



## LIFESKILLS GAME

### “Indoor Beach Volleyball”

The theme is sunscreen. The game resembles a fun, outdoor game.

#### What do we need?

- Sheet or tarp (1 per campus)
- Inflatable beach ball (1 per campus)

#### How do we play?

1. Split the students up into two teams.
2. Have two leaders standing up on chairs holding up a tarp or sheet (as the net).
3. Let the students play volleyball using an inflatable beach ball.
4. Each team is allowed 3 hits per side and then the ball must be played over the net.
5. Play to 15 or 21 points depending on the time available.

## ROOTS CLOSE

Today we learned a pretty big word: discernment. Discernment is the ability to be able to uncover truth and determine what is right and wrong. God gave us discernment when He created us—we have the ability to make choices.

During Roots, you are learning so much about God’s word and character. You are smart enough to make it your own, and decide whether you chose to believe it as truth or not. The people in our passage today did exactly that. Check out what it says.

*(Read Acts 17:11-12 out loud.)*

Paul was one of the church leaders at that time. He is one of the greatest teachers in the Bible. People listened to what he said and then searched the Scriptures to make sure what he was saying was true. When they found out the things that Paul was talking about were true, it made them believe even more and their faith got stronger.

My challenge to you is that you will take what you learn in church, read more about it in the Bible, and confirm for yourself that it is real and true. Doing this will help you own your faith, and will make it stronger and deeper.

So practice discernment in your life—don’t just believe everything you hear. There are a lot of things out there that people want you to believe and do. God will give you the wisdom, knowledge, and smarts to know what is true and right and what is wrong and false.

Let’s pray for God to give you discernment.  
*(Pray for the students)*

## VIDEO: ROOTS SEGMENT 5

## CHALLENGE/ANNOUNCEMENTS

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

Start to discover what you know and believe to be true about God. Begin to make your faith your own.

## HANGOUT

# WEEK 19

You Are Smart

**HANGOUT (15 minutes)**

**ROOTS VIDEO-Segment 1 (:53)**

**WORSHIP (20 minutes)**

**ROOTS VIDEO-Segment 2 (1:19)**

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

**ROOTS VIDEO-Segment 3 (3:14)**

**TALK IT OVER (20 min)**

**ROOTS VIDEO-Segment 4 (3:47)**

**LIFESKILLS CLOSE (3 min)**

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

**ROOTS CLOSE (3 min)**

**ROOTS VIDEO-Segment 5 (:41)**

**CHALLENGE/ANNOUNCEMENTS (2 min)**

**HANGOUT (15 min)**



## HANGOUT

### VIDEO: ROOTS SEGMENT 1

## WORSHIP

### VIDEO: ROOTS SEGMENT 2

## GAME TIME

### “Get the Picture”

God gave each of us the ability to discern truth. Sometimes things may appear to be something that they are not. God wants us to use discernment in making choices, and when deciding what is true and what is false.

#### What do we need?

- Paper (1 per student)
- Pen (1 per student)
- Close-up pictures (in the ProPresenter bundle)

#### How do we play?

1. Students will be handed a piece of paper and a pen. They will number off their paper 1-10.
2. The leader will show a close-up picture of an item/object on screen from the ProPresenter bundle.
3. The student will write down on the paper what they think the item/object is.
4. This process will repeat until all of the pictures have been shown.
5. Once you've gone through all of the close-ups, the leader will go back through and show the close-up first and then show the picture pulled all the way out to reveal what the item/object really is. The student with the most right guesses wins!

## VIDEO: ROOTS SEGMENT 3

## TALK IT OVER

### SMALL GROUP QUESTIONS

1. Tell a time when you did something that you knew was the right thing to do.
2. Tell a time when you chose not to do something because inside you knew it was wrong.
3. What is discernment? (*The ability to uncover truth or right and wrong.*)
4. Do you think you are good at knowing what is right and wrong? Why or why not?
5. Why do you think we still do things that are wrong even though we know they're wrong?
6. Open up your Bible or Bible App to **Acts 17:11-12** and read it out loud.
7. What's going on in this passage of scripture?
8. According to this passage, what is the best way to know what is right and wrong?
9. What are some ways we can do better at not doing what we know is wrong and doing more of what we know is right?

## VIDEO: ROOTS SEGMENT 4

## LIFESKILLS CLOSE

How many of you sunburn really easily? Like you're outside for a minute and a half and you get burnt like a marshmallow on a flame? How many of you can be out in the sun for hours and your skin tans perfectly and you don't burn at all? So, how many of you use sunscreen when you go out in the sun?

Today we learned how to put on sunscreen. But we can also take it a little deeper than that. Applying sunscreen is like being mindful of the things that can harm us and protecting ourselves from them.

We can get lost in all of the fun we are having playing around in the sun. But too much sun and unprotected sun exposure can be very bad for you.

Likewise, it's important for us to be mindful of things in our lives that could hurt or harm us. We should be proactive about protecting ourselves, even though in the moment the thing might not seem so bad. God gave us the gift of discernment, and we should apply it liberally!

So think about it for a moment... what in your life could be harmful like the sun. What would be your "sunscreen" or a way you could protect yourself from those harmful things?

As you begin to think about that, let's have a little fun with being out in the sun—without actually being out in the sun. Here comes this week's LifeSkills game.

## Next Up: LIFESKILLS GAME

Continued on back...