**Theme:** Self Image

Scripture Ref: Psalm 139:13 & 14

**Resources:**

* Ice-breaker questions on PowerPoint
* Secular game resources
* 3 x mirrors, paper & pens
* Ugly Duckling video clip
* Paper and pends for ‘one negative thing’
* A6 cards & drawing pins
* Mercy Me video song

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Doors open and ice breaker questions on screen** | 30 min |
|  |  | **Game** | 10 min |
|  |  | **Notices & encouragements** | 5 min |
|  |  | **Self-portrait with mirrors** | 8 min |
|  |  | Three people are brought on to stage and each is asked to draw a self-portrait using a mirror. The congregation judges who’s is best! | |
|  |  | **Mini intro into DGFSL and ‘self-image’** | **3 min** |
|  |  | **Video clip** | **3 min** |
|  |  | Clip from The Ugly Duckling  **URL:** [**https://youtu.be/UrHr5ykvE\_o**](https://youtu.be/UrHr5ykvE_o) | |
|  |  | **One negative thing** | **6 min** |
|  |  | Where we each write one thing that we think is about ourselves, and then come up and throw it in the bin! | |
|  |  | **Talk** | **5 min** |
|  |  | **Two positive things** | **10 min** |
|  |  | Where we each write two positive things about ourselves. Then, with the paper folded so the positive things can’t be seen, we pass the paper to the person on our left who also writes two positive things about us. | |
|  |  | **We are fearfully and wonderfully made** | **6 min** |
|  |  | People come up to the notice board and have a positive thing about them written on card and stuck on the notice board (no names). | |
|  |  | **Video song** | **3 min** |
|  |  | Song from Mercy Me, affirming that we are wonderfully made etc.  **URL:** [**https://www.youtube.com/watch?v=bmUfJtsaqps**](https://www.youtube.com/watch?v=bmUfJtsaqps) | |
|  |  | **Finish** | **2 min** |
|  |  | Mention chat and prayer, and also meal next week. |  |
|  |  | **End** |  |

**Theme:** Patience

Joel 2:13

**Resources:**

* Icebreaker questions PowerPoint
* Video countdown timer
* Food for meal
* Game resources
* 3 choc bars wrapped in Sellotape
* Video song

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Door open and ice-breaker questions** | **30 min** |
|  |  | **Video countdown timer** | **5 min** |
|  |  | **Meal** | **30 min** |
|  |  | **Game** | **10 min** |
|  |  | **Notices & encouragements** | **5 min** |
|  |  | **Exercise in patience** | **5 min** |
|  |  | Three choc bars are wrapped in Sellotape. See who can get to the chocolate first! | |
|  |  | **Whole congregation interactive** | **6 min** |
|  |  | How patient are we? Get everybody up and decide where they would be on a scale of 1-100, with regards to different questions and scenarios on being patient. | |
|  |  | **Table interactive** | **6 min** |
|  |  | Discuss in table groups how people feel when someone is impatient with them. Can they give any examples? Feed-back. Then use this ‘bounce-off’, non-rocket science question – “So how do people feel when someone **is** patient with us?” | |
|  |  | **Talk** | **5 min** |
|  |  | God is patient with us… | |
|  |  | **Video song – God is gracious and compassionate** | **3 min** |
|  |  | URL: <https://youtu.be/vjCyib5rMQ4> | |
|  |  | **Finish** | **2 min** |
|  |  | Mention prayer and chat available. | |
|  |  | **End** |  |

**Theme:** Choices

Jonah

**Resources:**

* Ice-breaker questions on PowerPoint
* Video countdown timer
* Game resources
* Two boxes
* Box of chocs
* Jonah video clip
* Video song

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Doors open & ice breaker questions on screen** | 25 min |
|  |  | **Video countdown timer** | 5 min |
|  |  | **Game** | 10 min |
|  |  | **Notices and encouragements** | 5 min |
|  |  | **Two boxes** | 6 min |
|  |  | This activity links the theme of the evening – ‘choices’ – with the story of Jonah i.e., choosing to do something different to what we have been advised / asked to do. There are two boxed gifts - one nice looking and one rubbish-looking. Primed congregation member comes up to choose one of the boxes. Up front leader ‘tries’ to persuade member to pick rubbish looking gift. However, member picks nice looking gift and discovers that there’s nothing in it. The ‘prize’ was in the rubbish looking gift. | |
|  |  | **Intro talk** | 3 min |
|  |  | Introducing the theme. | |
|  |  | **Table discussion** | 12 min |
|  |  | This discussion is in two parts. Firstly, for approx. 6 mins, ask table groups to discuss what sort of choices are easy to make and what are hard to make? Then feedback. Next, for 6 mins, ask the groups to think about who or what influences us to make our choices? How do we decide? Then feedback thoughts. | |
|  |  | **Video clip Jonah** | 5 min |
|  |  | Clip showing the story of Jonah <https://www.youtube.com/watch?v=jO2QsF_nnIU&t=103s> | |
|  |  | **Talk** | 6 min |
|  |  | **Video song** | 4 min |
|  |  | Song - Mercy Me ‘Dear Younger Me’ [https://www.youtube.com/watch?v=-l70C3ePyIQ](https://www.youtube.com/watch?v=-l70C3eP%20%20%20yIQ) | |
|  |  | **Finish** | 2 min |
|  |  | Mention chat and prayer, and also hot dogs next week. | |
|  |  | **End** |  |

**Theme:** Priorities

Fix your eyes on Jesus

**Resources:**

* Ice-breaker
* questions PowerPoint
* Video countdown timer
* Pens and prayer cards
* Hotdogs, rolls, sauces, kitchen roll
* Paper caterpillars & straws
* Toy Story video clip
* Pens & A6 pieces of paper or card, plus individual priorities printed on A4 sheets
* Briefed boffins

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Door open and ice-breaker questions on screen** | **30 min** |
|  |  | **Video countdown timer on screen** | **5 min** |
|  |  | **Hotdogs** | **30 min** |
|  |  | **Game** | **10 min** |
|  |  | The Cube – Racing paper caterpillars; moving them by blowing them with a straw.  **See:** [**https://montessorifromtheheart.com/2019/07/11/racing-caterpillars-paper-craft-kids-diy-game**](https://montessorifromtheheart.com/2019/07/11/racing-caterpillars-paper-craft-kids-diy-game) | |
|  |  | **Notices encouragements** | **5 min** |
|  |  | **Film clip** | **5 min** |
|  |  | Clip from ‘Toy Story’**. Note: You will need to use the first 5 or 6 minutes from the DVD, as this clip could not be found on YouTube.** Where do Woody’s priorities lie? With Andy, or with the other toys at their new home? And what are Andy’s priorities? **Note: If you can find a different DVD that enables you to ask the same questions as above, then please feel free to do so.** |  |
|  |  | **Priorities list, part 1** | **8 min** |
|  |  | Give each guest an A6 piece of paper / card & pen, and invite them to walk round the church, looking at different priorities, and making a note of their potential top three priorities. Then feedback results. Possible priorities are: **Family, friends, money, accommodation, job, health, Jesus, social-media, happiness, love, Me.** | |
|  |  | **Boffins – Have some volunteers (experts) to answer these questions** | **6 min** |
|  |  | * What are their priorities? * Have their priorities changed over the years? * Why should Jesus be their number one priority | |
|  |  | **Priorities list, part 2** | **4 min** |
|  |  | Ask the question, ‘Having heard the boffins, have your priorities now changed? Where does Jesus fit in to your priorities?’ Don’t take feed-back – let guests reflect on their own, and to change their priorities list of they want to. |  |
|  |  | **Summarise and round-up the evening. Then Finish** | **4 min** |
|  |  | Mention prayer and chat available. | |
|  |  | **End** |  |

**Theme:** Mood Management

Matthew 21:13

**Resources:**

* Ice breaker PowerPoint questions
* Video countdown timer
* Headline News PowerPoint
* ‘Anger’ video clip
* Pre-planned meditation
* ‘Jesus’ overturning tables in the temple’ video clip
* Roll of lining paper, newspaper clippings, colouring pens & craft materials for group banner.

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Video countdown timer** | **5 min** |
|  |  | **Game** | **10 min** |
|  |  | ‘The Cube’ TV game show - Paper plane making. |  |
|  |  | **Notices & Encouragements** | **5 min** |
|  |  | **Video clip** | **3 min** |
|  |  | [**https://youtu.be/\_n77eoOfRPE?si=NkgLZd-Ijl1KmMiu**](https://youtu.be/_n77eoOfRPE?si=NkgLZd-Ijl1KmMiu) | |
|  |  | From Faulty Towers, where Basil is hitting a car with a tree branch. | |
|  |  | **Table discussion** | **5 min** |
|  |  | What sort of things makes us angry? Discuss and feedback. | |
|  |  | **Table discussion** | **5 min** |
|  |  | What sort of things can we do to not get angry? Discuss and feed back. Use PowerPoint if you want to. | |
|  |  | **Mood management meditative moment** | **8 min** |
|  |  | Imagination-based meditation. **Note: a printed meditation is not included. Either lead meditation ad-lib, or source from internet etc.** | |
|  |  | **Doors open and ice-breaker questions on screen** | **25 min** |
|  |  | **Whole group discussion** | **5 min** |
|  |  | Ask questions from the front? E.g., is anger always wrong? Small amount of discussion and feedback. | |
|  |  | **Video clip** | **3 min** |
|  |  | Jesus overturning the tables: <https://youtu.be/boNIL1owRAI?si=FCXRA_2Eac5tzXIK> | |
|  |  | **Talk** | **5 min** |
|  |  | Robert Raikes and the Sunday school system **/** Mother Teresa |  |
|  |  | **Whole group activity** | **8 min** |
|  |  | Invite the whole congregation to make an Ignite banner about righteous and just anger. They can write their own prayer or thoughts on the banner, and / or stick newspaper clippings etc. on the banner, or draw a picture etc. Perhaps put a list of ideas on the screen, with newspaper clippings and / or photos on the coffee tables. Before being used on the night, write on the banner some key words or scripture references in larger, colourful, stand-out print. | |
|  |  | **Finish** | **2 min** |
|  |  | Remember to mention that there are people available to pray with and to chat to. Also, that there is a meal next week. | |
|  |  | **End** |  |

**Theme:** Pearls of wisdom

Proverbs

**Resources:**

* Icebreaker questions PowerPoint
* Video countdown timer
* Food for meal
* Large-ish marshmallows
* Pearls of wisdom list
* Printed proverbs
* Video song

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Doors open with icebreaker questions on the screen** | **25 min** |
|  |  | **Video countdown timer** | **5 min** |
|  |  | **Meal** | **30 min** |
|  |  | **Game** | **10 min** |
|  |  | ‘Marshmallow Toss’. Get three or four guests up front. Give each guest a quantity of marshmallows and ask them to ‘toss’ and catch as many marshmallows as they can in 2 minutes. Person catching the most wins. | |
|  |  | **Notices / Encouragements** | **5 min** |
|  |  | **Whole congregation interactive** | **5 min** |
|  |  | Lead discussion from the front. Can we remember the different sessions from the ‘Dummies guide to surviving life’? | |
|  |  | **Link talk** | **2 min** |
|  |  | Move congregation from remembering DGTSL sessions, to the pearls of wisdom that help us to survive life. | |
|  |  | **Table interactive** | **5 min** |
|  |  | Can anyone think of any pearls of wisdom / witty sayings? You may need to give one or two examples. Then feedback. | |
|  |  | **Link talk** | **2 min** |
|  |  | Move people from pearls of wisdom to Proverbs, God’s own DGTSL! | |
|  |  | **Table interactive** | **6 min** |
|  |  | Split congregation into 8-10 groups (depending on numbers) and give each group three different proverbs. Must agree on one favourite. Then feedback. | |
|  |  | **Recap talk** | **3 min** |
|  |  | **Video song** | **3 min** |
|  |  | ‘Thy word is a lamp unto my feet’. | |
|  |  | **Finish** | **2 min** |
|  |  | **End** |  |