

IDENTITY & SELF-ACCEPTANCE | WEEK 4

WELCOME & WHO YOU ARE

LEADERS GOAL

Equip students with tools to overcome fears and grow in confidence

SCRIPTURES

Philippians 4:13
2 Corinthians 3:5
Philippians 1:6
Deuteronomy 7:9

ACTIVITIES

I Can Do This
What's the Worst that Could Happen?

PRAY

Confidence to tackle auditions

SUPPLIES

- One mini envelope per student
- Slips of papers inside each mini envelope with the prompt for the I Can Do This! Activity
- Strips of paper to add to chain of courage
- Chain of Courage
- Tape
- Bible marked and open to Philippians 4:13, II Corinthians 3:5, Philippians 1:6, Deuteronomy 7:9
- Chairs arranged in a circle
- Create welcoming space and engage with students as they enter space.

BOTTOM LINE

Fear and Confidence are both real

AS STUDENTS ARRIVE

Last week we talked about fear and the characters in our story who had fears. Did anyone's No Fear Plan come in handy this week? Were you faced with any new fears that you'd want to add to another link in our chain of courage?

Auditions are coming up and it's OK to feel uncomfortable stepping out of your comfort zone. You can feel a little fear and still step out of your comfort zone!

STORY CONNECTION

Now let's talk about confidence. Who in our story is confident?

Karl: "It's our year! We're sophomores (grade 10) Easy to ignore. Flying under the radar. Then boom! We're gonna win the Hunt!" and "I'm an awesome dancer!" (script, p3)

Mike: He is steady, kind, and patient through all of the chaos

Are Ellie or Katherine confident about anything?

TRUTH & TREASURE

Some people think that they will feel confident when they have money, looks, achievements, big houses or fancy cars. However, none of these things are permanent nor do they satisfy us completely.

The Bible tells us that our confidence is in God because He is a faithful God.

Supplies: Add these new scriptures to the strips of paper students wrote on at arrival and add to the Chain of Courage Craft started last week. Read/have student read the scriptures out loud with each other

I can do all through Him who gives me strength. **Philippians 4:13 NIV**

Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you. He will never leave you nor forsake you. **Deuteronomy 31:6 NIV**

Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus. **Philippians 1:6 NIV**

Know therefore that the LORD your God is God. He is the faithful God, keeping His covenant of love to a thousand generations of those who love Him. **Deuteronomy 7:9 NIV**

OUR STORIES

- What things do you feel super confident doing?
- What helps you feel confident?
- How can someone grow in confidence?

DISCOVERY TIME

GAME | I Can Do This

Hide one mini envelope per student around your small group space. Inside each envelope is a slip of paper that has a challenge on it. The objective of the game is for students to boldly do the written task even if it may seem silly or embarrassing. Have student performing the action say "I can do this" and then have all other students repeat back to them "you can do this!". Each student takes turn opening an envelope and all students do the activity inside in the same way.

Examples: say this tongue twister 5 times "A happy hippo hopped and hiccupped," mime being stuck in a small box, sing Happy Birthday song like you're underwater, do audition dance on 3X speed, 5 jump squats like a heavy weight champion, 5 push-ups like you're in jello, 10 jumping jacks with the most joy and enthusiasm, pretend to walk on a balance beam with sticky shoes, 'fly around' like the tooth fairy saying 'bring out your teeth', do the chicken dance and whisper sing it



GAME | What's the Worst that Could Happen?

Students sit in a circle

One person shares a fear (public speaking, messing up a dance move, ordering food, etc.)

As a group, brainstorm the absolute worst-case scenario, making it dramatic and silly

Brainstorm the realistic outcome and how they could respond courageously.

This activity turns a fear into something less intimidating and gives a safe space to laugh about it.

Discuss how fear often grows bigger in our minds than what actually happens. Trusting God helps to shrink fear back to size.

PRAYER

Thank you, God that you make us brave, confident, and strong. Auditions are coming and we know we're all feeling something about this – excitement, nervousness, uncertainty, shyness, or anticipation. Thank you that we can do it with your help. You are with us. We give you permission to keep doing the good work you began in each of us. Help us to learn, grow, and stay teachable. Help us remember who we are matters more than what we can do. Amen.

Weekly Challenge

Remember that you are always learning and growing. God has begun a good work in you. You've only just begun.

Confidence isn't just found in being who you are, it's in who you're becoming.

Do something this week that you don't feel confident or strong in. Practice, not just once, but two or three times. Stretch yourself. Tell us next week how your confidence grows.

Say this tongue twister 5 times “A happy hippo hopped and hiccupped” as fast as you can

Mime being stuck in a small box

Sing Happy Birthday song like you're underwater

Do the audition dance on 3X speed

Do 5 jump squats like you're a heavy weight champion

Do 5 push-ups like you're in jello

Pretend to walk on a balance beam with sticky shoes

Do the chicken dance and whisper sing it

'Fly around' like the tooth fairy saying 'bring out your teeth

Do 10 jumping jacks with the most joy and enthusiasm possible