



## LIFESKILLS GAME

### “Emoticons Test”

This game is a fun way to help students decipher different emotions.

#### What do we need?

- Emoticon test sheet (1 per student)
- Pen/pencil (1 per student)
- Answer sheet (1 for the leader of the game)

#### How do we play?

1. Give each student an emoticon sheet.
2. Give them about 10 minutes to write in the blank what they think the emotion is that goes with each emoticon.
3. When all the students are done, go through and have them yell out what they think each one is, and then give them the right answer.
4. The student with the most correct answers wins.

## ROOTS CLOSE

It is so easy in today’s society to put things before God. We can get lost in the busyness of our schedules and sometimes go throughout the entire day without even thinking about God.

I mean we have school, sports, homework, friends, and family to keep up with on a daily basis. It can be easy to push God into the background of all that. But when we do that we aren’t giving God the worship that He truly deserves.

Read *Psalm 95:6-7* out loud.

That posture of kneeling and bowing down puts someone lower than the person they are kneeling and bowing to. It basically says, “You are higher than me.” That’s literally the case when someone bows to another.

When we bow down and worship God we are saying to Him that He is higher than all things--that He alone deserves our worship, time, energy, and affection.

Worshipping God outside of singing songs, is worshipping Him with our lives. When we worship God with our lives it means that we think about Him often and everything we do is for Him. Nothing should get more time and attention in our lives than God.

So, be thinking about those things that you put before God in your life.

I just want to pray for you that you will worship God with your life and that He will be the number one priority in your life. (*Pray for the students*)

## VIDEO: ROOTS SEGMENT 5

## CHALLENGE/ANNOUNCEMENTS

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

Write down what you think you put before God in your life and focus on putting God before those things.

## HANGOUT

# WEEK 25

**Worship is about putting God first in your life**

**HANGOUT (15 minutes)**

**ROOTS VIDEO-Segment 1 (1:04)**

**WORSHIP (20 minutes)**

**ROOTS VIDEO-Segment 2 (:56)**

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

**ROOTS VIDEO-Segment 3 (2:32)**

**TALK IT OVER (20 min)**

**ROOTS VIDEO-Segment 4 (3:29)**

**LIFESKILLS CLOSE (3 min)**

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

**ROOTS CLOSE (3 min)**

**ROOTS VIDEO-Segment 5 (:45)**

**CHALLENGE/ANNOUNCEMENTS (2 min)**

**HANGOUT (15 min)**



## HANGOUT

### VIDEO: ROOTS SEGMENT 1

## WORSHIP

### VIDEO: ROOTS SEGMENT 2

## GAME TIME

### “Marshmallow Tower of Toothpicks”

It can be easy to build idols in our lives. There are things in our lives that we look up to and worship, but God is higher and mightier than everything. He is the Most High and the only one to be worshipped.

#### What do we need?

- Bag of marshmallows (1 bag per group)
- Box of toothpicks (1 box per group)

#### How do we play?

1. Break up into your Talk It Over groups.
2. As a small group you are to build a tower out of marshmallows and toothpicks as high as you possibly can.
3. But be careful, and make sure you create a solid foundation. You will need to figure out how to balance between height and stability because you cannot hold the tower up yourself!
4. It must stand up on its own.
5. Give all students the same amount of time to work—about 5 or 10 minutes. When you say GO, they can build, when you say STOP they have to take their hands off their creations.
6. The tallest tower wins.

### VIDEO: ROOTS SEGMENT 3

## TALK IT OVER

### SMALL GROUP QUESTIONS

1. What is your favorite thing of all time? Anything. Name it. Why is it your favorite thing?
2. Do you ever put that thing before God? Why or why not?
3. Are there any other things that you find you put before God? Why is that?
4. What does it mean to worship something?
5. Is worshipping God more than singing in church? If so, what does it look like? How do we do it?
6. Open up your Bible or Bible App to **Psalms 95:6-7** and read it together as a group.
7. According to this verse how should we worship God and why should we worship Him?
8. How can you do better at worshipping God in your life?

### VIDEO: ROOTS SEGMENT 4

## LIFESKILLS CLOSE

Learning to deal with our emotions is such an important life skill.

It can be so easy to let our emotions determine our behavior. (Like, if you feel angry--the easy response is to yell.) But our actions aren't always the appropriate way to let out that emotion. It's not ok to yell and scream at your parents, siblings, or friends just because you feel angry.

The important thing to remember is to talk about whatever emotion you are feeling. Let people know *calmly* how you feel and why you feel that way. Also, go to God with those emotions that you feel and let Him help you deal with them or help you manage them.

On a more positive note: if you are feeling happy or excited; let it fly! Let people know you feel great or that you're feeling happy for or proud of them.

So let's see how well you do at identifying different emotions in this week's Lifeskills game...

## Next Up: LIFESKILLS GAME

Continued on back...