



Children & Young People's Ministry

CONFIDENT DISCIPLESHIP

a course for 11-18s as part of the
Canterbury Diocesan Year of Discipleship





Confident Discipleship

for 11-18's

Each of the five sessions of this Lent course are broken up into four sections. The following plan contains ideas for each of those sections:

- ☺ **wlg** is the opener activity. There are games suggested for each age range (TWEENS 10-13's & TEENS 14+) but please adapt these to the venue, group size and nature of the group.
- ☺ **wrd** holds the input that will correlate with the 'grown up' version. Included in this plan are film clips* (*pls excuse the slight Pixar obsession...*) and a question relating to the clip, which can be used as illustrations or discussion starters. However, the 'Take Home Idea's and questions are designed to be used with or without the film clip. Please feel free to use other films as necessary/appropriate.
- ☺ **wshp** is a time to respond to what has been shared. Worship is simply the way we respond – this may differ depending on the tradition of your group – some ideas are given to ignite your own creativity!
- ☺ **wb?** will hopefully challenge the group to question what the session's theme and content means for them, in their 'everyday'.

**It is important to consider the age & nature of your group when using film clips, please also watch the clips in advance to ensure they are appropriate. The Tweens clips are all rated 'U' and the Teens are all rated '12' or under as the material is designed for use with those over fourteen years old.*

If you have any practical queries about using this material; please feel free to contact

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AN OVERVIEW OF THE SESSIONS

SESSION 1: COME

PG 4-5

John 1:35-51

Take Home Idea: we are each chosen by God to be an active member of the Family of God. It is only up to us to respond to that call.

SESSION 2: FOLLOW

PG 6-7

Matthew 4:18-22

Take Home Idea: being an active part of God's family inspires us to want to be like Jesus – to do the things Jesus did and so we choose to follow Him.

SESSION 3: LEARN

PG 8-10

Matthew 5:1-12

Take Home Idea: even though we have been chosen by God just as we are, as we follow Christ we learn from the life of fullness we encounter.

SESSION 4: CHANGE

PG 11-13

Matthew 18:1-5

Take Home Idea: as we grow in this relationship with God, we are transformed, changed; we begin to see the world as God sees it and we in turn begin to choose to do things God's Way!

SESSION 5: GO

PG 14-16

Matthew 28: 16-20

Take Home Idea: having been chosen, inspired to follow Christ, having grown and even changed we naturally want to respond. Christians all over the world choose to respond with actions...

Further Resources on the Web

FILM CLIP ILLUSTRATIONS

www.textweek.com/movies

www.wingclips.com

YOUTH GAMES

www.thesource4ym.com/games/

CREATIVE PRAYER/WORSHIP

www.creativeprayer.com

www.alternativeworship.org





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COME SESSION 1

Materials Needed:

- table cross for **wshp** activity
- post-it notes
- A4 pieces of paper (enough for each member)
- pens/pencils

wlc

Get to know everyone: Name games

e.g. everyone says their name around a circle PLUS first letter cartoon character, what they had for breakfast OR what they would take with them to the moon - with/without remembering everyone's

e.g. write your name on a piece of paper | Sit in circle with your piece of paper | Someone starts off in the middle and calls someone else's name | The person holding that person's name swaps places AND pieces of paper. That person now has to call someone else's name and the person holding that name swaps places.

wrd

Take Home Idea: *we are each chosen by God to be an active member of the Family of God. It is only up to us to respond to that call.*

FILM IDEAS

TWEENS

A Bugs life: Chapter 6-8 00:14:41-00:19:15

Having been the cause of the scary grasshopper's losing their pile of food from the ants, Flik heads off on the start of a journey to find someone to save the anthill.

Q: what drove Flik to risk leaving the island?



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TEENS

Fellowship of the Ring: Chapter 27 01:33:31-01:41:17*

Council of Elrond: Frodo is called to do what no-one else seems able to do – to destroy the ring that threatens the world as they know it

Q: why did Frodo offer to take the ring?

** this is the timing on the extended edition: please use Chapter 23 called The Council of Elrond on the original edition*

John 1:35-51

Jesus invites Andrew and another to come with him.

They invite others to come and slowly the group grows, all because Jesus said, "come".

Jesus then promises that they will see "heaven open up".

Wouldn't you stick around?

Do you remember why you first came to church/youth?

Why did you keep coming?

Why do you think the disciples went with Jesus?

wshp

Write the name of someone who helped you to choose to live this life with God on a post-it note and stick it to the cross.

Say a prayer of thanks for that person as you do it.

wh?

Have you noticed any differences between how you choose to live (as a Christian) and the world around you?

How could your church or youth group help you to live a life with God...
in your everyday?



FOLLOW TEENS SESSION 2

Materials Needed:

- Nativity Scene
- Montage of an assortment of images showing a variety of cultures and contexts

wlc

Play a game of Simon Says (or follow my leader – *sometimes older teens will enjoy a quick return to childhood party games*)

Check if everyone remembers each others names...

wrd

Take Home Idea: *being an active part of God's family inspires us to want to be like Jesus – to do the things Jesus did and so we choose to follow Him.*

FILM IDEAS

TWEENS

Finding Nemo: Chapter 5-7 00:11:27-00:17:51

Marlin chases after the boat that took his son Nemo and finds Dory who offers to help him if he follows her. BUT Dory is not the best fish to follow as she suffers from severe short-term memory loss!

Q: What convinces Marlin to follow Dory?

TEENS

Forrest Gump: Chapter 16 01:46:52-01:54:00

Forrest Gump is a lovable idiot who is a war hero, table tennis champion, millionaire and football star – but the woman he loves has rejected him and so he decides to go for a run. As he runs a crowd of people begin to follow him. *

Q: spend some time wondering why the little crowd follow Gump back and forth across America

**this clip has one use of bad language which needs to be previewed before being used!*



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Matthew 4:18-22

Spend a moment wondering about the act of 'dropping their nets'...What did you wonder?

As the disciples (fishermen and accountants and general ordinary guys) follow Jesus around they see and hear amazing things about God. We don't get to see Jesus in person, so we encourage each other to follow Jesus by telling and retelling the stories about Him.

Which stories stick out for you, do you remember easily?

Do they give you hope about your future? Do they encourage you? Do they help you to experience God or bring you nearer to God?

wshp

Try to incorporate some element of 'Christ with us' in your worship time.

Ideas:

- 🕯 use a nativity scene or babe in the manger to 'return to Christmas' when we most often talk about Immanuel, God with us.
- 🕯 Show a montage of images from all over the world hitting as many cultures, contexts and everyday situations as you can find – ask the question, "where would you find Jesus?"

wb?

Jesus promised to be with us wherever we go:
are we ever aware of his presence?

Imagine for a moment what it would be like to be aware of Jesus with us everyday this week. What would be different, what would be the same?

How can we help each other to recognise Jesus with us all week?

Why not pray for each other now and promise to pray again during the week?



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LEARN

TEENS SESSION 3

Materials Needed:

- plenty of A4 pieces of paper
- coloured pens/pencils
- paper cup instructions [attached document]

wlc

Spend a moment talking honestly about your promise, last week, to pray for each other during the week: did you, didn't you, why, why not?

PLEASE try hard to ensure that there is no judgement – positive or negative – i.e. try not to praise those that did remember nor mock those that didn't – simply talk about how it felt and how it feels to look back at the challenge.

When was the last time you learnt to do something new?
How exactly did you learn this skill?

Challenge the group to make paper cups that they could have a drink of water from. Individuals can either follow your instructions as they copy a prototype or they can have a go at coming up with their own design. Which ones are best at holding water? Can anyone actually drink from their cup?

Now show the group how to make one using the instructions provided!

wrd

Take Home Idea: *even though we have been chosen by God just as we are, as we follow Christ we learn from the life of fullness we encounter.*

FILM IDEAS

TWEENS

Cars: Chapter 12-14 00:39:59-00:48:25

Lightning McQueen tries to race old Doc, and loses. Even though McQueen is very talented, he still has a lot to learn about patience and humility.

Q: take a moment to wonder about the choices that Lightning McQueen has made: what drives them? .



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TEENS

Spiderman: Chapter 8

As Peter Parker discovers his new abilities he needs to learn how to use them.

Q: what do you think he felt as he discovered and mastered his new abilities?

Matthew 5:1-12

These famous sayings of Jesus are called the beatitudes. Do any of the sayings stand out for you in particular?

Why do you think you noticed that one?

Spend some time wondering what a life following each of these beatitudes would look like...

Wshp

Give each person in the group a piece of A4 piece of paper and a coloured pen. Then as you play an appropriate song in the background* ask every person in the group to write down something they know about God at the very top of their piece of paper. Then ask them to fold down the paper, just covering what they've written (it should be quite a short thought).

When everyone has written a thought ask them to pass their piece of paper to the left and repeat the process.

Repeat this at least five times, but watch your group and be sensitive to how much they feel comfortable with.

Everyone can now open up the piece of paper they end with and spend a few minutes reading and reflecting on the different things we know about God!

wh?

Have you ever thought about your time together as a time of 'learning'?

Give each other the chance to share some of the things that you have learnt about God in the past few months.

Spend a moment thinking about how sharing what we've learnt with others might help them learn more about God...

try using a Taize song in the background to enhance the reflective mood

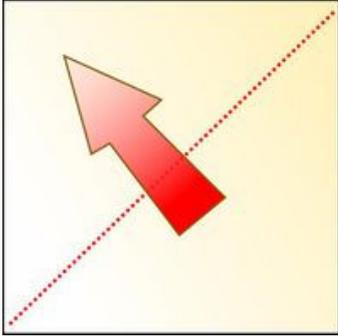


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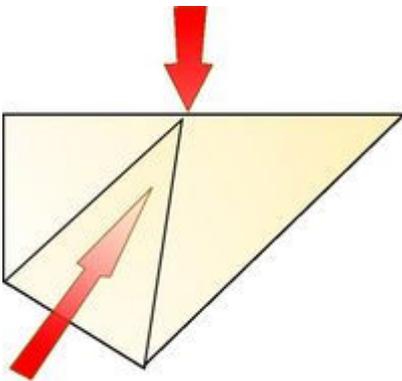
for 11-18's

How to make a paper cup...

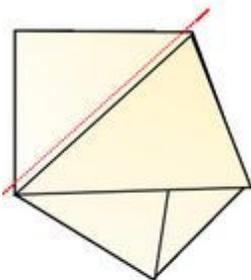
1 **Fold the square diagonally.** It will be in the shape of a triangle after this step.



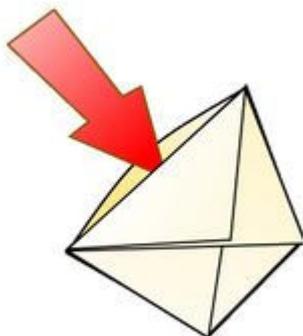
2 **Find the centre of one of the open sides.** Fold the point from the opposite side to this centre mark.



3 **Repeat with the other side.**



4 **Separate and fold down each of the top flaps to create an opening in your paper cup.** As you do this, tuck the top one of the top flaps into the outer side flap to hold the cup together securely.





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CHANGE

TEENS SESSION 4

Materials Needed:

- a pile of individually wrapped sweets
- playdough (enough for each team of 4-5 members)
- list of twelve words (or Pictionary cards)

wlc

Playdough Game – like Pictionary but with playdough instead. Create two teams each with a similar amount of playdough and a list of twelve words. One person from each team is secretly told the first word on your list which they have to make with the playdough in order to get another member of their team to say the word. They are not allowed to use letters or numbers in their models nor to speak but they can answer any questions from their team by nodding their head for 'yes' or shaking it for 'no'. When a person has guessed the first word on the list they repeat it quietly to the leader who gives them the next word. They then return to their team and try to communicate this through a playdough model. The first team to work their way through all twelve words wins.

wrd

Take Home Idea: *as we encounter and discover this relationship with God, we are transformed, changed, by the living God, the God who does things. Change is often difficult, but a Christ inspired transformation brings us closer to a life of fullness!*

FILM IDEAS

TWEENS

The Incredibles: Chapter 17-19 01:02:25-01:12:38

Dash and Violet have spent their whole lives hiding their superpowers from the world. When they hide onboard Mrs. Incredible's plane they have to learn quickly to use their powers to stay alive.

Q: what change do you notice, particularly in Violet?



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TEENS

The Chronicles of Narnia: The Lion, the witch and the wardrobe: Chapter 15 01:22:30-01:28:58

Once Edmund is rescued from the Ice Queen, Aslan meets with him. After their long discussion, which we never hear, Aslan tells the other Sons and Daughters of Adam that the matter is done, Edmund is returned. The other three children welcome him back, but Peter seems to remain reserved until Edmund speaks up at the fireside – insisting that they should all stay to help the Narnians. Peter realises the change that has happened in Edmund.

Q: take some time to wonder together about that change in Edmund – is it for real? Is it enough of a change to make a difference? How did it happen?

Matthew 18:1-5

Spend some time remembering what it was like to be a small child. What were the things we were most concerned with, what were the things that made us happiest.

Now give space for wondering about how we can recapture the child-like qualities of humility that Jesus talks about.

What would this sort of transformation look like in your day to day life?

wshp

Give everyone a sweet in a wrapper
eg Roses, Celebrations. Be aware of allergies.

Explain that we will be eating the sweets but first we are going to use them to help us respond to what God may be saying to us today about change in our lives. Give them a quick outline of the next five minutes.

Begin by reading from Romans 12 'Do not be shaped by this world; instead be changed within by a new way of thinking.' Say a prayer asking God to show individuals any particular way in which they are being shaped by this world.

Allow a few moments of quiet for people to listen to God.

Invite the group to open their sweets and to throw the wrapper into the bin as it is passed round as a sign that they are willing to get rid of any wrong ways of being shaped by the world that God has shown them during this time.



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Then invite the group to eat their sweet and as they do so to enjoy it and welcome the good things that will come as their new way of thinking is developed by the Holy Spirit.

Round the whole time off with a prayer.

For instance:

Lord God, we believe that you have reached out to us *just as we are*.

We believe that you love us, just as we are.

And as we begin to know that love for us, we long to respond.

We long to choose to change because of that love.

Help us, Lord to help each other to affect real change...

Real change in ourselves,

Real change in our community and

Real change in our world.

Amen

wh?

Decide that you're each going to change something this week. Maybe it'll be a new kind of food, or some sort of a make-over. Maybe you'll visit a church service or even a church that you normally wouldn't go to.

Remember to think about how it feels doing something different.

Ask yourself what God might be calling you to change in your journey of life with God.



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Go

TEENS SESSION 5

Materials Needed:

- carpet square OR A4 piece of paper per member
- post-it notes
- A4 pieces of paper (enough for each member)
- pens/pencils

wlc

What did you decide to change during the last week? How did it feel: before, during and after? Will you be making the change permanent?

Rescue off the Island Game – Divide the group into 2 teams which line up at one end of the room. Each player needs a carpet square or piece of A4 paper. At the opposite end of the room you need one person from each team or a teddy if your group is small on a piece of paper representing an island. Tell them that between the two there are shark-infested waters. The members of each team have to work with one another to move across the divide by passing a carpet tile/piece of paper from the back to the front and shuffling up together. The first team to arrive back at the start with their teddy/team member successfully rescued is the winner.

wrd

Take Home Idea: *having been chosen, inspired to follow Christ, having grown and even changed we naturally want to respond. Christians all over the world choose to respond with actions...*

FILM IDEAS

TWEENS

Toy Story: Chapter 27-28 010:04:42-01:12:02

Woody and Buzz show self sacrifice as they help each other to get back to Andy. Their actions are a response to having discovered a relationship!

Q: why do you think both Buzz and Woody each chose to jump off the truck to rescue the other in turn?



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TEENS

Star Trek IX*: Chapter 01 00:01:00-00:11:15

The opening 11 minutes of the film shows an example of the ultimate sacrifice – the captain of a space ship stays on board to ensure his crew can evacuate safely – including his wife who happens to be giving birth to his son. When we respond to God's love in our lives we choose to make sacrifices as we respond in action...

Q: what drives Captain Kirk's act of sacrifice? Try to think through his options and his ultimate choice...

Matthew 28: 16-20

These last words of Jesus are often referred to as the Great Commission. Rather than commanding us, they point us to answer to the question:
what now?

Spend a moment wondering together why Jesus said this to the Disciples... How did Jesus suggest the disciples (a group which now includes us) should respond to what He had taught?

How do you think you currently respond to this relationship with God?
What *could* you do as a response to God?

wshp

Prepare in advance a supply of footprints, enough for each individual to have several, and a footpath large enough for all the footprints of the group. Invite people to write a different place where they go week by week on each footprint.

Ask them to place the footprints on a pathway and as they do so to pray that God will enable them to go in His name and to bring in His light and love in those places.

Pray for God to fill the individuals with his Spirit for this task and make them aware of His presence with them.

As we come to the end of the course, think for a few moments in silence about what you have found most helpful, most challenging, most difficult, most comforting.

How do you feel you are different from when the course began?

You may like to share these things with the rest of the group, or in pairs.

* Star Trek IX is rated 12 by UK film board. This scene is action packed with explosions and flashing images. Please view before to ensure it suitable for your group.



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wb?

The Disciples did just as Jesus said – they went 'out' and shared this story with others in the context of relationship... which we now call Discipleship. Take some time to brainstorm how your group could take discipleship beyond this course. Really let yourselves dream big...

Now decide how are you going to respond to the relationship with God that Christ showed us?



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AFTERWARDS:

In the Diocesan Year of Discipleship what kinds of resources might the Church (or Diocese) provide to help Young People...

- 👂 ...needing renewal and encouragement as they continue to follow Jesus?
- 👂 ...new to faith be more confident?
- 👂 ...searching for faith?

The Adult groups are being asked to feed back for PCC discussion any ideas which could help people in their journey of discipleship. Once the course is over, it would be very helpful if the Youth Leaders could get together to reflect on the three questions above; jot down some notes with your reflections and those of your group, which could be added to the PCC discussion material.

How might we encourage our church to make use of such resources?