

# Session 1 – Life is Choices 10/2/16

## 6:00pm-6:10pm

- **Welcome**
- **Opening Prayer**

## 6:10pm-6:20pm

- **Where is God in your life?** Take a few minutes to check-in with your group. Ask them to share how their week has been, the high point and low point of their week, and how they have experienced God this week. Where or when did they see God in their life? Perhaps in a kind word, a smile, the changing leaves, a fun experience, etc. Start by sharing yourself.

## 6:20pm-6:30pm

- **Intro Video and Discussion:** We'll watch the video "Navigation" as a large group. You'll then lead a discussion using the question found on pg. 23 of your leader guide.

## 6:30pm-6:40pm

- **Human Knot Activity:** Have your group stand up and get in a circle. Then, have everyone reach across and take the hands of two different people standing on the other side of the circle. Tell them that they cannot hold hands with the person next to them (when everyone has grabbed hands you have a human knot). The challenge is to untangle the knot without letting go of each other's hands. Remind participants to take their time and to make sure no one gets their arm twisted in a way that hurts.
- **The purpose of this activity:** To illustrate that our choices impact us as well as other people, and the importance of thinking about how our choices will affect us and the people around us. People must make decisions every day. Each choice that we make has consequences. In real life most of what we experience involves people affecting each other's' lives. When we make decisions for ourselves we have to think about how those decisions affect others.

### **6:40pm-6:55pm**

- **Video 1.1 and Discussion:** We'll watch "Your Choices Matter" together. You'll then lead a discussion using the questions on pg. 24 of your leader guide.

### **6:55pm-7:10pm**

- **Video 1.3 and Discussion:** We'll watch "God's Dream for You" together. Then use the questions on pg. 27 of your leader guide.

### **7:10pm-7:20pm**

- **Values Activity:** Our values and where we turn for guidance often impact the decisions we make. Have your group brainstorm and write down a list of values they consider when making choices, and rank these things from most important to least important. Some examples of things teens may value when making decisions might include what their friends think, their faith, how it will impact their future, what their family would think, how it would influence their physical or mental health, what social media says about the issue, etc.

### **7:20pm-7:25pm**

- **Final Video and Discussion.** We'll watch the last video, "Decision Point" together. Use these discussion questions:
  - Who in your life is helping you become the best version of yourself?
  - What are two things you can do to become a better version of yourself this week?

### **7:25pm-7:30pm**

- **Closing Prayer:** Lead your group in a closing prayer. Pray that they will let God guide them in their decision making. This prayer can be spontaneous, something you prepare before class, or you can ask your students if they have prayer requests.
- **Dismissal**

**\*\*If your group finishes your discussions before I bring you back to the large group, use some of the other questions and activities in your leader guide. There is plenty that you can do!**