



Give It All You've Got  
Week 1 / Decisions

Emcee Leads

Small Group Leaders Lead

### Small Group Icebreaker (5 min.)

- **Introduce** yourself. **Welcome** students by name. **Check in** with them to see how they're doing.
- Icebreaker: **If you had to do one form of exercise every day of your life, what would you do?**

### Welcome (30 sec.)

- **Welcome** everyone and **say** our three simple Loop rules: **Respect your leaders. Respect each other. Respect the room.**
- **Invite** everyone to stand and **join in** worship.

### Transition to Episode (30 sec.)

- Get students excited for this week's episode of The Loop Show!

*Today's Loop Show is about how better choices lead to better habits. What challenges will we get to watch Ricky & Jayme tackle as we learn about that? Let's find out together right now!*

### Offering and Announcements (2 min.)

- **Recap** teaching in one sentence.
- **Celebrate** hands raised during the salvation video.
- **Show** the spot where students can give their tithes and offerings.
- **Pray** for tithes and offerings.
- **Say:** Did you know there are super fun **YouVersion Bible Plans** just for Loop students? There are! You'll learn a little more about God, watch a Loop Show video, and read some Bible verses each day. Ask your small group leader for more information.
- **Transition** to Activity.

### Activity (10 min.)

#### Game Objective

Freeze and do the motion that's called immediately, or you're out!

#### You'll Need

No additional materials needed

#### Set Up

No additional set up required

#### How to Play

**Say:** We're learning all about loving God not just with our words, but with all our heart, soul, mind, and strength! Let's play a game about that together right now. I'll teach you how to do some motions. When you hear me call out the motion, stop what you're doing and show it to me. Last one to do the motion each round is out!

1. **Teach** everyone each motion for heart, soul, mind, and strength as shown on the back of this guide.
2. **Practice** the motions a few times each until students are familiar with them.
3. When you say **GO**, students **walk or jog** in place.
4. **Say** one of the motions.
5. **Students freeze** in the motion you called.
6. The last student to freeze in position is out. They sit down.
7. Say **GO** again to restart for the next round.
8. **Repeat** steps 3-6 until only one student remains standing.
9. **Mix it up with these ideas:**
  - Call **two motions** at once. Students will have to figure out how to do one motion with one arm and the other motion with their other arm!
  - **Vary** how quickly you call the motion after you say "GO!" to start students running in place. Sometimes make them run for a while, sometimes call the next motion very quickly!
  - **Choose a student** to call the motions if they'd like to!

### Small Group Discussion (10 min.)

#### Review Today's Big Question

What are some good habits that help you connect to God?

#### Review Today's Bible Verse

Mark 12:30 NIV

*"Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."*

- What does this Bible verse mean to you?

#### More Questions to Keep Your Group Talking

- What stood out to you the most from today's Loop Show? What's one thing you learned?
- Discipline is steady training that you choose to practice, no matter what. How could discipline help people in their different life situations like: school, their hobbies, in sports, in their friendships, or in their relationship with God?
- When do you think it's easy to be disciplined (practicing good, godly habits) and when is it hard to be?
- What's one godly habit you want to be consistent in? How will you practice it this week? Examples: controlling your tongue, reading the Bible, spending a little time in prayer, practicing gratitude, etc.

#### Pray Together

Spend some time checking in with the students in your group. How are they doing? Anything they want to ask God for? Anything they want to thank God for? Pray together.

**Encourage students to start this week's Bible Plan!**  
*See details below.*

### YouVersion Bible Plan

Our YouVersion Bible Plan this week is called **How to Survive Middle School and Beyond**. It will help you get closer to God so your spiritual life can make it through whatever life throws at you—with God's strength!

Start it today by yourself or invite a friend to read it with you using the Plans With Friends feature! Find it at:  
[www.go2.ic/LoopBiblePlans](http://www.go2.ic/LoopBiblePlans)



# Loop

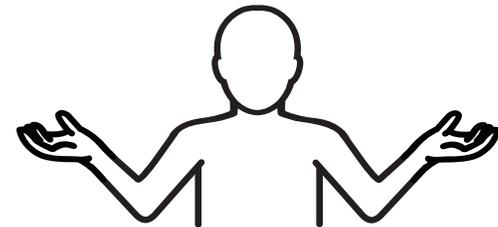
## Heart, Soul, Mind, Strength Motions

**HEART:** Cross arms over chest



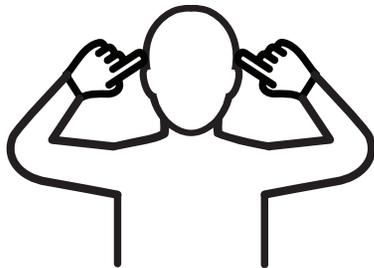
**HEART**

**SOUL:** Bend arms, hands raised



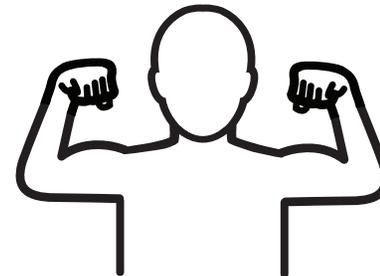
**SOUL**

**MIND:** Touch index fingers to sides of head



**MIND**

**STRENGTH:** Flex arm muscles, fists toward face



**STRENGTH**