



# LIFESKILLS GAME

## “Exercise Challenge”

Ties exactly into the LifeSkills video.

### What do we need?

- Nothing

### How do we play?

1. Have students compete against each other doing push ups and sit ups.
2. Have everyone do push ups at the same time until there is one boy winner and one girl winner.
3. Do the same with sit ups.

# ROOTS CLOSE

Today we talked about how God is actively involved in our lives.

The reason we played the game tonight was to show how God is intimately and actively involved in our lives. We either view God as far off and not really involved or we can go all the way to thinking of Him as being so involved that He is right there with us guiding us.

Sometimes it can be hard to think that God is right there with us. I mean we don't always feel Him and we can't physically see God.

But the reality is that He is not some far-off, impersonal God like the first round of the game. God cares so much about YOU. He cares about every detail of your life. It even says in the Bible that He knows how many hairs you have on your head. . .if you're bald then that's not so hard. But that is how involved God is in your life. He knows and cares about every detail of you and your life.

We read in Psalm 37:23 NCV, *When people's steps follow the Lord, God is pleased with their ways.* God cares about your steps and your ways.

So, pay attention this week to the ways God is actively involved in your life.

*(Pray for the students that they will see and feel God's presence in their lives.)*

## VIDEO: ROOTS SEGMENT 5

## CHALLENGE/ANNOUNCEMENTS

*Insert any announcements that pertain to your particular campus.*

## HANGOUT

# WEEK 11

God Is Active and Involved

**HANGOUT (15 minutes)**

**ROOTS VIDEO-Segment 1 (1:08)**

**WORSHIP (20 minutes)**

**ROOTS VIDEO-Segment 2 (1:49)**

**GAME TIME (15-20 min)**

**ROOTS VIDEO-Segment 3 (3:13)**

**TALK IT OVER (20 min)**

**ROOTS VIDEO-Segment 4 (5:16)**

**LIFESKILLS CLOSE (3 min)**

**LIFE SKILLS GAME (15-20 min)**

**ROOTS CLOSE (3 min)**

**ROOTS VIDEO-Segment 5 (:39)**

**CHALLENGE/ANNOUNCEMENTS (2 min)**

**HANGOUT (15 min)**



## HANGOUT

### VIDEO: ROOTS SEGMENT 1

## WORSHIP

### VIDEO: ROOTS SEGMENT 2

## GAME TIME

### “The Blindfolded Artist”

God is intimately and actively involved in our lives. He is not some far-off, impersonal God. We often view God’s involvement in our lives like one of the four rounds in this game. We either view God as far-off and not really involved all the way to believing that He is so involved that He is right there with us guiding us.

#### What do we need?

- Pencil (1 per every other student)
- Paper (4 sheets per every other student)
- Drawing idea sheet (1 per campus)
- Bandana or blindfold (1 per every other student)

#### How do we play?

1. Have students partner up with someone else from their Talk It Over group.
2. One student will draw (blindfolded) the other student is the art communicator.
3. The facilitator will draw (or show a picture of) an object to the communicator.
4. The communicator will have to relay the image to their blindfolded partner to draw.
5. There will be four rounds.
6. Round one: All students will have to yell to their partner across the room to communicate the image.
7. Round two: They can sit next to their partner and verbally communicate the image WITHOUT looking at what their partner is drawing.
8. Round three: They can look at their partner’s drawing and relay step by step what their partner should draw.
9. Round four: They can grab their partner’s hand and help guide their writing utensil *and* verbally communicate.
10. Award points to the closest drawing for each round.
11. The small group with the most collective points wins.

### VIDEO: ROOTS SEGMENT 3

## TALK IT OVER

### SMALL GROUP QUESTIONS

1. Whose life are you most actively involved with? Why is that? How are you so involved with their life?
2. What was the point of the game tonight? (God is intimately and actively involved in our lives. He is not some far-off, impersonal God. We often view God’s involvement in our lives like one of the four rounds in the game. We either view God as far off and not really involved all the way to believing He is so involved that He is right there with us guiding us).
3. How involved and active do you think God is in our lives? Why did you choose the letter you did?
  - a. Not at all, just some guy in the clouds.
  - b. He only cares about the biggest problems in the world, but not our lives.
  - c. He cares about the big things in our lives.
  - d. He cares about every aspect and detail of our lives.
4. What ways would you say God is actively and intimately involved in your life? Why?
5. Open your Bible or Bible App together and read **Psalm 37:23** NCV.
6. What do you think this means?
7. What does this say about how actively involved God is in our lives?
8. What areas of your life do you wish you saw God more actively involved in? Why?
9. Spend some time praying for those things in #8.

### VIDEO: ROOTS SEGMENT 4

## LIFESKILLS CLOSE

Show of hands: How many of you exercise regularly? How many of you exercise sometimes? How many of you never exercise?

Give me a few reasons why we should exercise (let students answer).

Yeah those are all good. We do need to take care of our bodies and stay healthy. It’s important because we actually glorify God when we do it. It shows we can take care of what He gave us.

But it goes beyond that. It says in 1 Timothy 4:8 NCV *Training your body helps you in some ways, but serving God helps you in every way by bringing you blessings in this life and in the future life, too.*

Exercising is a physical discipline that is good for our bodies but it all carries over to how we serve and appreciate what God has given us.

So let’s see if we can do better than LifeSkills guy in push ups and sit ups . . .

## Next Up: LIFESKILLS GAME

Continued on back . . .