



Alive!

It's so easy to take life for granted when we are healthy and active. But life is an amazing gift from God, and a gift like this needs to be cherished and protected.

25



Before you start:

1. Prayerfully read through the whole lesson at least twice.
2. Gather all the materials you need for each section (see right).
3. Work with another team member and plan who will manage each section of the session.

Leadership Personal Preparation:

Have you ever made a choice to live more healthfully? What difference did it make when you decided to drink more, take more exercise, lose weight, sleep better, etc? How did it help you to work better, be a more loving person, do something different for God, or worship him in a more meaningful way? If you haven't done this before, ask God to help you do one thing to live a healthier life this week, and then tell the group your story. Or find someone in the group or in your church community who has a life-changing health story to share.

If the Holy Spirit invites you to do so, be willing to share something of your experiences during today's session. Keep the focus positive and grace-filled rather than making people feel bad about their past health mistakes. Encourage people towards the healthy goals they have for their lives.

- Pencils, crayons, marker pens (felt tips)

Icebreaker - Life Challenge:

- Sheets of plain paper

Mission Possible:

- Copies of 'Life Changing...' from the resource section - 1 per person

Word Search:

- Copies of Word Search studies - 1 study per person

- Large sheets of flip chart paper

- Thick marker pens

Family Focus Time:

- Cups and drinks

- Family Discussion Cards - 1 card per family

Praying Together:

- An A4 sheet of coloured card printed with the 'Prayer for Healing' instructions (see resources) - 1 per family

- Clear adhesive film or laminating pouches and laminator

- Permanent pens

- A generous supply of Band-Aid type plasters

Jesus and Me (JAM) Session:

- CD player and CD of soft worship music

- One set of 'Jesus and Me' Journal Pages per participant

Take-away Menu (optional):

- Per person: a realistic-looking toy egg (or a bottle of water with a plain sticky label attached)

- Permanent marker pens

You will need:

By the end of the session, the group members will:

- Know that the quality of their life and health is an important factor in their ability to serve and worship God.
- Feel a desire to make healthy choices that are life-enhancing.
- Respond by asking God to help them recognise at least one life-style change they need to make so that they can live life more abundantly and reflect his character.



25 KID for Teens: Leaders Guide: Alive!



Welcome and Prayer – 5 mins

Say:

“ Jesus said that he came to earth so that we would be able to live our lives to the maximum (John 10:10). In other words, he really wants to help us experience our life in the best way possible, with healthy bodies and minds, so that nothing in our bodies can get in the way of our relationship with him or our relationships with the people around us. ”

Icebreaker - Life Challenge - 8 mins

You will need:

1. Sheets of plain paper
 2. Pencils, crayons, felt tips (marker pens)
- Give each person a sheet of plain paper and provide plenty of drawing materials.
 - Allow 3 minutes for them to draw a 'self-portrait' of how they looked standing up in the clothes they wore yesterday. Encourage them to add as much detail as they can in the time that they have. Stick and line drawings are fine as long as they show facial features, limbs and fingers. The pictures must be anonymous.
 - After 3 minutes ask everyone to swap their picture with someone else.
 - Swap pictures 2 more times so that it's hard to know whose picture you have, unless they were a very good artist or you have a very small group!
 - Make sure that no one ends up with their own self-portrait.
 - Now ask each person to think of a long-term illness, an addiction to drugs, tobacco or alcohol, or a disability and to write it on the picture they are holding. They must also draw something on the self-portrait to illustrate this illness, addiction or disability.
 - Once all the pictures have received a 'life-challenge' ask people to place them on the table and let each person find their own picture again.
 - Move straight into 'Mission Possible'.

Mission Possible - Life Changing - 12 mins

You will need:

1. Copies of 'Life Changing...' from the resource section - 1 per person
 2. Pens
- Give each person a copy of 'Life Changing...' and ask everyone to find a partner.
 - Ask them to look at their pictures together and work through the 'Life Changing...' sheet one point at a time – so that each person considers the first point, and discusses it with their partner before moving to the second point – to make sure that everyone has a chance to explore their life-changing issues.
 - After 7 minutes bring the group together for feedback.

Ask:

- 'What did you discover through doing this exercise?' (invite group feedback)
- 'On a scale of 1-10, how important is your health to you?' (allow people to reflect privately)
- 'On a scale of 1-10, how much are you taking care of your life?' (allow people to reflect privately)
- 'How can we protect our life and health and the lives and health of other people?' (invite group feedback)





25 KID for Teens: Leaders Guide: Mirror, mirror



Word Search - 35 mins

You will need:

1. Paper and pens
 2. Copies of Word Search studies - 1 study per person
 3. Large sheets of flip chart paper and thick marker pens
- Discuss and fill out the Word Search sheet in small groups of 2-3 people.
 - Allow 30 minutes for this study, including at least 10 minutes for each group to develop a health promotion idea.
 - Call the groups back together and let them show each other the ideas they have developed.

Ask:

'What projects could we do as a group to help promote healthy living in our local community?'

Family Focus - 15 mins

You will need:

1. Drinks and cups
 2. Family Discussion Cards
- Serve drinks.
 - Let everyone re-assemble into their family groups, collecting a drink on the way.
 - Give each family a discussion card.

Praying together - 10 mins

You will need:

1. An A4 sheet of coloured card printed with the 'Prayer for Healing' instructions (see resources) - 1 per family
 2. Clear adhesive film or laminating pouches and laminator
 3. Permanent pens
 4. A generous supply of Band-Aid type plasters
- Before the session print the cards, cut them apart and laminate them or cover them in clear adhesive film. Or let families cover their own cards with film in the session if you run out of time.
 - Give one card to each family.
 - Invite families to think of the people they know who need healing for physical, emotional, relational or spiritual problems.
 - Ask them to write the names of the people on the Band-Aids and stick them onto their card.
 - Ask them to pray for the people they have listed and ask God what they could do to help the person they care about.
 - Let them take the card home and continue to pray for those who need healing.
 - When someone is healed their Band-Aid can be removed from the card.

Jam Session (Jesus and Me) - 5 mins

You will need:

1. CD player and CD of soft worship music
 2. One set of 'Jesus and Me' Journal Pages per participant
- Give out the 'Jesus and Me' Journal Pages for this week.
 - Allow at least five minutes for people to make a start on their pages so that they will be encouraged to complete their projects during the week ahead.

Take-Away Menu (optional)

You will need:

1. A toy egg that looks real (a reminder that life is fragile) OR a bottle of water with a plain sticky label attached
 2. Permanent marker pens
- Give each person an egg or a labelled bottle of water.
 - Ask each person to think of something that they want to do differently which will help them to live healthier lives and reflect God's character.
 - Invite them to write this on their egg or bottle as a reminder.

Closing Prayer



25 KID for Teens: Handout: Alive! Mission Possible: Life-Changing



Look at your portrait. What illness, addiction or disability have you been given?

Imagine that this has really happened to you and think about the effects this might have on your life. Write your illness, addiction or disability in the middle of the table, and the possible effects in the boxes around the edge.

EFFECTS ON MY <i>FUTURE CAREER PLANS...</i>	EFFECTS ON MY <i>FINANCES...</i>	EFFECTS ON MY <i>HEALTH AND GENERAL LIFE-EXPECTANCY...</i>
EFFECTS ON MY <i>LEISURE AND HOBBIES...</i>	<i>Life-CHANGING ILLNESS, ADDICTION OR DISABILITY:</i>	EFFECTS ON MY <i>RELATIONSHIP WITH MY FRIENDS...</i>
EFFECTS ON MY <i>FAMILY...</i>	Possible <i>positive effects</i> ON MY <i>LIFE...</i>	EFFECTS ON MY <i>HOPES AND DREAMS...</i>





25 KID for Teens: Handout: Alive! Word Search I



God spoke the rest of creation into being. But when God made Adam he did something different. What two things did he use? Genesis 2:7



Why do you think God used both of these things to create a human being?

Remembering that we are made from these things how does this help us to understand how to live well?

What does Paul say in 1 Corinthians 10:31 about why we eat food and drink water?

What does 1 Corinthians 6:19-20 say about taking care of our body?

Why is looking after my body so important?

Who does my body really belong to?

Why does my body not belong to me?

Why did God pay such a high price for me?

What does my body do to help God?





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KID for Teens: Handout: Alive! Word Search II



What difference does it make to the way I live my life when I realise that my body belongs to God and not to me?

List some ideas from the rest of the group:

HEALTHY ideas...

In your group spend a few minutes developing an idea to help promote healthy living in your community - a promotional give-away; posters; a TV advertisement; etc. You will show this to the other groups during feedback time.



Lesson 25 -

FAMILY Discussion CARD

One thing I would like to do to be healthier is....

One thing I already do to keep myself healthy is...

One thing I would like to do to help other people choose a healthier lifestyle is...

Ways in which the rest of my family could help me with my health goals are...

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25 KID for Teens: Handout: Praying Together: Alive! Praying for Healing

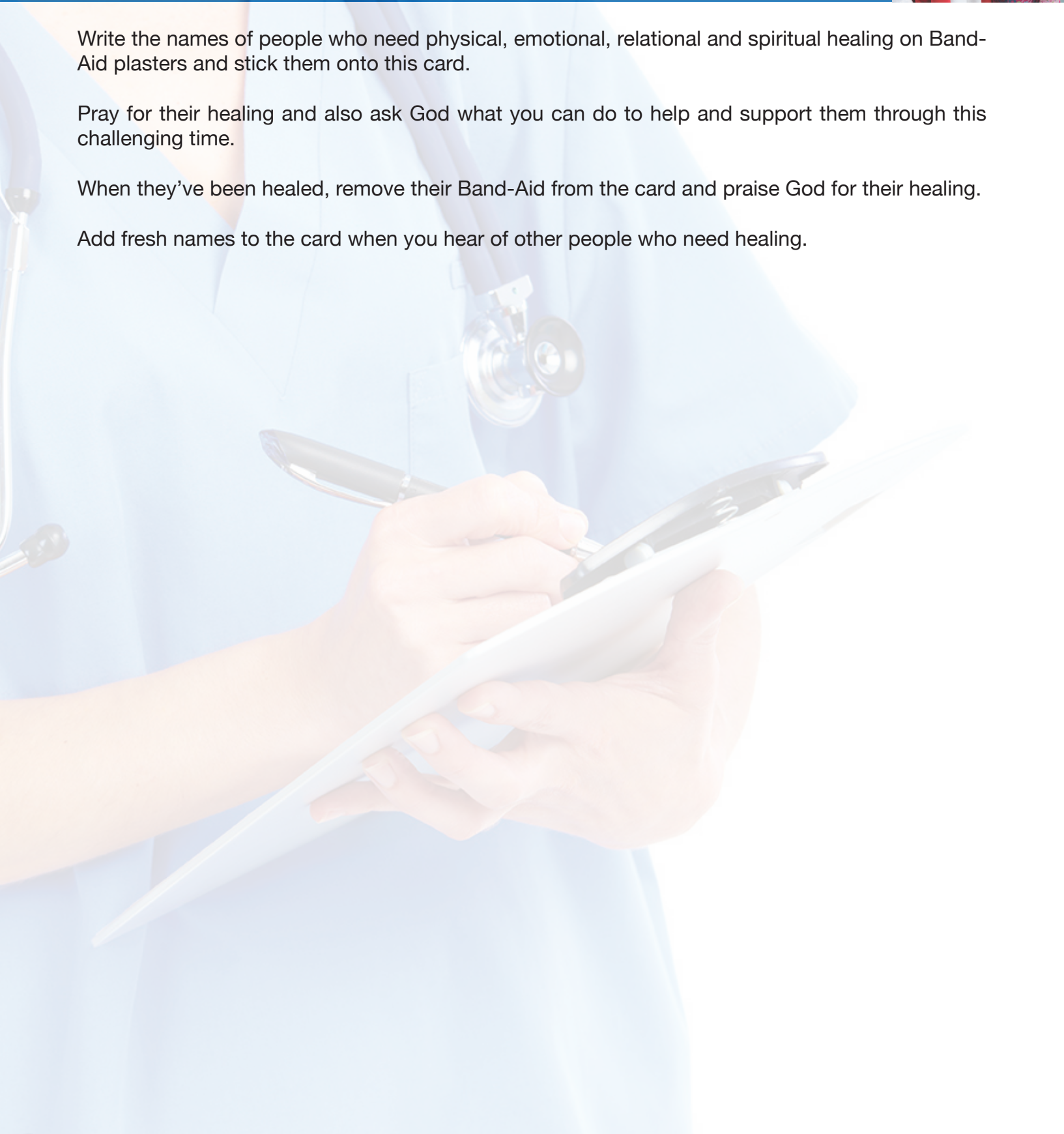


Write the names of people who need physical, emotional, relational and spiritual healing on Band-Aid plasters and stick them onto this card.

Pray for their healing and also ask God what you can do to help and support them through this challenging time.

When they've been healed, remove their Band-Aid from the card and praise God for their healing.

Add fresh names to the card when you hear of other people who need healing.





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Jesus and Me: Journal Lesson 25

Alive: God made you Amazing!



Read Psalm 139:13-18, and then verses 1-6

We are incredible made by God. Think about the different parts of your body and list some of the wonderful features of each specially designed part.

Brain:

Mouth:

Hands:

Lungs & Breathing:



Speech:

Legs:





25 Jesus and Me: Journal Lesson 25

Alive: Made in His Image



God made you to reflect his character and to share his love with others.

Think about the different parts of your body and list some of the ways in which each part can be used to reflect his loving character to those around you.

BODY PART	How THIS BODY PART CAN SHARE GOD'S LOVE AND HELP OTHERS TO KNOW HIM
Brain	
Eyes	
Ears	
Speech	
Hands	
Legs	





25 Jesus and Me: Journal Lesson 25 Alive: You're an Architect!



Your body is the place where the Holy Spirit lives. He lives inside you and your body provides a special place for him to live on earth.

Read 1 Corinthians 6:19,20

What difference does it make to your life when you think about the Holy Spirit living in you?

If you were to choose one natural or man-made place that would make a suitable home for the Holy Spirit, what would you choose and why?

What kind of place would you like to create for the Holy Spirit of God to live in your life?

As you think about the Holy Spirit living in you, what difference does it make to the way you want to live your life?



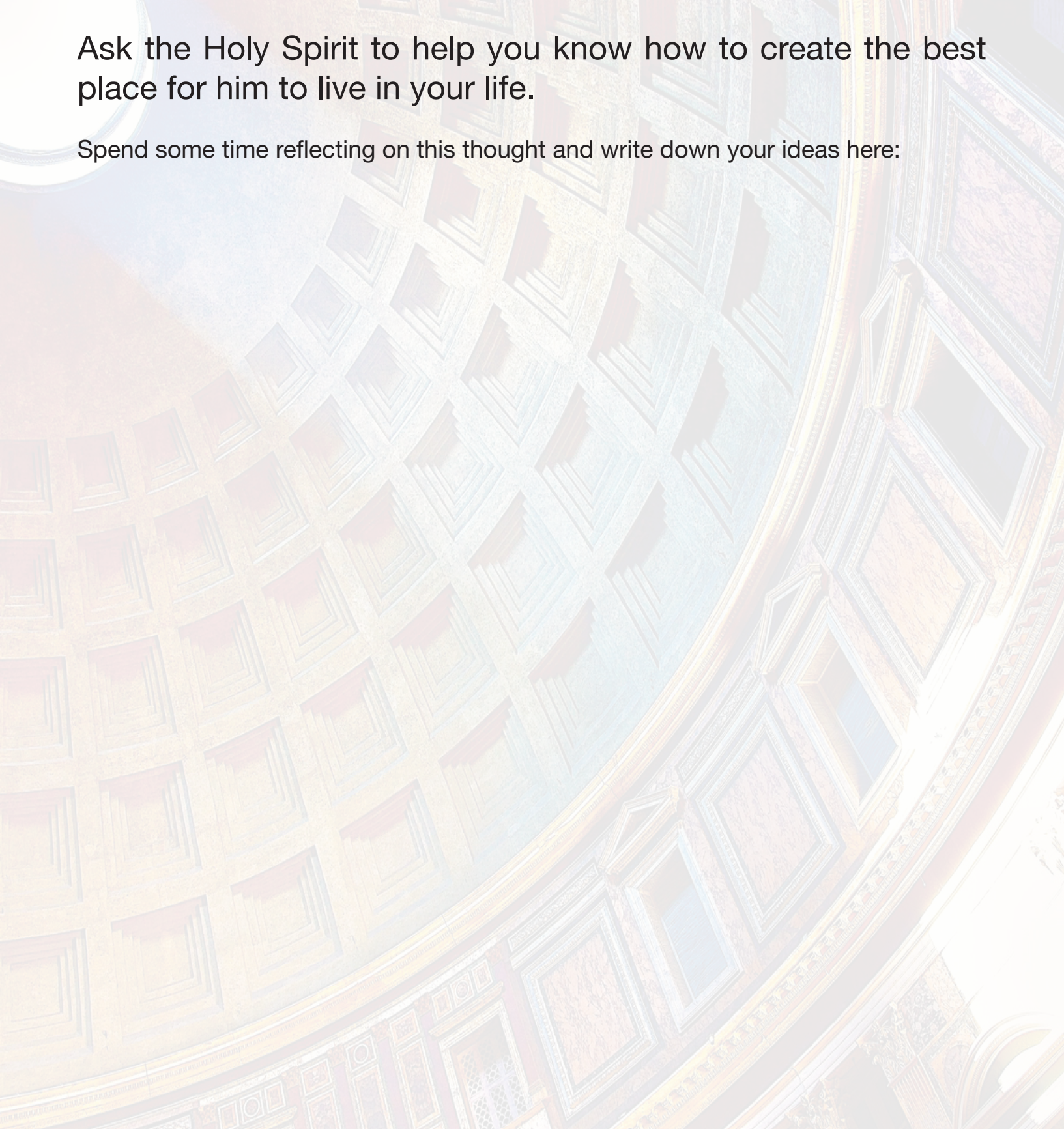


25 Jesus and Me: Journal Lesson 25 Alive: You're an Architect!



Ask the Holy Spirit to help you know how to create the best place for him to live in your life.

Spend some time reflecting on this thought and write down your ideas here:





25 Jesus and Me: Journal Lesson 25

Alive: Just one thing...



Many of the things we can do to care for our bodies are very simple.

Ask God to help you choose one of the following life-builders that would make the biggest difference to your health, and then try it for a week.

- Go to bed an hour earlier
- Drink 2 extra glasses of water a day
- Walk for at least 20 minutes a day
- Eat a piece of fruit instead of dessert every day
- Spend 30 minutes a day outside in the fresh air
- Use the stairs instead of a lift
- Eat a healthy breakfast
- Relax for 15 minutes a day
- Spend 5 minutes listening to God every day
- Hug someone special every day
- Something else I would like to do every day for my health is...

MY CHOSEN <i>life-builder</i>	
HOW I WILL MAKE SURE THAT I KEEP TO MY <i>life-building plan</i>	
THE DIFFERENCE THIS COULD MAKE TO MY <i>physical life</i>	
THE DIFFERENCE THIS COULD MAKE TO MY <i>relationships</i>	
THE DIFFERENCE THIS COULD MAKE TO MY <i>spiritual life</i>	
HOW I FEEL AT THE END OF THE <i>week's experiment</i>	





25 Jesus and Me: Journal Lesson 25 Wanted Alive! Poster



Design a poster that will positively encourage someone to do one thing to make their life healthier.





25 Jesus and Me: Journal Lesson 25

Alive! Other ideas



Healthy eating & drinking

- Make a special meal together with your family that is healthy and really delicious.
- Measure how much water you're drinking and see if you need to drink more to bring your level up to eight glasses a day (more in hot weather or when you are exercising).

Healthy living

- Do some fun exercise together, as a family, such as playing a game of football, going for a swim, climbing a hill, skating, etc. Invite another family to join you.
- Go to bed 30 minutes earlier and see how much better you feel when you've had plenty of sleep.
- Instead of buying a chocolate bar or other treat, save your money to buy something that will make you feel healthier instead, such as a beginner session for a sport or activity that you've always wanted to try.

Healthy thinking

- Make a special reminder for yourself that your life is a wonderful gift from God, and something to be treasured and protected. Put it somewhere where you'll see it every day.
- Take time to thank God for everything your body can do. It's an amazing creation!

