

# WARM-UPS



THE TEAM BUILDING “WARM-UPS” ON THE FOLLOWING PAGES have icons that match the icons for the “Life Topics” in the front of the Bible. You can also use these “Warm-ups” with any of the “Athlete Topics” to kick off or enhance your group discussions.

# WARM-UPS

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# WARM-UPS

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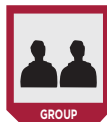
# WARM-UPS

## SEE ME, SEE YOU

Get with one other person. It would be best if you know your partner fairly well.

Read the questions below. First, answer

the questions as they apply to you. Then answer them as you see your partner. If you do not know your partner well, just guess. After you have responded to both sets of questions, compare responses with each other. See how well you know each other.



| ME                       |                          |                          | QUESTIONS                                | THEM                     |                          |                          |
|--------------------------|--------------------------|--------------------------|------------------------------------------|--------------------------|--------------------------|--------------------------|
| Yes                      | No                       | Don't Know               |                                          | Yes                      | No                       | Don't Know               |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Am I patient?                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I think of others first?              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Am I well-liked?                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I enjoy life?                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I worry a lot?                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Am I trustworthy?                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I take risks?                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I need to be part of a group?         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Am I quiet?                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Do I like to be the center of attention? | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |



# WARM-UPS

## BEING THERE

Get in groups of around four and share where you would like to be right now.

You'll have to travel in your mind, but that's okay. Picture yourself stepping into your very own 22 century teleportation device. Would you program yourself to go somewhere else in your hometown, city, state, or country? Would you travel the world or take a trip to somewhere in the universe? You can go anywhere you want, but you can only go there once. Where would you go?

Now consider this: Your use of the teleportation device is only one-way. There's no return trip. So wherever you go, you'll stay for the remainder of your life. Does that change your destination choice?

***If you could take one thing with you, what would you take?***

***If there was room for one more person to go with you, who would you want to join you?***



## ROOTED

The Bible declares: "The love of money is a root of all kinds of evil" (1 Timothy 6:10). Money can play a powerful role in your life—both positive and negative. The same is true for success. What keeps you rooted?

In your group, answer and discuss the following questions:



***My attitude toward money is best expressed by the following motto:***

- |                                                |                                                      |
|------------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Save, save, save.     | <input type="checkbox"/> It's a necessary evil.      |
| <input type="checkbox"/> Spend, spend, spend!  | <input type="checkbox"/> It's a source of arguments. |
| <input type="checkbox"/> There's never enough. | <input type="checkbox"/> It's a source of fun.       |

***My feelings about getting ahead can be summed by the following statement:***

- |                                                      |                                                        |
|------------------------------------------------------|--------------------------------------------------------|
| <input type="checkbox"/> Look out for number one.    | <input type="checkbox"/> Keep a balanced life instead. |
| <input type="checkbox"/> What else is there in life? | <input type="checkbox"/> Don't neglect your family.    |
| <input type="checkbox"/> It's a high priority.       | <input type="checkbox"/> It's not worth it.            |

***My idea of a successful person is represented by the following type of person:***

- |                                                  |                                               |
|--------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Healthcare professional | <input type="checkbox"/> Spiritual guide      |
| <input type="checkbox"/> Scholar                 | <input type="checkbox"/> Politician           |
| <input type="checkbox"/> Technological genius    | <input type="checkbox"/> Professional athlete |

# WARM-UPS

## TRYING TO FIGURE IT OUT

If you could know one thing about the future what would it be? Take a look at the list below and check only one.



- ☐ What kind of work I will do
- ☐ What I will look like when I'm old
- ☐ When Christ will return
- ☐ How healthy I will be
- ☐ Whom I will marry
- ☐ How much money I will make
- ☐ If I will stay in touch with my school friends

Get in groups of four and share your response, and discuss answers to the following questions:

***What do you most want to ask God about your life?***

***Which relationship would you most like for God to make new?***

- ☐ My relationship with my parents
- ☐ My relationship with God
- ☐ My relationship with myself
- ☐ My relationship with my friends

## ICE CREAM OF THE MONTH

Get in groups of around four and share your favorite ice cream flavors and combinations. Whether it's a single, double, or triple scoop, places like Baskets of Robins and Bob and Terry's can make your wildest frozen fantasy a reality. If you've got the funds, they've got the flavors.

Choose up to three of your favorite flavors—from plain vanilla to banana-rama-extravaganza. You can write them on each scoop, if you like.

Compare your favorites with other members of your group.

Now think of three words that distinctively describe you. Whether you write them down or not, share and compare your responses.



# WARM-UPS

## CUT IT OUT

Get into groups of around four, and provide something round that can be cut into pie pieces like a cookie cake, pie, cake, or simply a sheet of paper that can be cut with scissors. Imagine that the round object you have is the face of a clock. Picture the 12 hours on a clock face. Consider the 12 hours to be 12 free hours you have on a rare day off. It's a day that, besides resting, is totally yours.

The first person should consider the number of hours in their day they will spend doing something for himself or herself, and then cut that section out of the object. The second member of the group will cut out the amount of time he or she will invest in others. The third person will cut out a section that represents the amount of free time he or she will spend with God. Then, discuss the questions below. If you need to reuse the object for each person, reassemble it and do so.

***What do you spend most of your time doing? If you could add more time to your day, what would you do?***

***How much of your day is spent learning more about God and His purpose for you? How much time do you spend serving Him?***



## A BIT FIT

Get together in groups of around four. If you are wearing a fitness-tracking device, discuss why you have it? What do you like about it? What would you like to change about it?

***What impact could wearing a fitness-tracking device have on the person who wears it? Could it influence anyone who is not wearing one?***

***Why do you think so many people are jumping on the bandwagon to track their fitness?***

***Do you think anyone wears a wristband to make a point? What point might they be trying to make?***

***Could someone become obsessed with it? If so, how?***

***Could it become a status symbol?***

***What measurement is most important to you? (You might be able to tell by considering the one you check most.)***

☐ Steps

☐ Calories

☐ Calories

☐ Miles

☐ Time

***How does what you consider most important to you impact the way you spend your time?***

***What causes you the most stress? How do you de-stress?***

***What issues concern you most? Are they global or personal? What can you do, if anything, to deal with these issues?***



# WARM-UPS

## BUZZER-BEATER

Get together in groups of around four and share how there's almost nothing more exciting in any competition

than a last minute victory. A shot made just before the buzzer sounds to win a basketball game—especially when a championship is on the line—is the best! But for the losing team, it's the opposite. There's almost nothing worse than losing at the last second.



*What last minute “buzzer-beater” decision have you made that turned out to be one of the best decisions you ever made?*

*What “buzzer-beater” decision have you made that turned out to be one of the worst decisions you ever made?*

*Are you aware of your stress level being higher when you're under pressure? Are you better or worse under pressure?*

*How do you usually react in a crisis? Are you one of the first to offer help or are you one of the first to run for help?*

## FACTS AND FICTION

Get together in a group of four. Here's a chance to share some interesting facts about yourself—and a piece of fiction.

One at a time, complete the four sentences below. Read through the four phrases first before quietly choosing the one to be a work of fiction. Then share the four statements, keeping a straight face throughout. Let others in the group try to guess which the fictitious statement. When everyone has guessed, reveal the fictitious response then complete the phrase with a true piece of information. Take enough time so everyone has a chance to share.



When I was five years old, I wanted to grow up to be a \_\_\_\_\_.

When I was ten, my hero was \_\_\_\_\_.

My favorite thing to do when I am not in school is \_\_\_\_\_.

One day, I hope to change the world by \_\_\_\_\_.

# WARM-UPS

## WHO AM I

Gather in groups of around four and discuss the various roles you play at home, at school and at other places. From the list below, check the different roles you fill in your life. After sharing your answers with the group, take turns answering the questions that follow.



I am a/an . . .

- |                                   |                                      |                                             |
|-----------------------------------|--------------------------------------|---------------------------------------------|
| <input type="checkbox"/> Sister   | <input type="checkbox"/> Employee    | <input type="checkbox"/> Volunteer          |
| <input type="checkbox"/> Brother  | <input type="checkbox"/> Musician    | <input type="checkbox"/> Skier              |
| <input type="checkbox"/> Student  | <input type="checkbox"/> Writer      | <input type="checkbox"/> Pet owner          |
| <input type="checkbox"/> Friend   | <input type="checkbox"/> Boyfriend   | <input type="checkbox"/> Actor              |
| <input type="checkbox"/> Athlete  | <input type="checkbox"/> Girlfriend  | <input type="checkbox"/> Fan                |
| <input type="checkbox"/> Son      | <input type="checkbox"/> Babysitter  | <input type="checkbox"/> Youth group member |
| <input type="checkbox"/> Daughter | <input type="checkbox"/> Club member | <input type="checkbox"/> Driver             |

1. Which role is most fun?
2. Which role is most challenging?
3. What role do you fill that is most rewarding?
4. Which role is most frustrating?



# WARM-UPS

## MUSICAL SCORE

For an athlete, the word *score* brings to mind points for a basket, touchdown, hit, run, goal or other numeric value assigned to an individual's or team's performance. For a musician, the score contains the musical notes and lyrics needed to either play or sing a musical piece, whether the notes are to be played on a flute or bass drum, or sung by a soloist or choir. Scores are also important to gamers and people involved in lots of other activities.

Think about scoring in athletics. Which sport has the simplest scoring system? Which has the most confusing and would be hard to explain to someone who knew nothing about the sport? If you could choose one word to score your spiritual growth, which would you choose? Consider the ones listed below, or choose your own.

Why would you choose it, and what score would you give yourself?

Thinking about music as it relates to your personal discipleship, are you more like a musician down in the orchestra pit or a vocalist on the stage. If you're a vocalist, are you a soloist or a member of the choir? Use the continuums below to mark where you are as a soloist (Lone Ranger Christian) or member of the choir (Accountable to others).



|              | SOLOIST | MEMBER OF THE CHOIR |
|--------------|---------|---------------------|
| ace          |         |                     |
| basket       |         |                     |
| distance     |         |                     |
| game         |         |                     |
| goal         |         |                     |
| lap          |         |                     |
| par          |         |                     |
| point        |         |                     |
| run          |         |                     |
| set          |         |                     |
| time         |         |                     |
| touch        |         |                     |
| touchdown    |         |                     |
| other: _____ |         |                     |

# WARM-UPS

## SUNSCREEN OR SUNBURN

Get into groups of up to eight and discuss the last time you were out in the bright, hot sun for an extended period of time. How long were you outside? What were you doing?

Was it your choice to be outside, or did someone else make the choice for you?



*How does your skin react to prolonged exposure to the sun? Did you burn, tan, or was there no visible change to your skin?*

*What is your opinion about sunscreen?*

*Think about times when you are forced to make a decision. Are you quick to state your opinion, or do you avoid expressing your thoughts?*

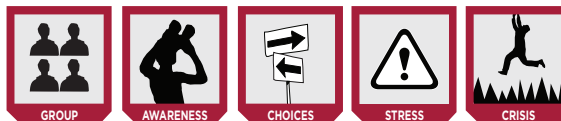
Rate yourself from 1 to 5 for each category below. A 1 means you avoid expressing your thoughts, so you “screen” yourself. A 5 means you are quick to state your opinion, regardless if you get “burned” for it. You may rate yourself differently depending on the topic. Then discuss why you rated yourself the way you did and give examples.

|          | SUNSCREEN |   |   | SUNBURN |   |  |
|----------|-----------|---|---|---------|---|--|
| Grades   | 1         | 2 | 3 | 4       | 5 |  |
| Faith    | 1         | 2 | 3 | 4       | 5 |  |
| Politics | 1         | 2 | 3 | 4       | 5 |  |
| Dating   | 1         | 2 | 3 | 4       | 5 |  |
| Family   | 1         | 2 | 3 | 4       | 5 |  |
| Sports   | 1         | 2 | 3 | 4       | 5 |  |
| Religion | 1         | 2 | 3 | 4       | 5 |  |
| Friends  | 1         | 2 | 3 | 4       | 5 |  |

# WARM-UPS

## OUT OF EGYPT

Gather in groups of around four. Have someone read Exodus 3:1-14, the account of Moses and the burning bush. After reading the Scripture, discuss the following questions.



1. What is your first reaction to what you just heard?
2. Did these words of Scripture help you have a better understanding of who God is? If so, what do you understand better now? If not, what questions do you have?
3. Thinking about Moses and his encounter with God, which of the following can you most relate to right now? Share why.

- ☐ I need to feel God's presence right now.
- ☐ I'm dealing with some temptations, failures, or bad choices. I need to be closer to God.
- ☐ I'm hurting, and I need to be reminded that God cares about me.
- ☐ I need things in my life to change. I need to be reminded that God is my Rescuer.
- ☐ I really want God who is bigger than I can understand. I've been tempted to make up a god in my own image who is far too small.

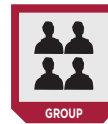
4. What is your "Egypt" that you need God to deliver you from?

- ☐ Painful past
- ☐ Problems with parents
- ☐ Toxic relationship
- ☐ Anxiety
- ☐ Loneliness
- ☐ Depression
- ☐ Fear of the future
- ☐ Bad attitude
- ☐ Addiction that has you captive

# WARM-UPS

## A COOPERATIVE SPIRIT

Get into groups of around four and discuss the following: Are you more likely to compete or cooperate in each of the situations listed below?



### Compete      Cooperate

- Playing a game of pick-up ball with friends
- Working with a group on a school project
- Playing a board game
- Discussing an issue in class
- Playing on a school sports team
- Driving
- Making a decision as a family

☐☐☐☐☐☐☐☐☐☐☐☐☐☐

## IF IT COULD GROW ON A TREE

Apples grow on apple trees, and oranges grow on orange trees. That's Biology 101. So it would be strange to see an apple growing on an orange tree or vice versa. As the creation account in Genesis reads, "The earth produced vegetation: seed-bearing plants according to their kinds and trees bearing fruit with seed in it according to their kinds. And God saw that it was good." (1:12). It's good that trees bear the fruit God intended them to bear.

The common phrase, "If money grew on trees..." is a way of saying that we wish money could be as easy to obtain as picking an apple off of a tree.

Get in groups of around four and complete the statement, "If money grew on trees . . ." with the first thing you would do with your unlimited source of finances. Don't limit your choice to tangible objects. Dream big. After all, money is no object.

***If you couldn't have a money tree, what kind of tree would you like to have?  
What one thing would grow on it?***

***Now think of someone you care about. What would you wish for them?***



# WARM-UPS

## SHORTS AND STUFF

Bermuda Shorts (your grandparents wore them, your parents wore them and you may even wear them because they keep coming back in style) came on the international scene during World War I when British military personnel sported them to deal with the warm, tropical climate. Territories and countries across the globe are associated with products and services.

In groups of around four, look at the following list and check each item that appeals to you. Some items may be unfamiliar to you, but others in your group may be familiar with them. Discuss reasons for your choices.

- |                                            |                                           |                                               |
|--------------------------------------------|-------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Belgium waffle    | <input type="checkbox"/> French fries     | <input type="checkbox"/> Irish potatoes       |
| <input type="checkbox"/> British Sterling® | <input type="checkbox"/> Fiji Water®      | <input type="checkbox"/> Japanese steak house |
| <input type="checkbox"/> Columbian coffee  | <input type="checkbox"/> German shepherd  | <input type="checkbox"/> Mongolian beef       |
| <input type="checkbox"/> Cuban sandwich    | <input type="checkbox"/> Greek yogurt     | <input type="checkbox"/> Norwegian salmon     |
| <input type="checkbox"/> Egyptian cotton   | <input type="checkbox"/> Guinea pig       | <input type="checkbox"/> Polish sausage       |
| <input type="checkbox"/> French bread      | <input type="checkbox"/> Italian bread    | <input type="checkbox"/> Russian dressing     |
| <input type="checkbox"/> French dressing   | <input type="checkbox"/> Italian dressing |                                               |



# WARM-UPS

## GETTING HELP

Get in groups of around four. Look at the following situations, and determine what kind of help you would need to

deal with each based on the level of stress the situation would cause. Mark each as stressful, very stressful, or as a full-blown crisis.



GROUP



CRISIS



ISSUES



AWARENESS

|                                                   | STRESSFUL                | VERY STRESSFUL           | FULL-BLOWN CRISIS        |
|---------------------------------------------------|--------------------------|--------------------------|--------------------------|
| How I spend my time                               | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| People I don't get along with                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Curfew                                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Violence                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Taking a test                                     | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Not having enough money                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting up in the morning                         | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Eating alone at school                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Giving a speech                                   | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Bad grades                                        | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Being asked to pray for someone or something      | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting into college                              | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Excelling in extracurricular activities           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Sharing in small groups                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Driving                                           | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Wondering what everyone is doing over the weekend | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Death                                             | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Family                                            | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Race relations                                    | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Getting in shape                                  | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| Holidays                                          | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

# WARM-UPS

## MAYBE-MY-MOJI

Get together in a group of four. After looking at the emojis, pick the one you feel most strongly about. Share why you feel the way you do.



Now pick the emoji that has the least interest to you. Share why you picked it.

Now go look at the rest of the emojis and explain why you would or would not use them and why.

***Which emoji best represents your relationships right now? Is that where you want your relationships to be? If not, what emoji would you like to represent them?***



# WARM-UPS

## I AM COMPETITIVE . . .

Get with one other person. Does your partner know how competitive and cooperative you are? How would the people who know you most classify you?

Look at the following list of activities. Which ones are you more likely to compete? Which ones are you more likely to cooperate? Take turns with your partner going through the list and selecting *Competes* or *Cooperates* for each situation.



GROUP



AWARENESS



RELATIONSHIPS



CHOICES

### Competes

### Cooperates

|                          |                                             |                          |
|--------------------------|---------------------------------------------|--------------------------|
| <input type="checkbox"/> | Playing a board game                        | <input type="checkbox"/> |
| <input type="checkbox"/> | Playing a game of pick-up ball with friends | <input type="checkbox"/> |
| <input type="checkbox"/> | Playing on a school sports team             | <input type="checkbox"/> |
| <input type="checkbox"/> | Working with a group on a school project    | <input type="checkbox"/> |
| <input type="checkbox"/> | Discussing an issue in class                | <input type="checkbox"/> |
| <input type="checkbox"/> | Driving                                     | <input type="checkbox"/> |
| <input type="checkbox"/> | Using social media                          | <input type="checkbox"/> |
| <input type="checkbox"/> | Making a family decision                    | <input type="checkbox"/> |

## SHIELDED

Throughout history, families have used symbols, usually in the shape of a shield, to represent their family heritage. Though a family may not post a coat of arms in their home or property, there has always been an interest in genealogy: the study of family history. Get in groups of around four. Using the coat of arms here, list five strengths about your parents and yourself on the shield.

After you share the strengths that make up your family coat of arms with your group, share what you liked about what you heard and then complete the following statement:

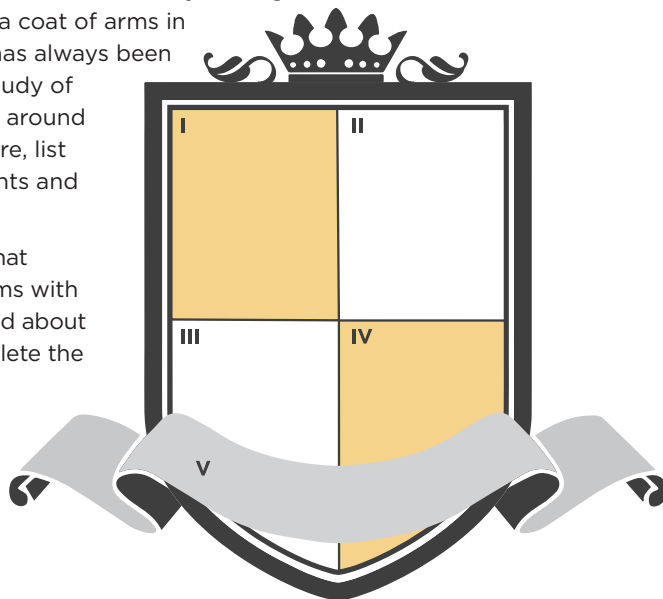
If I could add another strength that I have seen in you, it would be:



GROUP



CHOICES



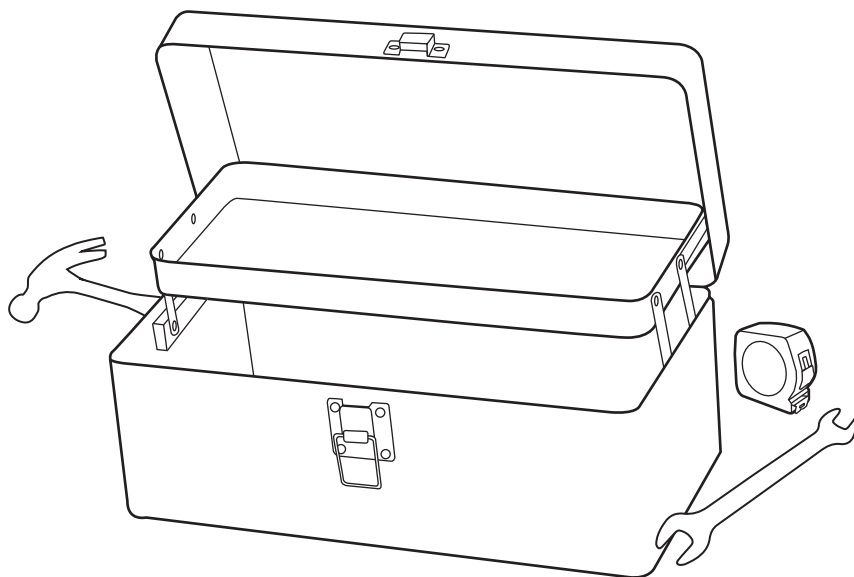
# WARM-UPS

## WHAT'S IN YOUR TOOLBOX?

Handy people have handy tools. Painters have brushes, rollers, and more. Window washers have cleaning supplies, rags, and those squeegee things. They keep up with their tools, because without their tools, it's impossible to do their jobs. Certain tools are necessary for certain jobs.

As a group, consider the old-school toolbox below.

The best way to organize a toolbox is to put in the top the tools you use most. Then, you put larger tools or tools used less frequently in the bottom.



***What tools, or skills, do you have? Which ones come easily to you or are the ones you use most frequently?*** These can be physical, mental, emotional or social. List the easier or more used skills in the top tier of the toolbox.

***Which tools don't come as easily to you or are seldom used? List these skills in the bottom of the toolbox.***

***The right tools are required to do the right job—especially when the job is critical. Do you have the right tools to help you in a crisis? If not, what do you need to add to your toolbox?***

***In what tool or tools do you place most of your trust?***

# WARM-UPS

## DIFFICULT PEOPLE

Some people just seem to be more difficult than other people. Whether it's true or not, you can almost guarantee that at some point in your day-to-day activities you are bound to encounter someone in a less-than-perfect situation.

Ask a member of the group to read the first statement below and briefly describe how he or she would likely respond. Invite others to respond. Read each statement, allowing several responses for each. After allowing time for group members to respond to all the statements, ask, "How are our responses a result of the things that cause us stress? What if we imagined ourselves—or someone we care deeply about—in the other person's place? Would we respond differently? If so, how?"



*If I were to encounter someone who chews with his or her mouth open, I would likely . . .*

*If I were to encounter someone who is boring me with endless conversation, I would likely . . .*

*If I were to encounter a server who gets my order wrong, I would likely . . .*

*If I were to encounter a driver who cuts me off, I would likely . . .*

*If I were to encounter a telemarketer who won't take no for an answer, I would likely . . .*

*If I were to encounter a person who flirts with me, I would likely . . .*

*If I were to encounter a cashier who talks on the phone while waiting on me, I would likely . . .*

*If I were to encounter a homeless person begging for money, I would likely . . .*

*If I were to encounter a person who cuts ahead in a long line, I would likely . . .*

*If I were to encounter someone who is being rude to an elderly person, I would likely . . .*

*If I were to encounter someone whose political views are the opposite of mine, I would likely . . .*

*If I were to encounter a person who seems very shallow, I would likely . . .*

# WARM-UPS

## HOW DOES IT MAKE YOU FEEL?

Get in groups of about eight. Discuss how sometimes we control our situations while sometimes our situations seem to control us. Then look at the situations below and consider the level of stress each causes you. For each situation, what stresses you most. If what stresses you most isn't an option, share what does.



GROUP



RELATIONSHIPS



CRISIS



BELIEFS

### EVERYDAY STUFF

Having unreliable (or nonexistent) transportation

Feeling that I don't have enough time to do everything

Feeling that I have no direction in life

### FAMILY

Dealing with parents

Getting along with siblings

Having restrictions and rules

### FRIENDSHIPS

Fear of rejection

Trying to read their mind

Being ignored

### EXAM TIME

The feeling of doom that hangs over me

Procrastinating when I really need to study

Drawing a blank for an answer I should know

### ATHLETIC TRAINING

Having a coach who is too demanding

Feeling I'm not good enough to compete

Being disciplined in my training

### ATHLETIC COMPETITION

Sitting on the sidelines

Wondering if I can play my best

Seeing a teammate make a bad play

# WARM-UPS

## WHEN I WAS TEN

Get in groups of around four. Use the following questions to talk about the person you were when you were ten years old. As you complete each statement, remember do so as a ten-year-old you. Make sure everyone has a chance to respond before moving to the next statement.



- My first pet: \_\_\_\_\_
- My favorite subject in elementary school: \_\_\_\_\_
- The person I went to when I got hurt: \_\_\_\_\_
- The chore I dreaded doing most: \_\_\_\_\_
- My first big trip: \_\_\_\_\_
- My favorite room in the house: \_\_\_\_\_
- The fun thing we often did as a family: \_\_\_\_\_
- My favorite thing to do on a summer day: \_\_\_\_\_
- The friend who got in trouble with me: \_\_\_\_\_
- My favorite uncle or aunt: \_\_\_\_\_
- The best Christmas present I received: \_\_\_\_\_
- My favorite thing to eat: \_\_\_\_\_



# WARM-UPS

## GAP YEAR

Get into groups of up to eight. Discuss your plans for life after high school. Depending on whether you'll graduate this year or in a few years, your plans may or may not be set. But even set plans can change at the last minute.

How ready are you now for life after 12th or senior year grade?

In what area are you most ready?

- |                                       |                                      |
|---------------------------------------|--------------------------------------|
| <input type="checkbox"/> Academically | <input type="checkbox"/> Socially    |
| <input type="checkbox"/> Athletically | <input type="checkbox"/> Emotionally |
| <input type="checkbox"/> Spiritually  |                                      |

Why did you check the area you indicated? In what area are you least ready to move forward?

On a scale of 1 (least) to 10 (most), how stressed are you about life after high school?

Some students take a gap year after graduating before heading off to college or the military or to start a career. What if you took a “spiritual gap year” right now? How could you begin investing today and for the next year to be more like Jesus? One year from now, what would be the evidence that you have grown in your faith?



## BOX SEATS

Get together in a group of four and discuss the greatest event you would like to attend but will likely never have the

chance to do. Maybe it's a national championship, a concert, or an opportunity to see a living legend or hero in person. What would you be willing to sacrifice to do so? How much would be too much? Where would you draw the line?

Now imagine you actually gain entrance to that once-in-a-lifetime event. You're not only there in person, but you're in a box seat—the best seat in the house! And it gets even better: You have two box seats. Who would you take with you? Why?

Now imagine you are sitting in your box seat beside your plus one waiting for the event to begin when you're informed that a mistake has been made. You have only one box seat instead of two. What do you do? Honestly, do you stay or give your dream away to your plus one?

Tough call. But it gets even tougher. Imagine looking at that one empty seat and realizing that it represents your life's goal, your purpose, all that is most important to you? Who or what do you imagine sitting in it?



# WARM-UPS

## LIFETIME GUARANTEE

If you could guarantee three things in your life, which three would you choose from the list below? Get together with one other person and share your choices with each other.



- ☐ Financially independent so you never have to work a day in your life
- ☐ Secure and rewarding job guaranteed for life with benefits
- ☐ An attractive appearance that always gets you noticed in a crowd
- ☐ Stress-free life without pain, struggles or tension
- ☐ Deep, satisfying relationship with God
- ☐ So popular that everybody wants to spend time with you
- ☐ Romantic relationship with the person of your dreams
- ☐ Close family with no hassles, unconditional love and lots of support
- ☐ Good health and a long life
- ☐ One deep friendship with someone who will always be there
- ☐ Success, fame, and recognition in your chosen field

WARM-UPS



# WARM-UPS

## WHAT'S A PALINDROME?

A *palindrome* is a word that reads the same backward and forward. For example, the woman's name HANNAH spelled backwards is still HANNAH. And if HANNAH happens to be your SIS, well, it's the same either way you spell it. Her MOM and DAD would be proud of her either way. One of the best palindromes is RACECAR, even if it is REDDER than the other cars. (Go ahead and spell them backward.) What other palindromes can you come up with? Some others are printed upside down—but not backward—at the end of this activity.

*Had you heard of palindromes before now? Would you have "believed in" palindromes if you had not seen a few for yourself?*

*Do you believe that seeing is believing or that believing is seeing? What's the difference between these two perspectives?*

*What do you want to see happen most in your relationship with God?*

*As a growing Christian, what do you have the most trouble believing?*

*In what way are you going the wrong way—living backward—as a Christian?*

*What can you praise God for as you continue to move forward in your walk with Christ?*

*More palindromes:*

redivider, deified, civic, radar, level, rotor, kayak, revival, madam, and refer



## LIFE ON AN ISLAND

Use masking tape to mark off four two-foot-by-two-foot squares on the floor. Tell students that everyone has to get both feet completely inside one of the squares and remain there. Anyone with a foot on a line or outside a square is out (use more squares if needed). When everyone is in a square, pull up the tape of one of the squares. Allow 30 seconds for the students from that square to squeeze into the other three. Call out all students whose feet fall on or outside the boundary. Continue until there is only one square. Then discuss some or all of the following questions.



1. Imagine you are marooned on a deserted island with nothing but the clothes you are wearing. What do you think your chance of surviving would be?

| 0% | 25% | 50% | 75% | 100% |
|----|-----|-----|-----|------|
|----|-----|-----|-----|------|

2. If you could have just one thing with you on this deserted island, what would it be?
3. What do you think your chance of surviving would be if you had this one thing?

# WARM-UPS

0% 25% 50% 75% 100%

4. If you could have just one person with you, whom would it be?
5. What do you think your chance of surviving would be if you were not alone?

0% 25% 50% 75% 100%

6. How would you try to get off the island?
7. Would you rather live forever alone on an island than escape? Why or why not?
8. Would you like to always live where you live now? Why or why not?
9. If you could choose any place in the world to live, where would it be? Why?

## YOU JUST CAN'T SEE IT

Get together in a group of around four. Blindfold all but one member of the group who will serve as the leader and assure everyone else is safe. The leader will give simple signals to the blindfolded members of the group such as stand up, sit down, turn around, take three steps, hop on one foot, touch your toes, wave, bend at your knees and so on. Repeat, allowing each person to give signals while the rest of the group is blindfolded. Discuss how it felt to do simple things while blindfolded.

- Did being blindfolded impact the way you moved? If so, how?
- Were you more concerned about yourself or about someone else in the group?
- How did you know everyone was participating?
- How do you know you weren't the only person wearing a blindfold?
- Is there something to learn about your relationship with God from this activity?



## THIS IS YOUR COUNTRY

Get together in a group of four. Discuss what your country would look like if you created it. Would it border the ocean? Where would the beaches and mountains be, if any? Where would the big cities be and would there be lots of them. Where would the farmland be and what percentage of country would be devoted to it? Where would the major populations live? So many decisions.

- Where would you live? What kind of people would live nearest you? Who would live the farthest away?
- Based on the design of your ideal country, what does it reveal about your likes, dislikes, comfort zones, and prejudices?
- On closer examination, do you need to make any adjustments, or do you like your country just the way it is?



# WARM-UPS

## WITH GRATITUDE

Giving thanks is a great thing to do—even if you're not staring face-to-face with a turkey on your dinner table. Take a few minutes to say thanks to God. Look at the list below and choose the things for which you are thankful. There is no limit on your choices or your gratitude.



Share with the group some of the things for which you are thankful.

- |                                          |                                   |                                           |
|------------------------------------------|-----------------------------------|-------------------------------------------|
| <input type="checkbox"/> Accomplishments | <input type="checkbox"/> Faith    | <input type="checkbox"/> Mind             |
| <input type="checkbox"/> Appearance      | <input type="checkbox"/> Family   | <input type="checkbox"/> Nationality      |
| <input type="checkbox"/> Calling         | <input type="checkbox"/> Friends  | <input type="checkbox"/> Neighborhood     |
| <input type="checkbox"/> Car             | <input type="checkbox"/> Future   | <input type="checkbox"/> Pets             |
| <input type="checkbox"/> Character       | <input type="checkbox"/> Health   | <input type="checkbox"/> Reputation       |
| <input type="checkbox"/> Church          | <input type="checkbox"/> Heritage | <input type="checkbox"/> School           |
| <input type="checkbox"/> Courage         | <input type="checkbox"/> Hobby    | <input type="checkbox"/> Sense of purpose |
| <input type="checkbox"/> Creativity      | <input type="checkbox"/> Home     | <input type="checkbox"/> Spiritual gifts  |
| <input type="checkbox"/> Education       | <input type="checkbox"/> Job      | <input type="checkbox"/> Talents          |
| <input type="checkbox"/> Emotions        | <input type="checkbox"/> Memories | <input type="checkbox"/> Wisdom           |

Now that you've expressed your gratitude, from the verses listed below, choose the one that best expresses your gratefulness to God. Say it out loud and then share why you made your choice. Listen as others read their verses and share.

***Give thanks to the LORD, for he is good; his faithful love endures forever.***  
— 1 Chronicles 16:34

***I will thank the LORD for his righteousness; I will sing about the name of the LORD Most High.*** — Psalm 7:17

***Enter his gates with thanksgiving and his courts with praise. Give thanks to him and bless his name.*** — Psalm 100:4

***Let them praise the LORD for his great love and for the wonderful things he has done for them. Let them offer sacrifices of thanksgiving and sing joyfully about his glorious acts.*** — Psalm 107:21-22

***Don't worry about anything, but in everything, through prayer and petition with thanksgiving, present your requests to God.*** — Philippians 4:6

After group members have shared verses, close with a prayer of thanksgiving.

# WARM-UPS

## WHO'S YOUR BUDDY?

Assume one of the following identities. You don't have to keep it a secret, and it's likely others in your group will choose the same identity you choose.



Now that you've chosen who you will be for this activity, meet as many people as you can. Pretend that you are meeting them for the first time as the new person they have chosen to be. Introduce yourself according to the identity you have chosen.

- |                                                     |                                           |                                                 |
|-----------------------------------------------------|-------------------------------------------|-------------------------------------------------|
| <input type="checkbox"/> Scientist                  | <input type="checkbox"/> Exchange student | <input type="checkbox"/> Hearing impaired       |
| <input type="checkbox"/> Seamstress                 | <input type="checkbox"/> History teacher  | <input type="checkbox"/> Environmental engineer |
| <input type="checkbox"/> Quadriplegic               | <input type="checkbox"/> Millionaire      | <input type="checkbox"/> Police officer         |
| <input type="checkbox"/> Minister, pastor or priest | <input type="checkbox"/> Girl scout       | <input type="checkbox"/> Mechanic               |
| <input type="checkbox"/> Doctor or nurse            | <input type="checkbox"/> Chef             | <input type="checkbox"/> Professional athlete   |
| <input type="checkbox"/> Soldier                    | <input type="checkbox"/> Boy scout        | <input type="checkbox"/> Sailor                 |
| <input type="checkbox"/> Musician                   | <input type="checkbox"/> Model            |                                                 |

Now here's where all of these new identities come into play. You've been selected to participate in an experiment in which you and three others will live in tents for three months in a remote area. You will be provided with a bed and enough clothes to get you through the adventure. Food, water, and personal hygiene will be available, complements of the great outdoors, but you'll have to hunt and gather them. What three people do you choose for your camp?

When you have formed your group, discuss what each person brings to the group.



# WARM-UPS

## HYDRATION STATION

Make four posters. On the first poster list and number the following responses:

1. Ten, 2. Water, 3. Go home and shower,

4. Good friends. On the second poster list and number the following responses:

1. Seven, 2. Sports Drink, 3. Hang out with friends, 4. Close family. On the third poster list and number the following responses: 1. Five, 2. Soda/Tea, 3. Eat, 4. Peace with God. On the fourth poster list and number the following responses: 1. Two, 2.

Nothing, 3. Do something else, 4. Peace with myself.

Place the posters in opposite corners or areas of the room. Then ask the following questions, one at a time, instructing students to select the corresponding numbered answer that best represents their response. Tell students to go to the poster that has the answer they have chosen, share answers, and stay with their group until you ask the next question. At that point, students will move to find the response that best represents their response.

1. On a scale of 1 to 10, with 1 being least and 10 being most, this is how important I consider hydration. (10, 7, 5, 2)
2. What will you usually find in my water bottle? (Water, Sports Drink, Soda/Tea, Nothing)
3. What do I like to do after a practice or competition? (Go home and shower, Hang out with friends, Eat, Do something else)
4. What do I really want most in my life now? (Good friends, Close family, Peace with God, Peace with myself)



GROUP



AWARENESS



CHOICES



DISCIPLESHIP

## ESCAPE GAME

Get in groups of around four and discuss any personal experience you have had

with or information you've heard about escape games. You may have escaped, or nearly escaped, from one of these games, room or experiences that have popped up over the last few years. Some people love them and some people . . . not so much.

***Why are these "escape" experiences popular? Why do people like them?***

***Why might some people not be fans?***

***What might you learn about others during an "escape"? What might you learn about yourself?***

The greatest escape has already happened. It occurred when Jesus escaped death. How does Jesus's "great escape" give you confidence for today and hope for the future?



GROUP



AWARENESS



RELATIONSHIPS



DISCIPLESHIP



ISSUES

# WARM-UPS

## MIX IT UP

Get with one other person. Determine if either of you knows what an anagram is. Here's a hint: The words circle and cleric are anagrams. Can you figure it out?



An *anagram* is a word formed by rearranging the letters of another word and using the same letters only once. Exact same letters; different words. Got it?

Sometimes, anagrams can even be fairly accurate descriptions of each other. Some are funny. Match the anagrams in the left column with its pair in the right column.

Iceman

Twelve plus one

The eyes

I'm a dot in place

Eleven plus two

They see

Dormitory

Dirty room

Decimal point

Cinema

Astronomer

Moon starrer

(Answers: Iceman/cinema, the eyes/they see, eleven plus two/twelve plus one, astronomer/moon starrer, dormitory/dirty room, decimal point/I'm a dot in place)

**Was it stressful to figure out the anagrams? Could you believe the words actually formed other words—words that made sense of each other?**

**What causes you stress in life? Why do you think that is?**



# WARM-UPS

## PAY ATTENTION

Have a member of the group stand in front of the others. Instruct everyone to closely observe the person. Direct them to look at clothes, hair and other details. Then ask the person to step out of sight and change five observable things. (Or tell the group to close their eyes while the person makes the changes.) Examples of changes can include switching a watch or jewelry from one hand to the other, threading a belt the opposite way, untying a shoe, changing hair and so on.

Challenge the group to identify the five changes. Allow other volunteers to change five things about their appearances then challenge group members to identify the changes. Share that sight is not the only way to understand our surroundings, but it is often the sense that people turn to first and depend on most.

1. What is something you tend to notice first about a person?
2. Do others comment more on your physical appearance or on your personality?
3. In a group setting, do you tend to be the life of the party or an invisible guest?
4. How easy is it for you to see the good in people?
5. If you had the power to do so, what one thing would you change about yourself?
6. Do you typically change to fit in with your friends, or do your friends try to change you?
7. Do you see yourself as self-conscious or confident?



## 'TIS THE SEASON

'Tis the season . . . for allergies. Get in groups of about eight and talk about your allergies, if you suffer from any. Go ahead and complain about the itchy watery eyes, sneezing, and drowsiness. Hopefully, you don't have life-threatening allergies. Those are serious business.

***What do you believe to be the source of your allergies? What kind of problems do your allergies cause? Who worries about them most: you, your family, or your doctor?***

***Have you been diagnosed? Can you avoid the triggers?***

***It seems that every season is allergy season; you can't avoid them. Strange question: Is there anything or anyone you'd like to be allergic to? In other words, what or whom would you like to avoid at all cost? Why?***



# WARM-UPS

## TREASURE HUNTERS

Cue the scene from a movie in which an actor (or actors) discover a treasure for the first time. Show as much footage leading up to the discovery as you have time but pause at the high point of the discovery. Consider *Goonies*, *Raiders of the Lost Ark*, *Pirates of the Caribbean*, and *National Treasure*, among others.

1. Describe how you think the characters felt when they saw the treasure for the first time?
2. Do you see the Bible as a treasure? Check the response that best describes how you feel about personal Bible study.
  - ☐ I'd rather not study the Bible on my own.
  - ☐ I probably wouldn't be able to learn anything from studying it myself.
  - ☐ I'm stressed out by it because I don't know how to do it.
  - ☐ Personal Bible study is one of my favorite times of the day.
3. What is one treasure you've found in the Bible? Share it with the group. If you can't think of a treasure you've found, share one treasure you would like to find.



GROUP



BELIEFS



DISCIPLESHIP

## CATCH IT IF YOU CAN

Get with one other person. Match the following “catches” with the worst possible way to make the catch.

Compare answers with members of your group. (Remember: Find the worst possible way to make each catch.)



GROUP



AWARENESS



RELATIONSHIPS



CHOICES

### CATCH

1. A butterfly
2. A thief
3. A runaway dog
4. A runaway train
5. A cat
6. A mouse
7. A baseball
8. A fly
9. A fish
10. A game
11. A person you really like
12. A bear
13. A cold
14. A nap
15. Your parents' attention

### “CATCHING” METHOD

- a. Ignoring them/it
- b. Find a nice quiet place
- c. Stay outside underdressed in subfreezing temperature
- d. Use a trap with “teeth”
- e. Compliment them/it
- f. Watch on the TV
- g. Use a hook
- h. With a flyswatter
- i. With a glove
- j. With cheese
- k. Maybe a dog will help
- l. Call Superman
- m. Employ a dog catcher
- n. Activate your alarm system
- o. Use a net

# WARM-UPS

## GO AHEAD AND SAY IT . . . OR NOT

Get together in groups of around four and be amazed (or totally bored) by this fact: The longest sentence in the English language is believed to be almost 14,000 words. That doesn't even seem possible. There are several one-word sentences like, "Go," "Stop," "Eat," and more.

The longest verse is found in Esther 8:9. The shortest Bible verse in English is found in John 11:35. Look it up.

***Are you a talker or a listener? Do people seek you out to listen to them or to hear what you have to say?***

***What are the benefits of talking?***

***What are the benefits of listening?***

Jesus says, "Let your 'yes' mean 'yes,' and your 'no' mean 'no.'" (Matt. 5:37).

There's something to be learned here. How do Jesus's words relate to you, your relationships with others, and to Him?

Oh, and the shortest verse in the Bible? It's "Jesus wept."



## I BELIEVE

Ask a student to step out of the meeting area. Then have the rest of the group suggest professions (teacher, preacher, welder, cook, coach, etc.) or animals (birds, sea creatures, livestock, wild, etc.), and assign one of them as the student's secret identity. Ask the student to rejoin the group and select three other students. These three students will each ask a leading question that will give a hint about the secret identity. For example, if the identity is an octopus, the first student might ask, "How do you like living underwater?" The second might ask, "What's it like to change colors in order to blend into your surroundings?" And the third might ask, "Do your arms tend to get stuck to things?" Then the student who left the room will try to guess his or her secret identity based on these questions. Reveal the identity after the student guesses. Repeat with other students.

***How do clues help us find answers?***

***What do you believe about your identity in Christ?***

***What questions have God already answered that can help you live a life that is pleasing to Him?***



# WARM-UPS

## SUPERTEAM

Gather as a group and think about what each of you have to offer. What is your greatest asset? It could be a natural talent, acquired skill, personality trait or resource you could use to help others. If you have trouble identifying a strength, group members may be able to point out something. Try to recall a time when you remember making a positive contribution.

Have each member of the group share what he or she has to offer. If possible, have each person write the word or phrase they share. (This will be helpful in recalling what was shared.) It's okay if more than one person shares the same thing.

After everyone shares, have members group themselves with others who have shared identical or similar things. Discuss shared strengths.

Then have members find others who have expressed qualities that are most different from their own. Members can pair up or gather in smaller groups. Discuss the strengths you saw in the variety.

Discuss the potential in the group and what may come from combining forces.

***Who would be best in a crisis?***

***Who would be a good leader?***

***Who would be most valuable in helping new members feel welcome?***

***Who would you want to partner with if you found yourself in an unfamiliar or uncomfortable situation?***

Consider the talents, skills, personality traits and resources represented. What type of “superteam” (or “superteams”) might your group become? What need (or needs) might you be able to meet? What could you do to make life better for others? What do you believe it takes to be a “superteam”?



# WARM-UPS

## WISH LIST

Find a partner. Read through the wish list and choose the three things you desire most. After making your choices, note what neither you nor your partner chose and discuss why the things

didn't make your lists. **Did you have any in common? Why did you make your choices?**



GROUP



CHOICES



RELATIONSHIPS

- |                                         |                                       |
|-----------------------------------------|---------------------------------------|
| <input type="checkbox"/> Success        | <input type="checkbox"/> Health       |
| <input type="checkbox"/> Personal peace | <input type="checkbox"/> Job security |
| <input type="checkbox"/> Good looks     | <input type="checkbox"/> Popularity   |
| <input type="checkbox"/> Wealth         | <input type="checkbox"/> Strong faith |
| <input type="checkbox"/> Close family   | <input type="checkbox"/> Strength     |
| <input type="checkbox"/> Romance        | <input type="checkbox"/> Friendship   |

## MOUNTAINS AND BEACHES

Get together with one other person and take a minute to picture yourself in the

mountains: sitting on a fallen tree trunk, thick trees overhead, lush undergrowth all around, in the distance other mountain peaks, scurrying squirrels and chirping birds chipping away at the things that usually bother you.

Now, imagine yourself on a beach: sun on your face, sand between your toes, the sound of the tide and the call of seagulls drowning out the worrisome things that were once on your mind.

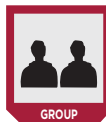
Both have something to offer; both are an escape from the pressures of school. Wouldn't it be nice if during every season you had a week off to go somewhere and get away? Where would you choose to go each season?

**Where would you rather be right now: at the mountains or on a beach? Why would it be a good place for you to be right now?**

- |                                    |               |                                |
|------------------------------------|---------------|--------------------------------|
| <input type="checkbox"/> mountains | <b>winter</b> | <input type="checkbox"/> beach |
| <input type="checkbox"/> mountains | <b>spring</b> | <input type="checkbox"/> beach |
| <input type="checkbox"/> mountains | <b>summer</b> | <input type="checkbox"/> beach |
| <input type="checkbox"/> mountains | <b>fall</b>   | <input type="checkbox"/> beach |

Do you tend to like the same place all the time, or does where you want to be depend on the season you're in? Where do you feel closest to God?

What season are you in with God right now? Does it feel cold? Does it seem to be warm and growing? Would you describe your relationship with Jesus as winter, spring, summer or fall?



GROUP



RELATIONSHIPS



CHOICES



DISCIPLESHIP

# WARM-UPS

## BLESSED

Get into groups of up to eight and read the Beatitudes as recorded in Matthew 5:3-10. Discuss each type of “blessed” person and the positive results of being that kind of person. Talk about what each beatitude means in real, day-to-day life. For example, “What does it mean to be ‘poor in spirit’ when I’m trying to get along with my family?” or “What does it mean to me to be given ‘the kingdom of heaven’?” After everyone has time to discuss, have each group member rate how he or she is doing with living out that beatitude. Use a scoring system of 1 (“I’m having a hard time”) to 5 (“I think I’ve got this one down”). Then share examples of people who live out each.



1. “Poor in spirit” means

\_\_\_\_\_

A great example is

How I rate myself:



2. “Those who mourn” means

\_\_\_\_\_

A great example is

How I rate myself:



3. “The gentle” means

\_\_\_\_\_

A great example is

How I rate myself:



4. “Those who hunger and thirst for righteousness” means

\_\_\_\_\_

A great example is

How I rate myself:



5. “The merciful” means

\_\_\_\_\_

A great example is

How I rate myself:



6. “The pure in heart” means

\_\_\_\_\_

A great example is

How I rate myself:



7. “The peacemakers” means

\_\_\_\_\_

A great example is

How I rate myself:



8. “Those who are persecuted for righteousness” means

\_\_\_\_\_

A great example is

How I rate myself:

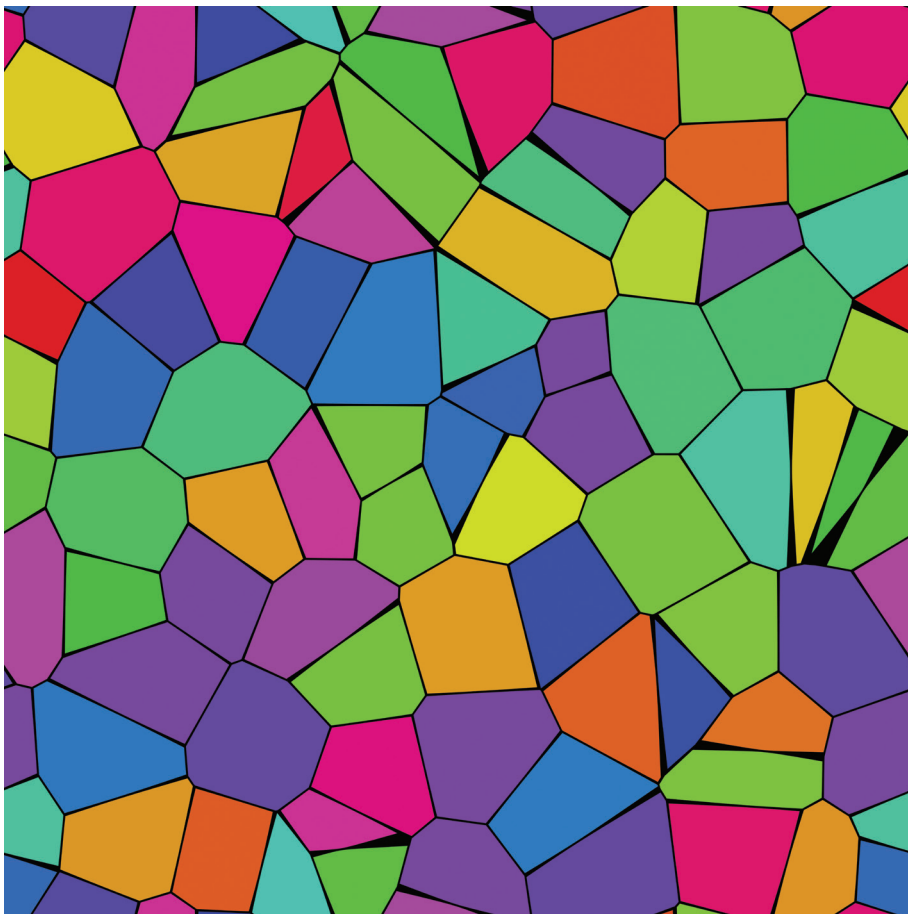


# WARM-UPS

## STAINED GLASS

Get in groups of about eight. Look at the illustration of the stained glass and share what you see. What do the images represent to you?

What is the meaning of the glass? Don't worry. There aren't any wrong answers.



*Did all of you see the same thing? Were there any way-out-there views?*

*Who in your group did you think most like?*

*In a crisis, is it good or bad to team up with someone just like you? Why or why not?*

*If you were to design a stained glass that depicted a crisis-free life, what would it look like? What colors and shapes would you use? Would you include any specific images?*

# WARM-UPS

## MY LIFE IN A SONG

Get together in groups of around four.

Read the statements. Place an X

somewhere between the two extremes to

indicate how you feel. Think of a song that best describes how you feel about

each area of your life. For each, briefly explain why you marked each statement

as you did and why you selected that song.



In my **EMOTIONAL LIFE**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

In my **FAMILY LIFE**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

In my **ATTITUDE TOWARD SCHOOL OR WORK**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

In my **SPIRITUAL LIFE**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

In my **CLOSE RELATIONSHIPS**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

As I look toward **THE FUTURE**, I'm feeling . . .

**TERRIBLE**

**GREAT**

This area of my life would best be summed up by the song: \_\_\_\_\_

## GOOD TO KNOW

Get together in groups of around four, and share answers to the questions below. It will not only be good to know more about each other, but you might even get to know yourself a little better.



When I was younger, I wanted to be a . . .

Even though it's work, I really enjoy . . .

If I could revisit a place I've been before, it would be . . .

I really don't care if I ever take another bite of . . .

My easiest class is . . .

My most challenging class is . . .

The funniest thing that ever happened to me was . . .

My favorite uncle or aunt is . . .

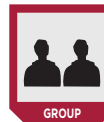
When I need some time alone, I . . .

I am happiest when . . .

# WARM-UPS

## STRESS POINT

Get together with one other person and go through the list below. Share what stresses you out in each situation. Suggestions are provided to help you get started, but they may not be right for you. Be honest about your own experiences. After you share what causes you stress in each area, share what you do to relieve that stress.



|                                        |                                                                                                                     |
|----------------------------------------|---------------------------------------------------------------------------------------------------------------------|
| <b>Major tests and exams</b>           | The feeling of doom that hangs over me<br>Drawing a blank on an answer that I should know<br>Other:                 |
| <b>Important athletic competitions</b> | Sitting on the sidelines waiting to get in the game<br>Seeing a teammate make a really bad play<br>Other:           |
| <b>Friendships</b>                     | Fear of rejection<br>Being used or manipulated<br>Other:                                                            |
| <b>Family interactions</b>             | Getting along with my siblings<br>Having very strict rules and restrictions<br>Other:                               |
| <b>Daily frustrations</b>              | Having unreliable or nonexistent transportation<br>Feeling that I don't have enough time to do everything<br>Other: |
| <b>Athletic training</b>               | Having a coach who is way too demanding<br>Being disciplined to stay in training<br>Other:                          |

# WARM-UPS

## TUNE IN

Ask a student to stand in front of the group. Tell group members that the student will share some very important information. Call on another student to stand on the far side of the meeting space and listen as the student speaks. With the room fairly quiet, ask the speaking student to tell the other student standing far away about his favorite musician or musical group. Then ask the listening student to repeat what the other student said.

Next, point out that life is seldom calm and quiet. Ask the listening student to use their phone to make a call to a friend in the group. Provide a phone if needed. As they talk to the friend, have other students in the group play music from their phones. Play additional music or make more noise. Tell the remaining students to simultaneously talk to the listening student as all of this is going on.

Now, instruct the talking student to tell the listening student to give a play-by-play description of something that happened to them this week. Again, ask the student to repeat the information. Then discuss the following questions as a group.

1. What happened to the student's ability to hear as the noise level increased?
2. What are some of the "noises" in your life that sometimes distract you or inhibit you from hearing God?
3. On a scale of 1 to 10 with 1 meaning "I can't hear God at all" and 10 meaning "I hear God loud and clear," how would you rate yourself? Why?



# WARM-UPS

## BE THE BALL

Get in groups of about eight and stand in a circle. Give one person in the group a tennis ball. Students will toss the ball underhand to others in the group as follows:



Prior to each toss, the student holding the ball must ask, “How would you like to be . . . ?” and complete the question with a word of his/her choosing (*For example: “smart,” “fast,” “an international flight attendant”*). The student who answers the question then tosses the ball to someone else and asks, “How would you like to be . . . ?” The last person who catches the ball and answers the question tosses the ball back to the person who started the game and asks him/her the same question.

After everyone in the group has had an opportunity to answer the question, begin a second round by asking, “What is the worst thing about being . . . ?”

After the second round, put the ball away and discuss the following questions:

***What is more important: being or feeling?***

***What is so great about being a part of a group?***

***Have you ever felt like you were on the outside of a group looking in?***

***What is something that is happening in the world today that should not be happening?***

***If you could change three things in the world, what would they be? Why would you make these changes? What would it take for you to be effective in making the changes?***

## GETTING MESSY

Get together in groups of around four and discuss some of the messiest jobs in life. Then share which of the following positions would be the “messiest” for you, either physically or emotionally. Individually rank them from 1 to 5—messiest to least messy—and then share responses.



- ☐ The one in the group who doesn't go along with the crowd
- ☐ Farmhand in a barn
- ☐ Counselor in a school
- ☐ Trash collector in a large city
- ☐ The friend stuck in the middle of an argument among other friends

***Which is worse: messy jobs or messy relationships?***

***How do you react when you're asked to do something messy?***

***What would be the most humbling experience you can imagine?***

# WARM-UPS

## LIGHTWEIGHT

Gather in groups of around four and discuss that a lightweight can be a person who's not qualified for a position or is not up to a task. But a lightweight can also be a simple classification that helps ensure competition is fair. A boxer weighing more than 126 pounds but not over 135 pounds is a lightweight. A wrestler who weighs more than 134 pounds but not over 145 pounds carries the same classification. And then of course, there is the simple measurement of any kind of weight. Is it heavy or is it light?



Sit in chairs, and extend your legs out in front of you. Stay in this position as long as you can. Next, have one person extend his or her legs, this time place a book or other object on his or her legs, and instruct that person to hold this position as long as he or she can. Time how long the object is held before his or her legs fall. Then repeat by adding a second object and then a third. Allow others to attempt the same challenge.

*How did the additional weight affect your leg strength?*

*How are the objects like sin?*

*How might your endurance represent resisting temptation?*

*How does a relationship with God help lighten the weight of sin?*

## YOU THINK YOU HAVE ISSUES?

Get in groups of about eight and discuss how you would rank the following problems. Use the column to the left to rank each from 1 (greatest) to 12 (least). After you have ranked each, swap with a person next to you and let him or her rank the same problems in the right column, and also put your rankings in the right column.



### Your Rank

- |                          |                     |
|--------------------------|---------------------|
| <input type="checkbox"/> | Greenhouse effect   |
| <input type="checkbox"/> | Loneliness          |
| <input type="checkbox"/> | Vandalism           |
| <input type="checkbox"/> | Pressure to perform |
| <input type="checkbox"/> | Family problems     |
| <input type="checkbox"/> | Stress              |
| <input type="checkbox"/> | Anger management    |
| <input type="checkbox"/> | Music               |
| <input type="checkbox"/> | Racism              |
| <input type="checkbox"/> | Pornography         |
| <input type="checkbox"/> | Bullying            |
| <input type="checkbox"/> | The economy         |

### Your Partner's Rank

- |                          |
|--------------------------|
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |
| <input type="checkbox"/> |

# WARM-UPS

## DUNKIRK

Find a partner and discuss that during World War II, after the fall of France, Dunkirk—the seaport where allied troops evacuated as enemy troops steadily approached—became synonymous with crises. To find oneself in a serious crisis is to be in a Dunkirk. If you don't know, Dunkirk is the seaport in World War II where allied troops—after hearing that France had fallen to Germany—tried to evacuate as enemy troops steadily approached. Find a partner and discuss your “personal Dunkirks” with each other by ranking the following potential crises from 1 to 10.



- |                                                                         |                                                                   |
|-------------------------------------------------------------------------|-------------------------------------------------------------------|
| <input type="checkbox"/> I forgot to do an in-class assignment.         | <input type="checkbox"/> My GPA just got lower.                   |
| <input type="checkbox"/> Someone I don't even know has a health issue.  | <input type="checkbox"/> Someone I care about has a health issue. |
| <input type="checkbox"/> My joke didn't get a single laugh.             | <input type="checkbox"/> I've just been bullied.                  |
| <input type="checkbox"/> An injury is preventing me from doing my best. | <input type="checkbox"/> There's no one for me to hang out with.  |
| <input type="checkbox"/> I have a health issue.                         | <input type="checkbox"/> I “fouled” at my favorite sport.         |

## BRAVE CHOICES

Get in groups of about eight. Take a lighthearted look at some fairly easy choices. The following may be one of the easiest multiple-choice tests you've ever taken. Give yourself 1 point for every “a” answer, 2 points for every “b” answer, and 3 points for every “c” answer. Then total your score from 6 (safest choices) to 18 (bravest choices).



### When I compete, I . . .

- a. Hold back.
- b. Pace myself.
- c. Go all out.

### In my relationship with my parents, I . . .

- a. Do exactly what they ask.
- b. Test my boundaries.
- c. Do what I want.

### When I eat out, I . . .

- a. Always eat the same thing.
- b. Sometimes try something different.
- c. Always try something new.

### In a social setting, I . . .

- a. Stick with my friends.
- b. Mingle in the group.
- c. Meet as many people as I can.

# WARM-UPS

## THINK ABOUT IT

Get in groups of around four and answer the following questions, one topic at a time. Feel free to discuss your answers with your group. You can check more than one answer under each topic. Share your feelings about each topic and why you chose the responses you did.



### I view the church as:

- ☐ Traditional
- ☐ A safe place
- ☐ Boring
- ☐ Fun
- ☐ Uncomfortable
- ☐ Always asking for money
- ☐ Uplifting
- ☐ Confusing because of all the denominations
- ☐ Friendly

### I view Christians as:

- ☐ Conservative
- ☐ World changers
- ☐ Perfect
- ☐ God's people
- ☐ Just like everyone else
- ☐ Sinners
- ☐ Loving
- ☐ Hypocritical

### I view the Bible as:

- ☐ Having too many pages
- ☐ Full of promises
- ☐ Inspiring
- ☐ Old-fashioned

- ☐ The secret to life
- ☐ Hard to understand
- ☐ The Word of God
- ☐ Full of violence
- ☐ Irrelevant

### I see prayer as:

- ☐ Positive thinking
- ☐ A direct line to God
- ☐ Magic
- ☐ Comforting
- ☐ Wishful thinking
- ☐ Powerful
- ☐ A life saver
- ☐ A daily exercise
- ☐ The key to my sanity

### I think of Jesus as:

- ☐ A wise teacher
- ☐ My best friend
- ☐ One of many teachers
- ☐ A very good man
- ☐ My Savior
- ☐ A miracle worker
- ☐ A Jewish rebel
- ☐ The Son of God
- ☐ A great example



# WARM-UPS

## GOD'S WORD ON LOVE

One of the most familiar Bible passages about love is found in 1 Corinthians 13:4–7. Ask group members to locate it in their Bibles and read aloud as they follow along.



Read the first statement from the list below. Then ask everyone to choose a number between 1 (does not describe me at all) and 5 (describes me exactly) to rate the way they love. Take turns reading each statement and then rating it.

- 1 2 3 4 5**    *Love is patient.* I don't take out my frustrations on those I love. I'm calm under pressure and careful with my tongue.
- 1 2 3 4 5**    *Love is kind.* I go out of my way to say nice words and do thoughtful things for others.
- 1 2 3 4 5**    *Love is not jealous.* I'm not envious of others' abilities or possessions. Neither am I jealous with my time for those in need.
- 1 2 3 4 5**    *Love is not boastful.* I don't consider myself more important than those I love. I don't brag.
- 1 2 3 4 5**    *Love is not proud.* I don't think of myself as better than those I love.
- 1 2 3 4 5**    *Love is not rude.* I don't make cutting or crude remarks when I don't get my way—or become silent and withdrawn.
- 1 2 3 4 5**    *Love does not demand its own way.* I don't put myself first. I give those I love spiritual and emotional support.
- 1 2 3 4 5**    *Love is not irritable.* I don't let little things bother me. I work to control my mouth.
- 1 2 3 4 5**    *Love keeps no record of being wronged.* I don't keep score of unkind things said or done to me.
- 1 2 3 4 5**    *Love does not rejoice about injustice.* I accept others but don't have to approve of all they do.
- 1 2 3 4 5**    *Love rejoices whenever the truth wins out.* With compassion, I say what needs to be said, even if it's difficult.
- 1 2 3 4 5**    *Love never gives up.* I'm always there for those I love—even when they upset me.
- 1 2 3 4 5**    *Love never loses faith.* I believe in those I love. I'm willing to let God shape and mold them.

# WARM-UPS

1 2 3 4 5 *Love is always hopeful. I'm good at expecting and thinking the best about those I love.*

1 2 3 4 5 *Love endures through every circumstance. I'm committed to those I love and prepared to see things through.*

## WHAT'S IN A NAME?

Names have meaning. Some parents spend hours thinking about the name they will give their newborn, sometimes far in advance of the child's birth. Many times children are named after relatives. Some names are passed down for generations. *Sophia* means "wisdom." *Angel* means "messenger." *Jack* is a form of John and means "God is gracious."



### What do you think of when you see the following names?

Virginia  
Beau

Georgia  
Oscar

Stormie  
Leonardo

Noel  
Jude

Wilma  
Dash

Wendy  
Dallas

A child's name might be changed when he enters adulthood—not unlike Little Bobby wanting to be called Bob or Robert. Sit in a circle. Beginning with one student, provide a new name that reflects his or her character, lifestyle or relationships. For example, if he or she is not a big talker but is aggressive in competition you might call him or her Silent Warrior. Use consensus in creating each new name. Continue until all students have been renamed.

Discuss that *Christian* means "follower of Christ." Though their new name might not have been a popular name to the pagan world it did identify them with their Lord and His call on their lives. How does the name Christian fit you?



# WARM-UPS

## NOW, THAT'S IMPORTANT

Get in groups of around four and share responses to the following questions.

Complete each question, and then discuss responses to each before moving on to the next.



**My least favorite place to eat is . . .**

**My favorite class is . . .**

**The best present I ever gave was . . .**

**My most memorable vacation was . . .**

**The person who seems to always make things better is . . .**

**People would probably describe me as . . .**

**I am closest to . . .**

**A friend is someone who . . .**

**When I am hurt, I want to . . .**

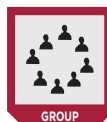
**Church is best when . . .**

**To me, the Bible is . . .**

**I would describe my relationship with God as . . .**

## TALKING STICK

Get in groups of about eight. If possible, show the clip from *Yours, Mine, and Ours* in which the mother gives the children a talking stick to guide the family conversation. Then choose one of you to speak first. Then take turns completing the following statements. Pass the talking stick around the circle, making sure everyone has an opportunity to share. If a stick isn't available, use any object that can be passed around and held. Whoever holds the talking stick commands the floor. Only that person can speak until he or she is completely finished and has passed the stick.



**My favorite movie is . . .**

**My greatest fear is . . .**

**The most important thing about relationships is . . .**

**I was most embarrassed when . . .**

**The best birthday I ever had was . . .**

**The way I get what I want is . . .**

**Friendship is better than dating because . . .**

# WARM-UPS

## IF THE SHOE FITS

If you have a lively group that isn't sensitive about removing their shoes, begin with a mixer. Have group members stand in a circle and then take off their shoes. After taking off their shoes, tell them to pile them up in the middle. Ask a member of the group to mix the shoes up. On your signal, group members rush to find their shoes, return to the spot in the circle where they were standing and put them on.

Talking about shoes, since Chuck Taylors hit the scene back in 1917 (recently celebrating their one hundredth anniversary), countless sneakers have been produced, bought, worn, worn out, and discarded. High tops and low tops in every color and style have hit many courts. It's been a long time since these sneakers have only served the court. Chuck would have never imagined how his original kicks have moved from functional to fashion statement.

And who could have ever guessed the nicknames these shoes would earn? Look at some of the nicknames below. You may or may not be familiar with them. But, if you had to pick, which name would describe you best?

***What does this name say about you?***

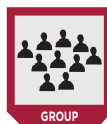
***What word would you use to describe your walk with God? Write it down in the space below.***

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## 26.2, 13.1, 5K

Get together with one other person and share if you have a 26.2, 13.1, or other race window decal on your car. If so, why do you display the sticker? If neither of you display a window decal for a race you have participated in, why do you think some people display them? What do you think of when you see one?

Think about your walk with the Lord (your relationship with God). Would it be best described as a marathon, a half marathon, or a 5K?

Share with each other where you are and—if needed—where you want to be. Is there any preparations you need to make or disciplines you need to take in order to get from where you are to where you want to be?

Is there anything you can learn from others who are “running” with you or from those who have “run” before you?



# WARM-UPS

## UNBROKEN

A broken promise could result in a broken relationship. At the very least, it might create unnecessary stress. But there is One who keeps every promise He makes. Scripture is full of God's promises for you. Read the 12 promises listed below. Choose one of the promises and share why you chose it. Then restate the promise in first-person language. For example, if you chose the first promise you would say aloud, "This means that *I* who belong to Christ have become a new person. *My* old life is gone; a new life has begun *for me*."



***"Therefore, if anyone is in Christ, he is a new creation; the old has passed away, and see, the new has come!"*** — 2 Corinthians 5:17

***"I am sure of this, that he who started a good work in you will carry it on to completion until the day of Christ Jesus."***

— Philipians 1:6

***"Call to me and I will answer you and tell you great and incomprehensible things you do not know."*** — Jeremiah 33:3

***"And God is able to make every grace overflow to you, so that in every way, always having everything you need, you may excel in every good work."***

— 2 Corinthians 9:8

***"I am able to do all things through him who strengthens me."***

— Philipians 4:13

***"We know that all things work together for the good of those who love God, who are called according to his purpose."*** — Romans 8:28

***"Ask, and it will be given to you. Seek, and you will find. Knock, and the door will be opened to you. For everyone who asks receives, and the one who seeks finds, and to the one who knocks, the door will be opened."*** — Matthew 7:7-8

***"No temptation has come upon you except what is common to humanity. But God is faithful; he will not allow you to be tempted beyond what you are able, but with the temptation he will also provide the way out so that you may be able to bear it."*** — 1 Corinthians 10:13

***"See! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in to him and eat with him, and he with me."***

— Revelation 3:20

***"Peace I leave with you. My peace I give to you. I do not give to you as the world gives. Don't let your heart be troubled or fearful."*** — John 14:27

# WARM-UPS

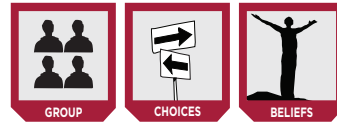
***“Trust in the LORD with all your heart, and do not rely on your own understanding; in all your ways know him, and he will make your paths straight.”***

— Proverbs 3:5-6

***“The LORD will protect you from all harm; he will protect your life. The LORD will protect your coming and going both now and forever.”*** — Psalm 121:7-8

## GOD’S CHILD

Gather in groups of around four and discuss the reality that God is our heavenly Father and that as Christians we are all part of the family of God. Use the following questions below to guide your discussion.



1. Which of God’s fatherly characteristics are most important to you?

- ☐ His understanding of who I am
- ☐ His power to make things right
- ☐ His willingness to give me a second chance
- ☐ His wisdom to steer me in the right direction
- ☐ His interest in my life
- ☐ His tender love and mercy
- ☐ Other:

2. Which do you consider to be the most important truth about being adopted as God’s children?

- ☐ Despite our differences, we all become one family (Galatians 3:28).
- ☐ His power to make things right.
- ☐ We become heirs of God’s eternal Kingdom (Galatians 3:29).
- ☐ We don’t have to be bound to anyone or anything (Galatians 4:1-4).
- ☐ We can relate to God as our “Abba” (Galatians 4:6).

3. Which of the following creates the biggest barrier for you in relating to God as “Abba”?

- ☐ I can’t trust someone I can’t see.
- ☐ My experience with my earthly father is bad.
- ☐ I can’t understand how Christ makes a relationship with God possible.
- ☐ I have no barrier.
- ☐ Other:

# WARM-UPS

## WHAT'S YOUR PRQ?

Get in groups of about eight and consider the idea of a Personal Risk Quotient (PRQ). The six questions below are a fun way to get you thinking about how much of a risk-taker you may be. After you answer all six, figure out your score. There's nothing scientific about this. It's just for fun!



1. When playing a board game, I usually . . .
  - a. Play it safe.
  - b. Stay cool and hold back a little.
  - c. Go for broke—risking everything.
2. With my parents, I usually . . .
  - a. Do exactly as I'm asked.
  - b. Test the boundaries.
  - c. Do my own thing despite the cost.
3. On a menu, I usually pick . . .
  - a. An item I know I like.
  - b. An item that's a little different.
  - c. An item I've never tried.
4. In most social settings, I usually . . .
  - a. Stick with my friends.
  - b. Mix with strangers.
  - c. See how many new people I can meet.
5. In meeting someone for the first time, I usually . . .
  - a. Let them do the talking.
  - b. Share the conversation.
  - c. Take the initiative.
6. I would prefer my life to include . . .
  - a. No risks and lots of safety.
  - b. Some risks and some safety.
  - c. Lots of risks and little safety.

Now, give yourself 1 point for every “a” response, 2 points for every “b” response, and 3 points for every “c” response. Then circle the total on the line below to get your PRQ.

MAY LIKE TO PLAY IT SAFE

I THINK I LIKE TO TAKE CHANCES

6 7 8 9 10 11 12 13 14 15 16 17 18

# WARM-UPS

## FORT-KNIGHT

No. The heading isn't misspelled. And it's not a game, or at least not the one you might be thinking of. Get in groups of around four and match each item in the left column with the place where it belongs from the list on the right (If a knight were listed, he wouldn't belong in a fort).



Soldier  
King  
Caveman  
Fox  
Bird  
Pilot  
Captain  
Preacher  
Teacher  
Actor  
Player  
Joey

Den  
Pouch  
Nest  
Plane  
Cave  
Ship  
Church  
Foxhole  
Castle  
Classroom  
Stage  
Game

### Discuss the following:

*Do you feel like you are where you belong? If not, why?*

*Are you aware of anyone who doesn't seem to belong anywhere? How can you help?*

## FREESTYLE

Some call it pop. Others call it soda. And some combine the two words and call it soda pop. Whether you call it a soft drink or a carbonated beverage, never before have there existed so many options to cool off and quench your thirst. And you're not limited to one taste per sip. Cherry and vanilla aren't the only flavors you can add to your favorite soft drink. New do-it-yourself dispensers with add-ins have already revolutionized the soft drink industry.

Think about your style. Do you see yourself as plain vanilla? Or maybe you like things with a little kick. If so, you might enjoy a splash of jalapeño juice in your favorite cola. Sometimes deciding what kind of concoction to enjoy can stress you out—especially if thirsty and impatient customers are breathing down your neck while you're trying to make that important decision!

From the following list of add-ins—as absurd as some may sound—choose your top three flavors. Even if you don't care for any of them, pick three. The good news is that you won't have to taste any of the bad ones.

- |                                           |                                                 |                                        |
|-------------------------------------------|-------------------------------------------------|----------------------------------------|
| <input type="checkbox"/> Plain vanilla    | <input type="checkbox"/> Laughable lime         | <input type="checkbox"/> Raw sugar     |
| <input type="checkbox"/> Dark chocolate   | <input type="checkbox"/> Jumping jalapeño juice | <input type="checkbox"/> Sea salt      |
| <input type="checkbox"/> Raging raspberry | <input type="checkbox"/> Barely strawberry      | <input type="checkbox"/> Twisted lemon |



# WARM-UPS

Share your top three and why you picked them. What do your choices indicate about your style?

Now continue ranking the flavors from four to ten, ten being the add-in that is least appealing to you.

***Which flavors would you be least likely to try? Why not? Which flavor would cause you the most stress if you had to drink it to the last drop?***

***Can you relate any of the flavors to stressors in your life? If so, what do some of the add-ins represent for you?***

***What stress are you dealing with? What would it take to be free of it?***

## YOUR TURN

Get in groups of around four. Choose someone to speak first. Whoever speaks first will need to hold an object that is readily available from the meeting space or that someone has brought with them (a pencil, shoe, this Bible, etc.). Complete the following sentences in the following manner: Whoever holds the object commands the floor. Only that person can speak. When the first person is finished speaking, the object is passed. The object is passed before and after every statement until everyone has completed all ten statements.



1. My favorite movie is . . .
2. My greatest fear is . . .
3. The most important thing about relationships is . . .
4. I was most embarrassed when . . .
5. The best birthday I ever had was . . .
6. The way I get what I want is . . .
7. I think guys/girls are . . .
8. Dating is better than marriage because . . .
9. Marriage is better than dating because . . .
10. God's plan for dating and marriage is . . .

