

Strength



What is Strength?

Question to Explore

What kind of strength do I have?

Welcome

Greeting

- As the teens enter the classroom ask, "How would you like to be greeted? (*Instructions on CD*)

Service

- Invite the teens to choose an area of service. (*Instructions on CD.*)

Sacred Circle

Sacred Breath

- The "Sacred Breath Leader" leads the group in a centering exercise. (*Instructions on CD*)

Opening Prayer

- **Pray:** When I am worried or concerned all I have to do is quiet my mind, relax my body and take the journey within to my sacred self. As I breathe in Spirit I am reminded that I am never alone, that God is always with me, raising me up and helping me draw forth my inner strength...*pause*...The more I rely on this inner wisdom and strength, the more capable I feel in my life...*pause*...Let's take a moment now to focus on the strength that can be found within each of us...*longer pause*...Thank you God for your never-ending strength that is mine for the asking. I am grateful, amen.

Check-In

- Go around the circle and invite each person to share their name and how they would describe strength.
- Add a blessing for all members of the group that could not be here today.

Love Offering

- The "Love Offering Angel" leads the class in blessing the love offering by inviting the teens to hold their offering in their hand (*their offering can be money or can be anything they would like to bless the world with, such as: love, joy, peace*) and pray the blessing of your choice. Then pass the basket and invite each teen to add their offering.

Class Commitment

- Create a class motto or chant to recite or review the Heart Agreements.



Discovery...

Focus

This part of the story explores the choices we have when we come face to face with huge challenges. Do we rely on physical strength or do we focus on inner strength?

The Story

David & Goliath, Part I: “The Challenge Appears,” I Samuel 17: 1-11

The Philistines were gathering an army to fight the Israelites. They had a giant warrior named Goliath who was taunting the Israelites. He wanted them to choose a man to come out and fight with him. The Israelites were too afraid to do anything

Discussion

- What were the Philistines doing?
- Who was Goliath?
- What did Goliath look like?
- What was Goliath saying to the Israelites?
- How did the Israelites respond?
- What caused the Israelites to be afraid of Goliath?

Say: Goliath was much larger than the other men and so the men were afraid of him. Sometimes we too can be afraid if we meet something that we feel is larger than we are.

- Tell me about some things in your life that seemed overwhelming.
 - ◇ Examples could be: bully on the playground, a big test you don't feel ready for, a fight with your best friend that you don't know how to fix...
- Tell me about what you might want to do in these situations.
- What are some things we can do to help ourselves feel stronger in difficult situations?
- What does it mean to be strong?
- What is the real source of our strength?



Physical Strength or Inner Strength

Objective: The object of this activity is to explore the difference between physical and inner strength.

Supplies

- None

Action

- Direct the teens into a single file line, one behind the other.
- Each person lifts their left leg and the person in front of them holds onto this person's leg with their left hand.
- The first person in line lifts their left leg in the air and keeps it there.
- Now instruct the group to hop across the room as one group.
- If anyone drops their leg, they must all start over.

Discussion

- How was physical strength required for this activity?
- How was inner strength required? (*Strength to stick with it, balance, perseverance...*)
- Why is physical strength sometimes not enough?
- How do our physical and inner strength work together?
- What role does Spirit play in developing our inner strength?
- How can we use both to empower ourselves?



Unseen Strength

Objective: The intention of this activity is to explore a strength that we cannot see.

Supplies

- Bar magnets, 2/teen
- Small colored dots, 2 colors
- Masking tape
- Scissors
- Pencil, 1/teen

Prepare Ahead

Hold the ends of each set of magnets together, switching them around until each pair holds together. Put one colored dot on the end of the magnet in your left hand and a different colored dot on the magnet in your right hand. *(Put the dots on the ends that are stuck together.)* Turn the magnets around and make sure the other ends stick together and mark them in the same way. Each pair in set should have a different colored dot on each end. This signifies the north and south poles of the magnet. *(If time allows and the children are capable, they can do this part of the activity.)*

Action

- Give each teen a set of marked magnets. Invite them to experiment by trying to push the same colored dots together and then the different colored dots together. **Ask:** What did you notice?
- Invite each teen to place a pencil on top of one magnet. Place the other magnet on top of the pencil, making sure that the colored dots on the top magnet and going the same direction as the dots on the bottom magnet.
- Tape the magnets together making sure to leave the pencil in the middle but not attached to the tape.
- Now, remove the pencil

Discussion

- What happened when the pencil was removed?
- Try gently pressing down on the magnets and then letting go. What happens to the magnets?
- How do you explain this?
- What do you believe is between the magnets, holding them apart?
- How is this invisible force like the quiet strength we have inside of us?

Closing Circle

Lesson 3-1

Quick Tips...

- Each Youth Ministry program is unique as to how the morning is closed. Some programs end with the teens joining the adults in the Sanctuary and some close on their own,
- No matter how your program is designed, offering a closing to the teens helps them find completion with the lessons, helps them create a bridge to next week and gives them an opportunity to share what they have experienced.

Reconnecting Activity

- Invite the teens to come back together by sitting or standing in a circle. They can vary how they are connected - not touching, touching shoulders, holding hands or arm in arm.

Sacred Breath

- The “Sacred Breath Leader” leads the group in one of the breathing exercises.
- Invite one of the teens to share a closing thought or prayer.

Sacred Sharing

- Invite anyone who would like, to share what the lesson meant to them today.

Closing Commitment:

- Invite the class to close with an affirmation that affirms how they will take the lesson out into the world this week.
- FUZZIES!

Sample

