



LIFESKILLS GAME

“Meal Mixer”

This is a fun way to teach students the value of eating well.

What do we need?

- Kids’ meal from fast food restaurant (2 per experience)
- Blender (1 per campus)

How do we play?

1. Select one boy and one girl to participate in this week’s game.
2. Place a kids’ meal (burger, fries, and drink) in front of each student.
3. Announce that they will be competing in an eating contest. The first one to finish their meal wins!
4. Say “on your marks, get set . . . wait let’s make this a little more interesting.”
5. Pull out a blender (don’t let students see it beforehand), and throw everything from the kids’ meal into it (burger, fries, and drink) and blend it up.
6. Pour the blended contents into their kids’ meal cup.
7. Have them race to drink their meals.
8. First one to finish wins.

ROOTS CLOSE

The game we played earlier (the blindfold obstacle course) was a great illustration of the role the Holy Spirit plays in our lives. The blindfolds represent not being able to see the future, and the obstacles represent either messes in our lives or things that happen in our lives that we may not understand. Your leader wanted you to get through the course safely, and that’s why it was important to listen to directions. By paying attention to what he/she was saying and how he/she was leading you, you were able to get through the course safely.

We may not be able to see where life is taking us, but we need to trust that the Holy Spirit will guide us, direct us, and speak to us.

Read to students: JOHN 16:12-15.

Learn to listen and look for the Holy Spirit’s leading in your life and know that God will direct you.

(Pray that the students will be sensitive to the Holy Spirit’s direction in their lives.)

VIDEO: ROOTS SEGMENT 5 CHALLENGE/ANNOUNCEMENTS

Insert any announcements that pertain to your particular campus.

- This week, pay attention to ways the Holy Spirit is guiding and directing your life. Be sensitive to His voice and trust Him to lead you.

HANGOUT

WEEK 8

Who God Is
(Our guide—the Holy Spirit)

HANGOUT (15 minutes)

ROOTS VIDEO-Segment 1 (:58)

WORSHIP (20 minutes)

ROOTS VIDEO-Segment 2 (1:44)

GAME TIME (15-20 min)

ROOTS VIDEO-Segment 3 (2:24)

TALK IT OVER (20 min)

ROOTS VIDEO-Segment 4 (3:35)

LIFESKILLS CLOSE (3 min)

LIFE SKILLS GAME (15-20 min)

ROOTS CLOSE (3 min)

ROOTS VIDEO-Segment 5 (:33)

CHALLENGE/ANNOUNCEMENTS (2 min)

HANGOUT (15 min)



HANGOUT

VIDEO: ROOTS SEGMENT 1

WORSHIP

VIDEO: ROOTS SEGMENT 2

GAME TIME

“Blindfold Obstacle Course”

We may not be able to see where life is taking us, but we need to trust that the Holy Spirit will guide us and direct us. In this game, the blindfolds represent not being able to see the future, and the obstacles represent messes in our lives or things that happen in our lives that we may not understand.

What do we need?

-Bandana or blindfold (1 per student per small group)

-Items for obstacle course:

- Chairs
- Bench
- Tables
- Ladder
- Curtain
- Tires

How do we play?

1. Build an obstacle course outside the room so students can't see it. Use various items to create a course that students will have to climb, cross over/through, go under, step over, jump over, etc.
2. Run through the obstacle course one Talk It Over group at a time.
3. Line each student up in a single file line.
4. Have them each put on a blindfold (bandana), and then put their hands on the shoulders of the person in front of them.
5. Have the leader lead them through the obstacle course.

VIDEO: ROOTS SEGMENT 3

TALK IT OVER

SMALL GROUP QUESTIONS

1. Tell of a time when you got lost. (At school, with friends riding bikes, etc.) How did it feel? How did you end up finding your way?
2. Tell about a time when you were going to make a bad decision, but inside you knew it was wrong, so you didn't do it.
3. Tell about a time when you chose to make a good decision because something inside of you was telling you it was the right thing to do.
4. Do you feel like you have ever heard God's voice lead you or guide you? If so, how did he lead/guide you? If not, why do you think you haven't?
5. Who do you think the Holy Spirit is? What is His purpose?
6. Have students get out their Bible or Bible App and read JOHN 16:12-15 together.
7. According to this passage, what does the Holy Spirit guide us to? (Truth, what's right/wrong)
8. Do you trust that the Holy Spirit will guide you in your life? Why or why not?
9. What are some areas in your life where you need to trust the Holy Spirit to guide more?

VIDEO: ROOTS SEGMENT 4

LIFESKILLS CLOSE

What is your favorite food? (Let students answer.) Okay, now what's your favorite healthy food? (Let students answer.)

It can definitely be more fun to eat junk food—and most of the time it tastes better! But we all know it's not the best thing for us to eat all the time. It's okay to have junk food every once in a while.

This LifeSkill is more than just eating healthy. We all know the benefits of eating healthy—it makes us feel better and gives our body what it needs to function. But today we're talking about taking care of ourselves and making good decisions that will be good not just for our bodies, but for our lives.

It honors God when we take care of our bodies. Look at this verse (*Read 1 CORINTHIANS 6:19-20*).

So let's honor God with our bodies by making good decisions and eating healthy.

What happens when we don't eat healthy? Let's find out in this week's LifeSkills game!

Next Up: LIFESKILLS GAME

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