

IDENTITY & SELF-ACCEPTANCE | WEEK 6

WELCOME & WHO YOU ARE

LEADERS GOAL

Ensure student learn and understand what empathy is and how to show it to others.

SUPPLIES

- Scenario cards for What's Really Going On? Activity
- Bible marked and open to Romans 12:15 and 1 John 3:18

SCRIPTURES

Romans 12:15
1 John 3:18

ACTIVITIES

Act out empathy
What's really going on

PRAY

BOTTOM LINE

By being empathetic towards others we can help them feel seen and heard. ie. empathy, the ability to feel and understand what someone is going through.

AS STUDENTS ARRIVE

Last week we talked about our identity and who God says we are. How did these truths encourage you this past week? What truths will you keep speaking over yourself this week?

STORY CONNECTION

The next few weeks, we'll talk about empathy and understanding. We help others feel seen, known, and understood when we show empathy, as if we're walking in their shoes.

Freaky Friday is all about walking in someone else's shoes, isn't it? When the hourglass breaks, Katherine and her daughter Ellie swap bodies. Talk about a surprise!

Katherine and Ellie are in for a BIG lesson in empathy and understanding!

OUR STORIES

- What is empathy? (the ability to feel and understand what someone is going through)
- How can we show empathy to others?
- What can make it hard to respond with empathy instead of judgment or criticism?
- Who has shown you empathy and how did it make you feel to have their support?



Watch this video by Brené Brown, using only minutes 0:08-1:33 and 2:13-2:43

Link: <https://www.youtube.com/watch?v=1Evwgu369Jw>

TRUTH & TREASURE

The Bible tells us to, Rejoice with those who rejoice; mourn with those who mourn. Romans 12:15 NIV

Dear children, let us not love with words or speech but with actions and in truth. I John 3:18 NIV

How did Jesus model empathy?

- When Lazarus, his friend, died, Jesus saw how sad Mary and Martha, the sisters of Lazarus, and the others mourning were. He cried with them even though He knew He would raise Lazarus from the dead. Jesus knows and understands when we are sad and hurting. John 11:28-35
- A man with leprosy knelt before Jesus and asked, "If you are willing, you can make me clean." Leprosy was a contagious skin disease, and those afflicted were forced to live outside of the town, away from the community. Jesus felt compassion on the man and did something strictly forbidden at that time. He touched the man with leprosy and said, "I am willing. Be clean!" He healed him. Matthew 8:1-4

These stories show how Jesus not only feels with people, He acts in love. He cares.

DISCOVERY TIME

GAME | Act Out Empathy

Using the scenarios, students act out a response without empathy. Encourage students to go over the top in their example that lacks empathy.

Then re-perform the scenario to show a compassionate response.

Scenarios:

- A classmate spills their gatorade all over their science project.
- A friend tries out for the A team but doesn't make it.
- A friend realizes they weren't invited to a group hangout and sees everyone posting about it.
- A student trips going up the stairs while everyone is watching.
- A teammate accidentally scores on their own team during a game.
- Someone posts a picture and gets mean or teasing comments on it.
- A K2K friend freezes and forgets their lines on stage.

With these scenarios, we know the cause for someone's sadness or frustration. But usually there is more to the story. So, go deeper with students about empathy by doing the next activity.



GAME | What's Really Going On?

We only see the outward display of someone, but we don't know the full story of what's going on inside or at home. Choose a scenario card and brainstorm together what's really going on. Then brainstorm how to show empathy and understanding.

Scenario Cards:

- Employee comes running into work 15 minutes late, hair a mess, uniform untucked. What's really going on?
- Young child disrupts the class by talking to everyone around him. What's really going on?
- Young adult spends all his time in his bedroom playing video games and feels anxious about going out. What's really going on?
- Your friend gives a short, annoyed response when you ask them a question. What's really going on?
- Someone never volunteers answers in class or joins in group discussions. What's really going on?
- A teammate misses two practices in a row and people start whispering about them. What's really going on?
- Someone posts dozens of selfies or updates every day. What's really going on?
- A friend texts just before you're supposed to hang out and say they can't make it. What's really going on?

PRAYER

God, thank you for your love and compassion for us. You see and know what we are going through, and you care. Help us to notice others this week as they might be going through things we don't even know about. Give us courage to be empathic and to show love with what we say and how we respond. Amen.

WEEKLY CHALLENGE

We help others feel seen, known, and understood when we show empathy, as if we're walking in their shoes.

Look for an opportunity this week to show empathy. Be understanding and patient because we may not know the full story of what's going on.



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Young child disrupts the class by talking to everyone around him. What's really going on?

Young adult spends all his time in his bedroom playing video games and feels anxious about going out. What's really going on?

Your friend gives a short, annoyed response when you ask them a question. What's really going on?

Someone never volunteers answers in class or joins in group discussions. What's really going on?

A teammate misses two practices in a row and people start whispering about them. What's really going on?

Someone posts dozens of selfies or updates every day. What's really going on?

A friend texts just before you're supposed to hang out and say they can't make it. What's really going on?