



## INCLUDE (WEEK 1) SMALL GROUPS—SPIRITUAL GROWTH

Purpose: To teach students what it means to grow up spiritually.

### YOU WILL NEED:

- Refreshments
- Icebreaker supplies
  1. Baby food
  2. Disposable bibs
  3. 4-ounce baby bottles (Make sure water flows out smoothly.)
  4. Apron (They can just use their own jackets or someone else's jacket.)
  5. Kids' puzzles (Thrift stores can be a good place to find these.)
  6. Rope or something to bind the knees together

### SAMPLE MEETING AGENDA

1. Pre-meeting prayer with leaders
2. Welcome and attendance (Have students sign in on an inflatable beach ball)
3. Announcements
  - Inspire week speaker
  - Invest week outreach
  - Outreach assignments to club members
  - Other
4. Icebreaker: "Baby Relay"
5. Small group discussion
6. Prayer/dismiss



### WELCOME AND ATTENDANCE SUGGESTION:

For a change, have students sign in on an inflatable beach ball. Don't forget, though, to provide an inflatable beach ball and markers.

### ICEBREAKER: "BABY RELAY"

The object of this game is for mommy and baby to accomplish some tasks. This game can be for smaller groups or in front of a large group. The first team to accomplish these tasks is the winner. First break up into teams of two (mommy and baby). Whoever is the baby must wear a bib and their knees are to be tied together for the duration of the game. Mommy wears an apron for the duration of the game.

Task #1: Mommy feeds baby an entire jar of baby food. (This can get messy)



**Task #2:** Mommy gives baby a 4-ounce baby bottle filled with water. Baby is to finish the bottle before going to the next task.

**Task #3:** Mommies go to the other end of the room and have babies run to them as fast as they can, which will not be easy since their knees are tied together. Once the baby arrives, the two must assemble a kid puzzle with about ten pieces in it.

The first team to do all these tasks is the winner! (Instead of a puzzle, you can use blocks. Whoever stacks them into a tower the fastest wins.)

## DISCUSSION:

Divide into groups of three to five students and ask them to discuss the following questions. You may want to select a facilitator for each group to keep 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. What is the difference between first grade math and the math you are learning now?
2. What is different about your room when you were 7 years old and now?
3. Would you rather be that 7-year-old or do you like who you are now?

## BIBLICAL SUPPORT AND APPLICATION:

Read Hebrews 5:11-14. It's not enough to keep skating by on milk when you are ready to devour the meat. In order to be a mature Christian, you have to grow and not be content with where you are, in spiritual diapers drinking spiritual milk.

How to become a more mature Christian:

1. Challenge yourself—Read more of your Bible. Pray for longer amounts of time.
2. Pick up a discipleship book or series to study.
3. Take on a leadership role—You will grow in new ways as a leader.
4. Find an accountability partner—This person can help hold you to goals you set.
5. Mentor someone—You will be challenged to be more as a mentor.





## INSPIRE (WEEK 2) GUEST SPEAKER—SPIRITUAL GROWTH

Purpose: To show students an example of someone who has developed in his/her spiritual and professional life, providing a real life example of spiritual growth.

### BEFORE THE MEETING:

- Invite the guest speaker at least two weeks in advance.
- Inform the speaker of the topic and time allotted.
- Inform the speaker of the time and location of the meeting.
- Contact your speaker a day or two before the meeting to confirm the appointment.
- Publicize the meeting by word of mouth, flyers and posters

### YOU WILL NEED:

- Speaker
- Refreshments
- Icebreaker supplies
  1. Baby food (about 15-20 jars for this size group)
  2. Plastic spoons (one for each person)
  3. Lively music to play during the game

### SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance
3. Announcements
  - Invest outreach event
  - Follow up on or assign outreach assignments
4. Icebreaker: "Baby Food/Hot Potato with a Twist"
5. Guest speaker
6. Prayer/dismiss



### ICEBREAKER: "BABY FOOD/HOT POTATO WITH A TWIST"

You play this game just like hot potato, with everyone sitting in a circle. The twist is you use jars of baby food. When the music starts, you begin passing the jar of baby food around the circle. When the music stops, whoever is left holding the jar has to take a spoonful. (Be prepared for someone to throw up. Consider placing a trash near the players who eat the baby food.)



## SAMPLE SPEAKER OUTLINE

For this outline, the guest speaker may be a professional in a field that requires a lot of schooling.

- I. What your occupation consists of
  - A. Educational path
  - B. Difficult, but worth it
  - C. Impossible to jump from high school into the occupation and know all you need to know to do the job well.
- II. How it relates to the topic of spiritual growth
  - A. Spiritual journey
  - B. Difficult at times, but worth it
  - C. Impossible to jump straight from salvation to this biblical theologian.





## INVOLVE (WEEK 3) STUDENT SPEAKERS—SPIRITUAL GROWTH

Purpose: To inspire the students to grow and mature as Christians.

### BEFORE THE MEETING:

- Ask some students to prepare a 5-minute, written presentation about the topic.
- Ask a youth pastor to review the report and give suggestions for improvement and clarification.
- Purchase materials needed as listed below.

### YOU WILL NEED:

- Refreshments
- Long-sleeved T-shirt
- Icebreaker supplies
  1. Four blenders
  2. Long sleeved t-shirt and markers
  3. Blending Materials—M&M's, milk, pop, canned meat, frozen veggies, syrup, ketchup, etc.



### SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance (Have students sign a long-sleeved T-shirt to be given away)
3. Icebreaker: "Blend O'Rama"
4. Announcements
  - Invest week's outreach event
  - Follow up on or assign outreach assignments
5. Student Speakers
6. Discussion
8. Prayer/dismiss

### ICEBREAKER: "BLEND O'RAMA"

Find four students who have strong stomachs! You know the type. Students who claim they'll do anything. Place four blenders on a table at the front. Have 20 different edible items placed in four different lunch bags. Number the lunch bags one through four. Interview each student- ask them their school, birthday and favorite food. Take note of who is the oldest in the group. Then tell the oldest that they get to go first, then the next oldest and so on until the youngest. Have them each pick the bag that they will blend. Say, "Go!" Then have students yell what item they are putting in the blender. When all items are in, blend the mix.



(Make sure one of the items is a liquid so that it will blend well.) Once everything is blended, have students fill up their cup and drink it. Whoever finishes first wins.

## SAMPLE STUDENT SPEAKER OUTLINE

The student speaker should be someone who has walked the spiritual journey and has experienced significant growth either recently or over an extended period of time.

- I. Where student was before the journey
  - A. Salvation
  - B. Beginning of discipleship process
- II. The journey itself
  - A. Baptism in Holy Spirit/Water
  - B. Mentoring or discipleship process fleshed out
- III. Benefits from making the journey
  - A. Where they are now
  - B. Why they are glad they did it and why others should too





## INVEST (WEEK 4) OUTREACH EVENT—SPIRITUAL GROWTH

Purpose: To give students a clear understanding of how to begin a relationship with Christ.

### BEFORE THE MEETING:

- Think creatively. What can you do that would draw students to Youth Alive this week?
- Secure the speaker at least two weeks in advance. Be sure to communicate the game plan.
- 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
- Response cards and pens
- Icebreaker supplies
  1. Balloons
  2. Box or bin and tape
  3. Stopwatch

### SAMPLE MEETING AGENDA

1. Pre-meeting prayer (leaders)
2. Welcome and attendance: signing the back of a YA card for drawing later
3. Give away some YA stuff (drawing)
4. Announcements (time, location and date of next meeting)
5. Icebreaker
6. Introduce student speaker
7. Student testimony/gospel presentation
8. Invitation, prayer, response cards (have a worship band come up)
9. Dismiss/initial follow-up



### ICEBREAKER:

Divide into separate teams. Then have each team form a single-file line. On command, each team member has to blow up a balloon, then take it and put it in a box (or bin). Players have



to wait until the person in front of them has their balloon blown up and tied before beginning. The goal is to be the first team to fill up the box or bin. Team members on the opposite team can do whatever needed without moving from their spot in line to keep the other team from blowing up the balloon and filling the bin.

## STUDENT TESTIMONY/GOSPEL PRESENTATION:

Talk about the theme verse for the month, Hebrews 5:11-14.

1. You are not going to understand everything right away about God, and that is okay. Eventually you will learn.
2. If you do not learn and stay spiritually immature, it is only by choice.
3. God wants you to grow and learn more about him. Someone who did just this is (insert name of student). Listen to what he/she has to say about their growing Christian life.

### *Student Testimony*

1. Salvation testimony
2. How at first you didn't understand it all
3. Learned more and more instead of staying immature
4. God continues to show you how you still can learn more and more about Him.

For the last few weeks we have been talking about spiritual growth. But to grow you must first begin somewhere. Tell the story of Nicodimus (John 3).

## INVITATION:

### *Sample Prayer*

Dear Lord Jesus, I know I am a sinner and need forgiveness from You. I believe You died on the cross and rose again from the dead in order that I might receive eternal life. I turn from my sin and ask forgiveness from You. Right now, I invite You into my heart to be my Savior and Lord. Thank You for hearing my prayer and giving me Your gift of eternal life and hope. In Jesus' name I pray. Amen.

