

## BIBLE

# HIGHER SESSIONS

### AIM

In this session, we are aiming to study the following:

To look at why the Bible has relevance and authority today

To help the young people get the best from it.

### DESCRIPTION

This session is 5 of 6 and is designed to look at what is the Bible?

This session is designed to place the Bible as the book that helps us understand that History is His Story, and that it is not just a self help, or sat nav to life. We are part of the best story ever told, we are playing a part in God's story not our own. This is not about us, but about God and his plans for our life. Which we understand by reading and looking at the bible.

*All Higher sessions are designed to be used as part of a 6 session follow up program in schools, youth groups or other youth work situations with new Christians or young people exploring faith. It has been created with the understanding that*

*this is the start of the journey and should be delivered in an engaging and relevant way.*

## PRAYER

Thank you God for making me part of your family, and thank you that you have a plan for my life! Help us today to understand more about what it means to follow you and by your Spirit help me understand your bible more and more as we look at it today.

Amen



### **Bible - Intro**

**Time:1 min**

**Materials:**

Welcome the group and make sure they feel safe and wanted as they explore this sessions topic.

#### **Example opener:**

*“Welcome back to Higher sessions, we are so excited you are here, continuing your first steps into what it means to have faith in God.*

*Today we are going to be chatting about the bible and how important it is.*

*Wherever you are today in your relationship with God, this is the right place for you!*

*It's all about asking questions, and getting to the bottom of why the bible really does make a difference.”*



### **Bible - Teaching**

**Time:2 min**

**Materials:**

This teaching links to a video about the whole Bible that explains it in a new way.

The aim of this section is to help the young people understand that when they become a follower of Jesus they became part of His family and His story which we can read about in the bible.

#### **Example explanation**

*“We learnt a few weeks ago that God has always been and always will be. So his story has already started and will keep on going, that might sound like it is bad news for us... it's not because his story becomes our story. Through Jesus we become part of the story he is writing .*

*This means we need to know what our past was, and where our future is so we know our part in the story. God created a part for us in His story!! Only we can play it. Only we are able to do our bit. “*



### **Higher - Media**

**Time:4 min**

#### **Materials:**

- **laptop with projector and sound**

This video gives an overview of the bible so we can know the story of the Bible.

<https://www.youtube.com/watch?v=fFq6TD-jBbU>

Can buy it here<http://www.worshiphousemedia.com/mini-movies/43447/the-greatest-story-ever-told>



### **Bible - Teaching 2**

**Time:6 min**

#### **Materials:**

- **laptop with projector and sound**

Before this session look at [www.higherbible.com](http://www.higherbible.com) , this site is where you can get hold of a suitable Bible for young people and familiarise yourself with how to sign up for bible reading emails

This part of the session is about making sure everyone in the group has a Bible, they understand your experiences with the bible, and have a go at a reading some of the bible on their own

At the begining of this section ideally give away copies of the bible to the members who don't have a copy of the bible.

**Testimony slot:** Take some time with the group to explain your own experiences with the Bible. You could share your favourite verse, how you first got into it, some of the challenges you have with it, and some of the best times you have had reading it.

Show the group to [www.higherbible.com](http://www.higherbible.com) website and watch some of the videos on their together. There a number there, work out which one might be best for your group. After showing them around the site encourage them to sign up for a reading plan to help them get through Mark together. There is a free email they can sign up to, which will help them read Mark.

If there is any way of encouraging each other, maybe you could text the group to help them keep going with their reading plans.



### **Bible - Game**

**Time:5 min**

**Materials:**

- **Bibles**

This game is a fun way to get the young people racing through the Bible. The more noise and chaos the better as we are trying to do away with the idea that the bible is old and not accessible.

#### **Draw swords**

Every one in the group has to hold a Bible in their writing hand. They then have to hold it by their waist as if they were drawing a sword from a holster. The leader of the group calls out "draw swords' - all swords are now drawn from waist to fully outstretched arm, as if about to charge the enemy. The leader then call out a Bible verse eg Psalm 27:2.

The race is now on to find the verse in the Bible, stand on the chair and read the verse out loud first.



### **Bible - Prayer**

**Time:3 min**

**Materials:**

- **PDF prayers of the bible**
- **background music**

Try and get the young people to use the Bible to pray together or as a whole group.

You can either download the pdf which has three prayers from the Bible and use them to help the young people pray at the end of the session. Or use some prayers you know from the Bible. By now you might have an idea how this will work best, if you aren't sure you could try putting on some back ground music and leave them to pray on their own. Or you could see if someone in the group is up for praying for the group.



### **Bible - Do**

**Time:2 min**

**Materials:**

This session has two ideas for what the young people could go away and do from the session.

Send them to [higherbible.com](https://higherbible.com) and sign up to receive the email updates to help them read Mark

Try reading a bit of the Bible everyday. Make sure it is appropriate for your group and you don't set the bar too low or too high. The main aim is just to start reading the words on the page.



### **Bible - Conclusion**

**Time:1 min**

**Materials:**

Wrap up this session and point to the next session which is all about the adventure we are on as followers of God!

#### **Example:**

*"It has been great to see you guys this week. I know it's sad that it has finished but we have some more sessions planned!"*

*Keep asking your questions and taking your first steps today on exploring the bible and how it shows us God.*

*Next time we will be our last session on the adventure! "*



### **Bible - Chat**

**Time:5 min**

**Materials:**

This chat time is for the group to start explaining why they love certain stories and why they connect to it.

- What is your favourite film/book/play/song/video game?
- Why do you like it? What's your favourite bit?
- What is it saying to you? What is the message of the story?
- How do you connect to it? Do you feel it is like your life in any way?



### **Bible - Opener**

**Time:3 min**

**Materials:**

- **laptop with projector and sound**

This combined video and chat section is aimed at opening up the group to the theme of the session.

What is the Bible? Why is this book important? This video is the introduction to this session.

Play the group 'The Bible' AAA sessions video

click on the link <https://vimeo.com/154038436>

Or search '**The Bible AAA sessions**' on '**vimeo.com**'



### **Bible - Do & review**

**Time:4 min**

**Materials:**

Review with the group how they got on in last sessions **DO** activity.

“It’s time to help make the young people take a bold step this session. Invite them to a church service and see how they get on. Maybe you could look at having a special welcome for them at church.” From the last session

Get them to share their experiences and encourage them if they need it to either try again this week if they didn’t do anything or to keep doing the different things they are challenged to do.



### **Bible - Chat 2**

**Time:5 min**

**Materials:**

This chat slot is all about how hard it can be to find your way around the Bible.

You could also try a conversation and lead by example to have the leaders talk about their successes and failures at reading the Bible.

- Do you have a Bible at home?
- What do you think are peoples biggest objections to the Bible?

- Do you find it hard to use the Bible?
- Have you ever read the Bible before?

Some things that are worth saying at some point;

Don't be a hater of the contents page

The big number is the first number

The little number is the second number

The most important Bible is the one you read.

Try and read old and new testament.

Talk about it with others, no one knows it all.



### **Bible - Teaching 3**

**Time: 5 min**

**Materials:**

- **Bibles**

This slot is designed to get the young people seeing that there are different types of literature in the Bible and that it is possible to find some amazing wisdom in the Bible.

#### **Example link**

*"The book of Proverbs is a great book in the Bible that talks about wise things that still work today.*

*Wisdom can be found all over the place, inside a cracker, on the internet, and from your mates.*

*As a Christian we believe that God is the source of all wisdom through the Spirit. Meaning that all wisdom can be tested and found to be false or true when compared to God.*

*The best way to see this is that all the wisdom in the world can be filtered and understood by God as if He were a large sieve. Good stuff sticks and bad stuff falls through to the ground.*

*The Bible is more than a self help guide or a guide to the story you find yourself in. It is also your rocket fuel to being a disciple and follower of Jesus."*

Look at some of these verses with the group and see what they think.

#### **Proverbs**

4:23 - Guard your heart above all else, for it determines the course of your life.

15:1 - A gentle answer deflects anger, but harsh words make tempers flare.

20:1 - Wine produces mockers; alcohol leads to brawls. Those led astray by drink cannot be wise.

27:14 - A loud and cheerful greeting early in the morning will be taken as a curse!

27:17 - As iron sharpens iron,so a friend sharpens a friend.

31:30 - Charm is deceptive, and beauty does not last; but a woman who fears the Lord will be greatly praised.