

## IDENTITY & SELF ACCEPTANCE | WEEK 13

### LEADERS GOAL

Students understand that God is always with them, even in seasons of loneliness or isolation.

### SCRIPTURES

I Kings 19:1-9

### ACTIVITIES

Stranded on a Mountain Survival Game  
Common Ground Countdown

### PRAY

### SUPPLIES

- Stranded on the Mountain (x1 page per student)
- Markers/Pens
- Create welcoming space by engaging with students as they enter the space

### BOTTOM LINE

Feeling alone doesn't mean you actually are.

## AS STUDENTS ARRIVE

Ask students about their friends.

Who are the people you spend the most time with right now?

What do you enjoy doing with friends?

What makes someone a good friend?

Is it easier to feel connected in a group or one-on-one?

## STORY CONNECTION

After Mufasa dies, Simba runs away. He doesn't just lose his father—he loses his identity, his home, and his sense of belonging. Alone in the desert, Simba is exhausted, afraid, and convinced he can never return.

Scar's words echo in his head: "You don't belong there anymore."

Simba survives, but he lives disconnected—from his past, from his people, and from who he was meant to be. Even when surrounded by others later on, there's still a loneliness inside him that hasn't been dealt with.

- Have you ever felt alone even when other people were around?
- Why do you think loneliness can feel so heavy?

## OUR STORIES

- Are there moments when you feel left out or unnoticed?
- What situations make people feel the most alone? (school, friendships, family changes, social media, pressure to fit in)
- Who do you usually talk to when things get tough?
- How does it feel to know that even when people don't show up the way we hope, God never leaves?
- When you feel like you don't belong, what are some ways you can remind yourself that you're not alone?

(Leaders: normalize loneliness without rushing to “fix” it.)

## TRUTH & TREASURE

### Elijah Feels Alone – 1 Kings 19:1-9

Elijah was a prophet of God in Israel during a time when following God wasn't popular or safe. A prophet is a messenger who helps people hear what God is saying and reminds them how to live God's way. King Ahab and Queen Jezebel led the people away from worshiping the one true God and encouraged the worship of Baal instead. Elijah spoke boldly against this, even when it put him in danger.

When Queen Jezebel threatened Elijah's life, he ran into the wilderness just like Simba. He was exhausted, afraid, and overwhelmed. After everything he had done for God, Elijah felt completely alone.

Let's take a look at what happened next: <https://www.youtube.com/watch?v=sOn2Ftucjrk>

Was Elijah alone? No! Even though Elijah felt alone, God hadn't left him. God showed up and cared for him in his loneliness. He sent an angel to wake him up from his sleep and tell him to eat. Elijah woke up and there were cakes of bread baked on hot stones and a jar of water. He was able to go on a 40-day and 40-night journey on the strength that God provided through that meal.

Elijah felt alone, but God was right there — caring for him, giving him what he needed to keep going. Sometimes we feel like no one sees us or understands, but God never leaves us. He gives us strength, comfort, and people who remind us we're not alone.

### Interactive Component: “What Helps You Keep Going?”

Help students connect Elijah's experience to their own lives and recognize how God provides support when they feel alone.

#### **Activity: Think-Pair-Share**

1. Ask students to silently think about:
  - A time they felt tired, overwhelmed, or alone.
  - What helped them keep going?
2. Pair students with one other person (or small group of 3).
3. Invite them to share (only what they're comfortable sharing).

Just like God gave Elijah food and rest, God often gives us strength through simple things—people, encouragement, rest, prayer, or quiet moments.



## DISCOVERY

### GAME | Stranded on a Mountain Survival Game

Hand each student a supplies list page and read the following:

After your small light airplane crashes, your group, wearing casual clothing, is stranded on a forested mountain in awful winter weather (snow covered, sub-freezing conditions), anything between 50 and 200 kilometres from civilization (you are not sure of your whereabouts, and radio contact was lost one hour before you crashed, so the search operation has no precise idea of your location either). The plane is about to burst into flames and you have a few moments to gather some items. Aside from the clothes you are wearing which does not include coats, you have no other items. It is possible that you may be within mobile phone signal range, but unlikely.

Your aim is to survive as a group until rescued. From the following list choose just ten items that you would take from the plane, after which it and everything inside is destroyed by fire.

First you have **three minutes by yourself** to consider and draw up your own individual list of what the team should have, without consulting with other members of the group. Keep this list after presenting it briefly to the group. Then you **have 5 minutes as a group** to discuss and agree a list on behalf of the group.

### GAME | Common Ground Countdown

Even when we feel different or alone, we often have more in common than we realize.

- Students stand in small groups of 3-6 (or mix them up each round).

How to Play:

1. The leader calls out a number and a time limit:
  - “Find 3 things you all have in common — you have 30 seconds!”
2. Groups talk quickly and agree on their shared traits.
3. When time is up, each group shares one common thing they found.
4. Repeat with new groups or increase the challenge.

Rules:

- Can't use obvious things like “we're all human” or “we're all here.”

Examples of “Common Ground” Ideas Students can use:

- Hobbies (sports, music, shows)
- Feelings (“we've all felt nervous at school”)
- Experiences (“we've all forgotten homework before”)
- Preferences (“we all like snacks”)
- Life stuff (“we all have someone who annoys us”)

## DISCOVERY CONTINUED

### Level-Up Rounds

- Speed Round: 15 seconds only
- Deep Round: At least one emotional or real-life commonality
- Silent Round: Write or gesture instead of speaking
- Switch-Up: Regroup students so they're with new people

## PRAYER

Thank you, God, for being near to us. We are so happy to know that even if we feel alone, you are with us always. Help us to have the courage to be a friend by sitting and talking with someone who is alone. Amen.

### WEEKLY CHALLENGE

Look for a friend, sibling, or classmate who feels alone. Smile, sit with them, talk, play a game, or draw together.

## Stranded on a Mountain

Team building Survival Game

- ☐ Pack of 6 boxes x 50 matches
- ☐ Roll of metal sheets
- ☐ 1 bottle of medicine
- ☐ 1 crate of bottled spring water
- ☐ Small toolbox with hammer, screwdriver set, wrench, large knife
- ☐ Box of distress signal flares
- ☐ Small basic first-aid kit with plasters, bandages, antiseptic ointment, small pair of scissors and pain-killer tablets
- ☐ Mobile phone with battery half-charged
- ☐ Radio
- ☐ Gallon container full of fresh water
- ☐ Box of chocolate bars
- ☐ Shovel
- ☐ Short Axe
- ☐ Rope
- ☐ Box of peanuts
- ☐ Box of tissues
- ☐ Inflatable 4-person life-raft
- ☐ Compass
- ☐ Large full can of bug spray
- ☐ Small can of air freshener
- ☐ Notebook and pencil
- ☐ Board games
- ☐ Sewing kit
- ☐ Whistle
- ☐ Torch
- ☐ Box of candles
- ☐ Bag of 6 large blankets