



Loop

Loop Show Likes You
1 Week Only / Fasting

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: What's the weirdest thing you could make a hat out of?

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 for worship.

Transition to Episode (30 sec.)

- Get students excited for this week's episode of The Loop Show!
Today we get to see a question from YOU on The Loop Show. That's right! Ricky and Jayme are responding to a postcard sent in by a fellow Loop student! Could it be yours? Let's watch 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: 6th graders, if you're having fun in Loop, ask your small group leader what it means to be a **Student Leader!**
- Transition to Activity.

Activity (10 min.)

Game Objective

Trade places if the statement read aloud is true for you.

You'll Need

No additional materials needed

Set Up

1. Decide if your room can play this game all together or if you'll play in small groups.
- If you play together, make sure there is room for students to stand in a circle. You might need to move a few chairs or tables to make it easier to play, but you don't need to clear the circle entirely.
- If you feel you have too many students to play all together, have small groups stand or sit in circles together.

How to Play

Say: Today we learned how the spiritual discipline of fasting is about trading something you want for something God wants for you. Let's play a game together that's all about trading, called "Trade Places If." We'll do a bunch of trading places just for fun. And then we'll explore some things we might consider trading for a little more quality time spent with God!

1. Read the first statement from the "**Trade Places If**" List on the back of this guide.
2. If that statement is true for any students, they **trade places** with one another and stand/sit in a different place. If it's true for only one student, then they may just move to any new place to sit/stand. If no students find the statement true, no one moves.
3. Repeat steps 1 and 2, continuing through the list as time allows.

Small Group Discussion (10 min.)

Review Today's Big Question

What does "instant gratification" mean and why can it be dangerous?

Review Today's Bible Verse

Galatians 5:13 NIRV

My brothers and sisters, you were chosen to be free. But don't use your freedom as an excuse to live under the power of sin. Instead, serve one another in love.

- What does this Bible verse mean to you?

More Questions to Keep Your Group Talking

- What was one thing you want to talk about from today's Loop Show?
- What could be good about waiting a long time for something you want?
- What is one way you can trade something you want for what God wants?
- Is there anything you could give up this week to make more room for God in your life? **Note:** Remind students we're not advising ANY of them to fast from food without direct permission and supervision from their parents or guardians!

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 a Loop Show Bible Plan! See details below.

YouVersion Bible Plan

Check out **I Am Who Jesus Says I Am** today by yourself—or invite a friend to read it with you using the Plans With Friends feature! It'll fill you with God's truth so you can confidently live in His love!

Find it at: www.go2.lc/LoopBiblePlans



“Trade Places If” List

1. Trade places if you’re wearing something black.
2. Trade places if you love watching movies about superheroes.
3. Trade places if you love cheeseburgers.
4. Trade places if you’ve ever lived in a different place from where you live now.
5. Trade places if you have a pet that you love with your whole heart.
6. Trade places if it would be hard for you to give up video games for a week.
7. Trade places if it would be hard for you to give up YouTube for a week.
8. Trade places if it would be hard for you to give up chocolate for a week.
9. Trade places if it would be hard for you to give up all screen-time of any kind for a week.
10. Trade places if it would be easy for you to give up vegetables for a week.
11. Trade places if it would be easy for you to give up watching sports for a week.
12. Trade places if it would be easy for you to give up meat for a week.
13. Trade places if it would be hard for you to give up ice cream for a week.
14. Trade places if it would be hard for you to give up using a phone for a week.
15. Trade places if it would be easy for you to give up TV for a week.
16. Trade places if it would be hard for you to give up listening to music in your free time for a week.
17. Trade places if it would be hard for you to give up doing art projects in your free time for a week.
18. Trade places if it would be easy for you to give up pizza for a week.
19. Trade places if it would be hard for you to give up soda for a week.
20. Trade places if it would be hard for you to give up candy for a week.