy Spirit to be with them.



READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



We all need connection - people to share our lives with.

Over time, these connections can change. We meet new people, and existing connections can grow or fade.

As we reflect on the year we've had, it's helpful to ask ourselves: 'Who did I connect with this year?'

The Good News is that even though connections can change, Jesus doesn't. He is always there to help us.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 6

*What did we learn
from this year?*

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people explore what they have learnt this year and to explore the Good News that we can learn and grow through the challenging times.

Game: The *This Year...* game gets young people to reflect on things that happened in their lives this year.

Activity: The *Life Lessons* activity helps young people reflect on and share ways they have learnt or grown this year.

Scripture: The Scripture (James 1:3-5) explores the idea that we can grow through hard times.

Equipment needed for the session:

- One set of the *Life Lessons* cards for the group to share

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



We all experience challenges in life. When we look back on our year, we can usually think of some challenging times that we faced. Maybe you fought with a friend, failed a test, got sick or had issues at home.

No matter what we've been through this year, we can celebrate that we made it! We are still standing.

Challenges can show us how strong we are and give us confidence for the future. Challenges can also help us grow and learn.

Sometimes, we don't realise how much we have grown and learned until we look back. So, it's helpful to ask ourselves, 'What did we learn this year?'

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

PLAY THE 'THIS YEAR...' GAME.

- Sit in a circle.
- Before starting, everyone should think of one thing that happened in their lives this year and keep it in their minds. (E.g., I went to year 7 camp).
- The first person in the group shares their one thing, starting with the words: "This year..." For example, "This year I went to year 7 camp."
- The second person in the group must remember and repeat what the previous person said before sharing their own one thing. E.g., "This year, Alex went to year 7 camp and my sister had a baby."
- The third person in the group must remember and repeat what the previous people said before sharing their own one thing. E.g., "This year, Alex went to year 7 camp, Lola's sister had a baby, and I had a holiday in Queensland."
- Continue with this pattern until everyone has shared.



How did you go with the game?

How did it feel to look back on what happened this year?

How would you rate this year out of 10? Why?



DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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



HOW TO DO THE 'LIFE LESSONS' ACTIVITY


Equipment:

- One set of the Life Lessons cards for the group to share

- Place the cards in front of the group.
- Ask group members to choose one card and share something from their own experience this year.
- Once everyone who wants to share has shared, group members can 'go again' with a different card if they want to.

Examples:

- *Something I would do differently:* When my best friend did something mean to me, I tried to get back at her and ended up losing her as a friend. I would handle that differently next time.
- *Something I understand about myself that I didn't understand before:* For as long as I can remember, people have always joked that I talk a lot. But this year, one of my friends yelled at me with tears in her eyes and said, "You never listen! It's like you don't want to hear what anyone else thinks or feels. You just talk, talk, talk!" I felt so upset by that, but it has made me realise I talk a bit too much. I need to try to listen more.
- *Something that showed me how strong I can be:* This year, I have had so many things go wrong. It's been one drama after another. It's made me realise how strong I can be. Somehow, I've kept going through it all.

 <p>Something I was surprised to learn</p>	<p>Something I would do differently</p>
<p>Something I didn't know before</p>	<p>Something I understand about myself that I didn't understand before</p>
<p>Something that showed me how strong I can be</p>	<p>Something that helped me become more confident</p>
<p>Something that made me braver</p>	<p>Something that helped me understand people better</p>

Discuss the Activity



How did you go with the activity? Was it easy to think of something to share?

How did it feel to hear each other share?

Some people say we learn more from difficult times than happy times. What do you think of this?

Based on what you've learnt this year, what's one piece of advice you would give someone?

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

² My brothers and sisters, you will have many kinds of trouble. But this gives you a reason to be very happy. ³ You know that when your faith is tested, you learn to be patient in suffering. ⁴ If you let that patience work in you, the end result will be good. You will be mature and complete. You will be all that God wants you to be.

James 1:2-4

Discuss these topic questions



What do you think about what we just read? How do you think it might relate to the question: 'What have I learnt this year?'

The writer, James, says troubles 'give us a reason to be very happy'. What do you think about this? What do you think he means?

James says challenging times can actually help us grow. Where have you seen this in your life or in the lives of other people?

James says this process can help us become 'mature and complete'. What do you think 'mature and complete' means? What would it look like in your life?

Notes on the Scripture for Facilitators:

- James says that challenging times are inevitable. "You will have", not "you might have".
- The Greek word used here for 'patience' refers to a mindset that endures. It is the quality that helps you finish a marathon, not the quality that helps you wait a long time for something.
- James says that God can use troubles to produce good things in us, but he does not say that God sends troubles to us.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



We all experience challenges in life. When we look back on our year, we can usually think of some hard times we faced. Maybe you fought with a friend, failed a test, got sick or had issues at home.

No matter what we've been through this year, we can celebrate that we made it! We are still standing.

The Good News is God can use challenges to help us learn and become more mature.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 7



What are we grateful
for this year?

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people identify things from this year that they are grateful for and to explore the Good News that we can be grateful in all circumstances.

Game: The *Pick-Up Sticks* game gets young people to name things they are thankful for.

Activity: The *Gratitude Breathing* activity helps young people experience what it is like to focus our breathing while giving thanks.

Scripture: The Scripture (1 Thessalonians 5:17-18) explores the Good News that it is possible for us to live with gratitude, no matter what is happening in our lives.

Equipment needed for the session:

- A packet of pick-up sticks OR a packet of wooden barbecue skewers. (Nb. If you use skewers, you must colour them before the session using craft paint or regular markers. See the game instructions for more details).
- Calming instrumental music and something to play it on.

Note to facilitator: Be mindful that some participants may be experiencing difficult times. We are not encouraging participants to be thankful for the difficult times but to find things to be thankful for through the difficult times.

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



This year has had its ups and downs, just like any other. Sometimes it's easier to focus on the bad stuff, especially if it was painful. But even when things are tough, there are things we can give thanks for. Gratitude can boost our mood, reset our thinking and keep us moving forward. It also helps us see the things in our lives that are meaningful. In everything we go through, we can practice gratitude.

What are you feeling thankful for this year?

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

PLAY THE 'PICK-UP STICKS' GAME

Equipment:

- A packet of pick-up sticks OR a packet of wooden barbecue skewers.
Nb. If you are using the skewers, you will need to colour them before the session, using craft paint or regular markers)
 - Yellow – A possession
 - Blue – A person
 - Red – An experience
 - Green – Anything you choose
- The group leader holds the sticks in one hand, like a bundle of dry spaghetti.
- Next, the group leader holds the bundle close to the floor or table, in the centre of the group and drops it.
- Group members take turns taking one stick and using it to retrieve as many sticks as they can, one at a time.
- If a stick other than the one you are retrieving moves, your turn is over.
- For each stick you retrieve, share something you are thankful for.
- The person with the most sticks at the end wins.

How did you go with the game? Did you find it easy or difficult to find things to be grateful for?

How does our perspective change when we name things we are thankful for?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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



HOW TO DO THE 'GRATITUDE BREATHING' ACTIVITY

Equipment:

- Calming instrumental music and a way to play it

- Play some instrumental music. Everyone should find somewhere comfortable to sit.
- As the music plays, encourage group members to think of something or someone they are thankful for. Next, they slowly breathe in and out.
- Give extra guidance as you do the activity if needed.

Discuss the Activity



*How did you go with the activity? How did your body feel during the activity?
What physical sensations did you have?*

Why do you think giving thanks impacts our minds and bodies?

Does giving thanks come naturally to you? Why/why not?

What difference could it make if we developed a regular habit of giving thanks?

Note to facilitator: If you feel the 'Gratitude Breathing' activity will not work in your context, you could do a 'Letter of Thanks' activity instead. Ask group members to write a letter to someone they care about, telling them everything they are thankful for. If you choose this option, follow up with the above discussion questions.

In the group material:

Things I am grateful for in 2024...

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

¹⁷ Never stop praying. ¹⁸ Whatever happens, always be thankful. This is how God wants you to live in Christ Jesus.

1 Thessalonians 5:17-18

Discuss these topic questions



What do you think about what we just read? How do you think it might relate to what we are thankful for?

In this scripture, Paul tells his readers to be thankful or to give thanks no matter what happens. How easy is it to apply this advice?

Paul says, "This is how God wants you to live in Christ Jesus." Why do you think God wants us to live with gratitude?

It's not easy to be thankful when we are going through difficult times. How can we practice gratitude in those times without pretending?

Notes on the Scripture for Facilitators:

- In this passage, Paul isn't telling us to give thanks for everything. He is telling us to give thanks through everything.
- Paul is saying it is possible for followers of Jesus to talk to God and practice gratitude every day, no matter what is happening in our lives.



READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



This year has had its ups and downs, just like any other. Sometimes it's easier to focus on the bad stuff, especially if it was painful. But even when things are tough, there are things we can give thanks for. Gratitude can boost our mood, reset our thinking and keep us moving forward. It also helps us see the meaningful things in our lives.

The Good News is that when we have Jesus in our lives, it's possible for us to live with gratitude every day.


Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

SESSION 8



What will you remember about Life Labs this year?

How to run a session:

- Read the introduction and play the game
- Do the activity and discuss the questions
- Read the scripture and discuss the questions
- Read the conclusion and close the session

Adapt this session to suit the needs of your group as required.

SESSION OUTLINE

Purpose: The purpose of this session is to help young people remember and celebrate the memories they made in Life Labs this year and to explore the Good News that we can enjoy following Jesus together.

Game: The *Year of Life Labs* game gets young people to share memories from Life Labs this year.

Activity: The *Life Labs Yearbook* activity helps young people celebrate Life Labs this year and share a personal memory with each other.

Scripture: The Scripture verses (Matthew 4:18-21 and Luke 10:1) explore the idea that Jesus doesn't expect us to follow him on our own; we can share the journey with others.

Equipment needed for the session:

- A pen and a small piece of paper for each group member

READ THE INTRODUCTION AND PLAY THE GAME

10 MINS

Read the Introduction



We've finished another year of Life Labs! It's been a year of fun, connection and growing together – and that's worth celebrating! We can celebrate and feel proud of all we have learnt and of the friendships we have built with each other.

In this session, we will celebrate and ask ourselves, 'What will I remember about Life Labs this year?'

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

Note for facilitator: Make sure any young people who are new to Life Labs feel included.

PLAY THE 'LIFE LABS QUIZ' GAME

Equipment:

A pen and a small piece of paper for each group member

- Each group member is given a piece of paper.
- They write down a question about something that happened in Life Labs this year, followed by the answer.
- For example.,
Q: Who fell off their chair in Life Labs this year? A: James OR
Q: What outing did we do together in Term 1? A: Laser tag.
- The group leader gathers all the pieces of paper.
- They read them one at a time.
- Anyone who knows the answer shouts it out loud.

(Allow time for reminiscing after each answer.)



How did you go with the game? How does it feel to look back and remember?

What will you remember most about Life Labs this year?

DO ACTIVITY AND DISCUSS QUESTIONS

15 MINS

Leaders, watch the participants for:

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



HOW TO DO THE 'LIFE LABS YEARBOOK' ACTIVITY

Equipment:

- The Life Labs Yearbook template in the group material
- Pen for each group member

- Allow time for group members to pass around their printed Yearbooks, filling in the various categories. You might like to play some fun background music.
- Optional extra: If you have a Polaroid camera, take some group photos for people to add to their Yearbooks.

Discuss the Activity



How did you go with the activity? How did you feel while writing on other people's Yearbook pages?

Why do you think it is important to celebrate things?

How would you summarise this year of Life Labs in one word?

What difference does it make to do Life Labs with other people rather than alone?

In the group material: Yearbook page.

YEAR BOOK

Class Of
2024

this is the yearbook of

nickname

a memory I have with you...

my end of year message to you...

READ THE SCRIPTURE AND DISCUSS THE QUESTIONS

15 MINS

¹⁸ As Jesus was walking by Lake Galilee, he saw two brothers, Simon (called Peter) and Simon's brother Andrew. These brothers were fishermen, and they were fishing in the lake with a net. ¹⁹ Jesus said to them, "Come, follow me, and I will make you a different kind of fishermen. You will bring in people, not fish." ²⁰ Simon and Andrew immediately left their nets and followed him.

²¹ Jesus continued walking by Lake Galilee. He saw two other brothers, James and John, the sons of Zebedee. They were in a boat with their father Zebedee. They were preparing their nets to catch fish. Jesus told the brothers to come with him.

²² So they immediately left the boat and their father, and they followed Jesus.

Matthew 4:18-22

After this, the Lord chose ⁷²[a] more followers. He sent them out in groups of two. He sent them ahead of him into every town and place where he planned to go.

Luke 10:1

Discuss these topic questions



What do you think about what we just read? How do you think it might relate to the question, 'What will I remember about Life Labs this year?'

In the first scripture, Jesus calls pairs of brothers to follow him. In the second scripture, Jesus sends people out to serve him in twos. Do you think this is important? Why do you think Jesus called and sent them in groups rather than individually?

Following Jesus into the unknown was probably pretty scary. How do you think they might have supported each other on the journey?

When have you found it helpful to have others alongside you as you follow Jesus?

Notes on the scripture for facilitators:

- Luke 10:1 – One of the reasons Jesus sent them out in twos was so that they could comfort and support each other in the difficult work they would do.
- The gospels contain many examples of the disciples spending time together: discussing things Jesus has said, eating, drinking, sailing, etc.

READ THE CONCLUSION AND CLOSE THE SESSION

5 MINS

Read the conclusion



We've finished another year of Life Labs! It's been a year of fun, connection and growing together – and that's worth celebrating! We can celebrate and feel proud of all we have learnt and of the friendships we have built with each other.

The Good News is that we don't need to follow Jesus alone. We can enjoy the support and friendship of other people as we learn about Jesus and try to follow him.

Ask the group:

- Get each person to share a takeaway from the session.
- Ask if anybody would like prayer for this topic or would like to pray. Then, lead the group in prayer.
- Ask if anybody wants to discuss anything further about this topic with a leader or support person.
- Remind them when the next session is.



CLOSE THE SESSION

APPENDIX

INTRODUCTORY ACTIVITY SESSION – HOW DO WE KNOW WHAT TO DO AFTER SCHOOL?

The Introduction Activity session provides an opportunity to introduce the term's topic in a less structured session than a Life Lab. You can use the ideas to create a fun and social session that will help introduce the concepts. For example, for this topic, we share ideas for activities that help young people think about what they are good at, like doing and could use in a future career.

Introduction

As we move through high school, we often get questions about what we will do when we leave. Knowing what career to choose can be confusing. Finding what we're good at, what we love doing and what might help us find purpose in life can make it easier to narrow down our options, but it can take time to work this out.

What you could do:

You could use this session to build group connections by playing games or going somewhere new. Here are some ideas that would make sense for the term:

- Job fair. Invite people from your church to discuss how they chose their careers and how it helped them find purpose.
- Personal quizzes and stuff that fizzes. Go online and find a bunch of personality, career and strength quizzes like the VIA character strengths quiz. When they complete a quiz, they get a Wizz Fizz.
- Charades. Play the game of charades with all the options as different jobs.
- Movie Night. Play a movie focusing on the characters finding what they're good at. For example, Tangled (Flynn Ryder uses his skills to help someone else and then finds purpose). Zootopia (the bunny becomes a cop). Sing or Sing 2 (encourages you to never give up on your dreams).

Discussion:

Please take the opportunity to explore young people's experiences with the topic before we spend the next few sessions on it. You can ask questions like:

- Do you know what you want to do after you finish school?
- What did you want to be when you were a little kid? Has that changed?
- What is something you do that you always get a lot of encouragement or compliments from?
- If you could do anything in the entire world without a limit of money or resources, what would you do? What does this say about who you are and what you love?

REFLECTIVE ACTIVITY SESSION – WHAT HAS OUR YEAR BEEN LIKE?

The Reflective Activity session provides an opportunity to reflect on the topic idea in a less structured session than a Life Lab. You can use the ideas to create a fun and social session to help you reflect on the concepts from the term. For this topic, we encourage young people to express gratitude as they reflect on the year and celebrate everything they've done together.

Introduction:

This term, we have looked at what we have accomplished together as a Life Labs group. We have explored what we love doing and are good at and how that could help us find a possible future career. We have looked at who we've connected with and what we've learnt through it all. This concluding activity session is a way to reflect further and celebrate all that has happened this term.

What you could do:

This session could help your group reflect on the topics explored this term. Here are some ideas that would be fun to incorporate into your end-of-term celebration.

- Party games. E.g., Duck duck, goose, pass the parcel and pin the tail.
- Dance party. With lights, a smoke machine and loud music.
- Ice skating.
- Inflatables. E.g., Gladiator or an obstacle course inflatable.
- Water fight.

Discussion:

Please take the opportunity to explore with young people their experiences of the topic in informal ways. You could ask questions like:

- What is one thing that you will remember from this year in Life Labs?
- Who is the person you are most grateful for?
- What is one thing you have learnt about Jesus this year?

SPEAKER BRIEF

SEASON 5, CHAPTER 4

Message: We can celebrate this year because we are no longer lost.

The lived experience of young people:

- As we go through life, the people we feel connected to change. We might meet new people, some might move away, or some relationships might grow deeper.
- When friendships change, we might feel worried about it being different or sad that it's over.
- When friendships change, it can sometimes be positive – creating space and the possibility for new people to come into our lives.
- As we reflect on the year, it's helpful to remember the people who matter to us and made a difference in our lives and to celebrate everything we have been through together.
- As we go through life, there will be people with whom we connect; some will be for a short time, and some will be for a long time. Even as those relationships change, God is always with us.

Personal reflection questions:

- As a teenager, did you have friendships that changed? What happened?
- Has there been a time when you've felt alone? What did you do?
- What happened this year that you can celebrate and be thankful for?

Scriptures: The Promise of the Holy Spirit

¹⁵ "If you love me, you will do what I command. ¹⁶ I will ask the Father, and he will give you another Helper to be with you forever. ¹⁷ The Helper is the Spirit of truth. The people of the world cannot accept him, because they don't see him or know him. But you know him. He lives with you, and he will be in you. ¹⁸ "I will not leave you all alone like orphans. I will come back to you.

John 14:15-18 ERV

Scripture points:

- Jesus understands our need for connection.
- Before Jesus ascended to heaven, he promised to give us the Holy Spirit – someone to be with us and someone to help us.
- In this scripture, Jesus' relationship with the disciples is changing. He won't be able to hang out with them in person anymore, but he promises to give them the Holy Spirit to be with them.

Personal reflection questions:

- What has your experience been as a Christian following Jesus with other people?
- Has there been a time when you've felt supported by the Holy Spirit? What happened?
- When do you feel connected to the Holy Spirit?

The Good News message:

As we reflect on this past year, we may have had friends move away, change friend groups or have friendships grow and deepen. Through these transitions, we may have felt lonely and lost. The Good News is that we don't follow Jesus alone. As we learn about Jesus and grow in our relationship with him, he draws us to community with others who can support and encourage us. Even if our friendships change over time, we know that Jesus doesn't. He is always there to help us. We can celebrate this year because we are no longer lost.

NOTES

*Give us
feedback*





Contact Us

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