



INCLUDE (WEEK 1) SMALL GROUPS—SELF-IMAGE

Purpose: To include every student and discuss how God views us.

YOU WILL NEED:

Refreshments

SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance
3. Announcements
 - Inspire guest speaker
 - Invest week's outreach
 - Outreach assignments (hang up posters, invite friends, etc.)
4. Icebreaker: "It"
5. Biblical support and application
6. Discussion
7. Prayer/dismiss



ICEBREAKER: "IT"

This is a game of tag where everyone is "It" to begin. When everyone is told to go they all try to tag the other players. A person who is tagged must take one of their hands and place it in the spot they were tagged. They are still allowed to tag people with their other hand. If they are tagged a second time they must take their other hand and place it in the spot they were tagged. They still are not out of the game. They can tag other players with one of their feet. If they are tagged a third time then they are out. The last one standing is the winner.

DISCUSSION:

Divide into several groups of three to five students and have them discuss the following questions. You may want to select a facilitator for each group to keep the discussion moving. You may also wish to provide each facilitator or each group with a list of the questions and comments to be discussed.

1. Read Psalm 139:14-16 and Ephesians 2:10 aloud.
2. How does God view us?
3. Have members discuss what they think their self-image is.
4. How should we view ourselves?
5. How do others view us?
6. Who should we listen to?



If time allows, discuss how others have hurt us and have contributed to our own poor self-image. Re-emphasize that God has created us and has a plan for us. We should base our self-image on God's image of us.

BIBLE SUPPORT AND APPLICATION:

Read Psalm 139:14-16 and Ephesians 2:10 again. Highlight how God has created us in His image. He doesn't make junk.

PRAYER/DISMISS





INSPIRE (WEEK 2) GUEST SPEAKER—SELF-IMAGE

Purpose: To inspire the club members to have a better self-image of themselves.

BEFORE THE MEETING:

- Invite the speaker at least two weeks in advance and give him/her the topic.
- Instruct the speaker how and when to wrap up his or her time (ask for a response, close in prayer, etc.).
- Inform the speaker of the time and location of your meeting.
- Select a student to meet the speaker at the office, help him/her sign in as a visitor and take him/her to the meeting room.
- Contact your guest speaker again a day or two before the meeting to reconfirm everything.
- Remember the goal is to motivate students, not to share denominational issues.

YOU WILL NEED:

- Speaker (Christian counselor, teacher, pastor or another Christian who can speak on godly self-image)
- Refreshments

SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance
3. Announcements
 - Invest week outreach event
 - Follow-up on or assign outreach assignments
4. Guest speaker
5. Prayer/dismiss

SUGGESTION:

Send your speaker a thank you card as soon as possible.





INVOLVE (WEEK 3) STUDENT SPEAKERS—SELF-IMAGE

Purpose: To share the importance of a positive self-image.

BEFORE THE MEETING:

- Ask a few students to be prepared to speak using the outline below or to develop an outline of their own that features the subject “self-image.”
- Ask a youth pastor to review the written testimonies, if necessary, and give suggestions.

YOU WILL NEED:

- Refreshments

SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance
3. Announcements
 - Invest week’s outreach event
 - Follow-up on or assign outreach assignments
4. Student speakers
5. Discussion
6. Prayer/dismiss



SAMPLE STUDENT SPEAKER OUTLINE

Student 1: Share a true personal story of a time when someone hurt your self-image and how God brought you through that. Your story should be approximately five minutes in length.

Student 2: Share a true personal story of a time when someone helped to give you a positive self-image. Explain how that drew you closer to God. Your story should be approximately five minutes in length.

Student 3: Show how a positive self-image can help others to see Christ in you.

Read John 15:11. With a positive self-image, we also have joy in Christ.

PRAYER/DISMISS:

Spend at least five minutes in prayer. Announce next week’s speaker. Challenge the group to bring friends who are going through a challenging time to Invest week next week (e.g., students whose families are in crisis, students who have a negative self-image, or who are struggling with life, etc.).



INVEST (WEEK 4) OUTREACH EVENT—SELF-IMAGE

Purpose: To invest the Message of hope, Jesus Christ, in your friends and on your campus.

BEFORE THE MEETING:

- Think creatively. What can you do that would make your pre-Christian Friends want to come to Youth Alive this week?
- Secure the speaker at least two weeks in advance. Give your speaker the following guidelines as he or she prepares:
 1. Be prepared to ask the students to respond to the message and receive Christ as their Savior and Lord.
 2. Speak confidently; clearly and energetically tell everyone about Jesus, then lead those who are willing in a prayer of repentance and faith.
 3. Keep in mind the purpose for the week. Response cards will be given out.
 4. This should not be a story of one's church, but of the Lord who wants a relationship with each person.
 5. Don't use religious terms (like "sanctified" or "redeemed"); visitors who have never been to church do not understand the lingo.
 6. Stay away from abstract, hard-to-define concepts and stick to the practical. What is applicable?
 7. Allow enough time at the end to pass out and collect response cards.
- Select members to be responsible for distributing and collecting response cards. Give them clear instruction as to when and how this should happen.
- Plan for effective follow-up. Students who bring friends should follow up with them concerning a commitment to Jesus, to answer questions, involve them in a local church and bring them back next week for Include week's small groups.



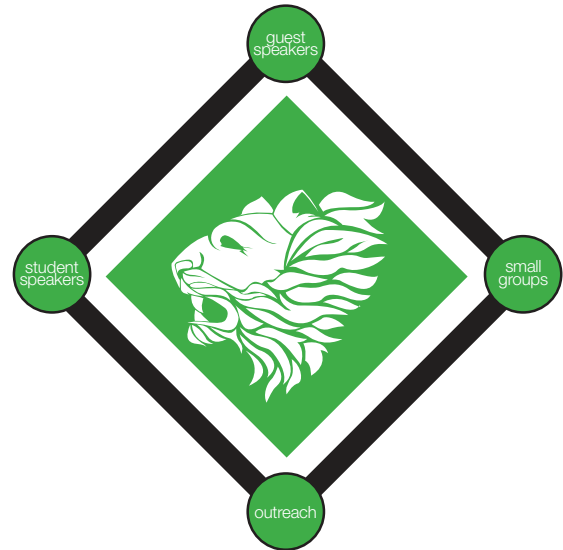
YOU WILL NEED:

- Food/breakfast (e.g., doughnuts, juice, chocolate milk). Ask a church to sponsor the cost as an evangelistic investment. They may even want to prepare the food for you.
- Response cards and pens
- Materials for Icebreaker (see next page)



SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance
3. Announcements (date, time and location of next meeting)
4. Icebreaker: "Stocking Grenades"
5. Introduce student speaker
6. Student testimony/gospel presentation/drama
7. Invitation, prayer, response cards
8. Dismiss/initial follow-up



ICEBREAKER: "STOCKING GRENADES"

1. Two colors of gumballs
2. Enough nylon knee highs (pantyhose) so each person receives three.

As students come into the room, give each of them one gumball and three nylon stockings (three single legs). When passing out the gumballs, alternate the colors. The gumball colors determine the teams. Have them roll up two of the stockings into balls and push them into the third stocking. Tie two knots into the stocking at one end. Then tie a final knot on top of the ball. They should now be able to swing the stocking with the ball being swung around. Then have the students split up into two teams according to the color gumball they received when they entered. Each team will try to wipe out the other team by flinging their stocking grenades at the opposing team members. They can only fling the stockings at one another and cannot throw them. As a team member is hit by an opposing team member's stocking they are out. Last one standing wins for themselves and their team.

STUDENT TESTIMONY/GOSPEL PRESENTATION:

The speaker should share a testimony of how God has worked in his/her life relating to his/her self-image. They could share the scriptures used during the Include week: Psalm 139:14-16 and Ephesians 2:10. They should be able to relate how Christ's Salvation makes us a new creation and through Him we can have a positive self-image. End with an invitation for students to accept Jesus into their lives. Pray. Hand out and collect response cards.

If you have any students who like to do drama you may want them do a drama or skit that relates to our image in Christ.