

## CHOSEN

# HIGHER SESSIONS

### AIM

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

Where we find our identity in today's culture

That our identity can be found in God

That God has made each person unique and considers us priceless

### DESCRIPTION

This is session 2 of 6 and is designed to help the young people understand that they are chosen.

This is important as many of them may have had things spoken over them by friends or family, and this sessions starts to explain the freedom that comes with an identity in Jesus and what He says about us being a chosen child of God.

*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

Father God,

As we look at this topic together please help us understand that we are chosen by you and help us see areas of our lives where we find our identity in something or someone other than you.

Help us if this might be difficult and give us peace and bravery as we talk about things that have been spoken over us.

Please can you also help us to understand more about you and how you see us; totally loved and totally forgiven!



### **Chosen - 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 fact you are all chosen by God and that means you are amazingly valuable.*

*Wherever you are today on your understanding of God and yourself don't worry, this is the right place for you!*

*It's all about asking questions, hanging out together and starting to figure out who God is.”*



### **Chosen - Do & review**

**Time:4 min**

**Materials:**

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

If you had to tell everyone what you believe in, and understand God to be in a 30 second youtube clip, how would you do it? The three important things to consider are:

What would you say?

What aspects of God's character would you want to talk about?

How could you creatively show this in a video clip?

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.



### **Chosen - Opener**

**Time:5 min**

**Materials:**

- **Head Band**
- **Pedometers**
- **pens**
- **paper**
- **music (optional)**

This is a daft way of opening up the theme and is a sure fire way to make memories as a group and have a good laugh at some point.

Select a couple of volunteers from your group and give each of them a pedometer attached to a head band, a pen and some paper. Explain that when you say 'go' (or the music starts) that the players have 30 seconds to clock up as many 'steps' as possible on their pedometer through shaking their head. However, at the same time they must also try to draw a self portrait that will be displayed to the group at the end of the game.

**Link example:**

*"Today in the session we are going to be looking at the image that we have of ourselves – our identity, and how sometimes our picture of ourselves can become distorted because of the things that life throws at us! However, when we become a Christian, Jesus changes the game and we can begin to see things differently."*



### **Chosen - Media**

**Time:3 min**

**Materials:**

- **laptop with projector and sound**

This media slot is aimed at getting the young people to think about how they are chosen

Play the group 'Chosen' AAA sessions video.

click on this link <https://vimeo.com/154711057>

Or search '**Chosen AAA sessions**' on '**vimeo.com**'

After showing this video you could ask the group a few of the following questions;

**Which words stood out for you?**

**Are these words easy to hear?**

**What do you think it means to be chosen?**



### **Chosen - Media 2**

**Time:5 min**

**Materials:**

- **laptop with projector and sound**

This clip is designed to help the young people understand that we don't always see the same things as everyone else around us.

<https://www.youtube.com/watch?v=XpaOjMXyJGk>

Search 'dove FBI sketch artist' in youtube alternatively

### **Example link**

*"What do you think about what you have just watched? If we are always unsure about how we think about ourselves, where and who are good people to tell us the truth about ourselves? Today we are going to talk about and explore how God is the best person to tell us how valuable and chosen we are."*



### **Chosen - Explore**

**Time:10 min**

**Materials:**

- **a roll of lining paper**
- **blue tac**
- **something to cover the floor**
- **neon paint and brushes**

This part of the session is to help the young people start to explore the sort of things they hear around them and how that affects them.

Stick a long strip of lining paper to the wall or floor depending on space. Then draw around a few people so you have some large outlines of people. Ask the young people to paint onto the paper negative words that have been spoken over them- this might be by friends, family or people in their school.

## Example of how you might set it up

*“ If you hear something said about you often enough it becomes harder and harder to work out what is true and what isn't. After a while we even think ‘well, it must be true otherwise they wouldn't say that’. After time it can feel like these words are written on our skin, a part of who we are. We then can live up to what they say, because we start to believe they're true.*

*When you become a Christian you get a totally new identity, not that you change your personality, but you realise that you have been chosen by God and today we're going to start to imagine what it would look to live believing what God says about us rather than what people have spoken over who we are.”*



### **Chosen - Teaching**

**Time:4 min**

**Materials:**

- **PDF - Identity statements**

Print off the PDF for this part of the session

'We are now going to check out what God thinks of you and things that happen in your life! We are going to have a look at a whole load of things people might say to you or things you say to yourself and see if God agrees!'

Get the group to have a look at the print out, ideally there would be enough for one each so they can take them away with them after the session.

After giving the group a bit of time to have a look at the statement have a discussion about what they think.

A good way to finish off this section would be to share some personal stories about how one or two of these statements have been true in your life.



### **Chosen - Teaching 2**

**Time:5 min**

**Materials:**

- **Large mirror**
- **Dry Wipe Pen**

This slot is intended as a visual illustration so the young people can see how the words they have just painted or drawn out change the way they see themselves.

Take the large mirror and hang or stand it where the group can see it. Then explain that every person is a masterpiece, a piece of art created and chosen by God (Eph.2:10) and that when we get ready and look in the mirror

at the start of the day we stand looking at something incredible that God created.

However, other people who have been hurt often speak hurtful things over us and to us *At this point take the dry wipe pen and begin to write hurtful words on the mirror – you could use the words painted earlier in the session – make sure there is one word for every young person.*

Once these words have been spoken it becomes harder and harder to look at Gods art work and not see these words first, sometimes there are so many of these words that when we look in a mirror we can barely see ourselves at all – just the words that have been spoken.

Explain that Jesus did not come to rub these words in, but to rub these words out, that Jesus loves you and sees you as a work of art and that is what we are going to talk about now.



### **Chosen - Explore 2**

**Time:5 min**

**Materials:**

- pens
- paper

By the end of this section the group will have explored and had illustrated to them how unique they all are.

Give each young person a pen and a piece of paper and ask them to design a brand new chocolate bar, but one that reflects them. They can choose the filling, the name, the wrapper, but it has to reflect something about who you are!

**Say:**

Looking around at all the differences in what's been created I believe that God makes it very clear that we are not to be the same as each other. We are unique, our blood says so. Our body produces hundreds of millions of red and white blood cells each second. Each cell has roughly 6ft of DNA strands coiled up inside of it. If the strands of DNA were stretched out of every cell in your body and put end to end there would be 80 billion miles of instruction. Your body is hardwired to be you and nobody else! Beyoncé Knowles brought a custom LV handbag and it cost her £28,741 – why? Because it is a one-of-a-kind, limited-edition bag. We are one of a kind, not even a limited edition – we are the only edition, only made once and we are worth far more than a handbag!



### **Chosen - Explore 3**

**Time:8 min**

**Materials:**

- pens
- paper
- PDF - Circles to reflect what you are good at

This part of the session is possibly a bit deep for some young people and might not be a best fit. So use this part with caution, however it is a great thing to talk about with young people if you have the right group. It is designed to help young people to start to look at themselves and realise how amazing they are and what God has put in them.

Give each young person a pen and a piece of paper. Ask them to draw a large circle on their paper and split this into three and label the three areas, 'things I am good at', 'my top 5 best character traits', 'nice things people have said about me'.

Then give the young people some time to fill in each of these areas and chat together about how God might want them to use the gifts that he has given them!



### **Chosen - Chat**

**Time:5 min**

**Materials:**

This chat time is aimed at getting the group to start unpacking the way words affect them.

- How do you deal with negative words that people speak about you and over you?
- What do you think about what God says about you?
- Do you find it easy to believe that God sees you as a masterpiece? That he loves and chose you completely no matter what?
- What are some of the things you can do to focus on the positive rather than the negative?



### **Chosen - Prayer**

**Time:5 min**

**Materials:**

- **Large mirror from Explore earlier in the session**
- **cloth**
- **neon paint/ pens**
- **music**
- **PDF - 2 Corinthians 5:17**

Bring back the mirror that you have written on in activity 2, there should be one word written on this mirror for each young person in your group. Then place the cloth and pens/paint at the foot of the mirror. Explain to the young people that in a second you are going to put some music on and you would like the young people to find a space on their own and think or pray about some of the negative names that they carry and give them to God, then pray that God will help them to see themselves as God sees them. One at a time they should then come up to the mirror and wipe away one word and then write 'chosen' on the back of their hand with the pens or paint.

Once every young person has done this read 2 Corinthians 5:17 over them.

Once the reflective process has finished give a blanket prayer over the group. Then offer for any of the young people who would appreciate staying behind to be prayed for to do that. Pray against the words that have been spoken over them and that God will help them to find his identity in him.



### **Chosen - Do**

**Time:5 min**

**Materials:**

Something for the young people to go away and do from the session.

Take a postit note or two and write on them some of the things you have learnt about God over the last two sessions or something that God says in the Bible about who they are.

Then stick in on their mirror at home, or somewhere similar



### **Chosen - Conclusion**

**Time:1 min**

**Materials:**

Wrap up this session and point to the next session which is all about how God wants a relationship with them!

Example:

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

*Keep asking your questions and taking your first steps on this life long journey of figuring out who God is.*

*Next time we will be chatting about how God wants a relationship with you."*