

RELATIONSHIP

HIGHER SESSIONS

AIM

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

We as humans are created for intimate relationship

That we are ultimately created for intimate relationship with God and he wants to get to know us

That God gives us his Holy Spirit to deepen our relationship with him and help us to grow into the person God is calling us to be

DESCRIPTION

This is session 3 of 6 and is designed to help the young people understand that they are made for relationship with God.

Within this session we will be looking at how we are designed to be connected and in relationship. We can try and fill our lives with all kind of relationships but we were designed for relationship with God – and he wants us to get to know him as a friend! Not only that but God gives us his Holy Spirit to help us to get to know him and spend time with him so that we can step into the relationship we were created for.

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

Jesus,

Thank you that you really want a relationship with us, and for us to get to know you. Thank you that you want the best for us and you will not leave us. Help us to get to know you better and learn how to be more like you.

Amen



Relationship - 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 how God wants a relationship with all of you.

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

Its all about asking questions, hanging out together and starting to figure out who this God is and how I can have a relationship with Him.”



Relationship - Do & review

Time:4 min

Materials:

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

Take a post-it 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

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.



Relationship - Opener

Time: 5 min

Materials:

- pens
- paper
- laptop with projector and sound

Opener

This opener is aimed at getting the young people to realise that it takes more than just knowing a load of facts to actually know someone.

The first stage is to show some videos that have two stories about how a guy and a girl talk about relationships and how God impacted those relationships.

Play the group the two videos "*Friendship//His*" & "*Friendship//Her*". If you need to save time then you could only play one of them.

click on these two links to find the videos <https://vimeo.com/157617193> & <https://vimeo.com/157651729>

Or search '**Friendship AAA sessions**' on '**vimeo.com**' to find them both.

After showing the first video, pause it at the end and ask the group what they think about the videos and the bible verses.

Here are the two verses featured on the videos

Romans 5:11

So now we can rejoice in our wonderful new relationship with God because our Lord Jesus Christ has made us friends of God.

Ephesians 2:10

For we are God's masterpiece. He Has created us anew in christ Jesus

After watching the videos and chatting about them, lead the group towards realising that good and bad relationships affect us. God always wants a good relationship with us and has made this possible through Jesus.

Ask the young person to make a timeline of their life: high points, low points and things that have had an impact on them in some way. Give the young people the option of talking through what they have created.

Example of how to set this part up:

Today we want to look at the difference between knowing *about* someone and actually knowing them. Someone who has never met you might look at your life line and say that they know about you – your birthday, where you grew up etc. but this isn't the same as a friend, who would know you and have traveled this journey of life with you beyond the basic facts!



Relationship - Game

Time:7 min

Materials:

- **Mr and Mrs quiz questions**

Play a Mr and Mrs style quiz between pairs of friends, you could do this a few times with different pairs.

Example link:

When you know someone you know what they like and don't like, what makes them happy and what makes them angry – you know much more than facts! Up until now it might be that you know some facts *about* God, but God, who created the world, wants more than that, he wants a friendship with you where you know each other really well!



Relationship - Explore

Time:3 min

Materials:

- **PDF relationship attributes**

This section is designed to help the group start to get an understanding of what we mean by the word relationship.

First get the young people to try and come up with as many different relationship types they can think of. This is important as it will make sure you don't base this whole section on romantic relationships.

Secondly ask the young people to get into small groups and give each small group a set of relationship attributes. Ask the small groups to identify what they think are the top 5 most important attributes in a relationship. When they have done this ask them to order them 1-5 from most important to least.



Relationship - Chat

Time:5 min

Materials:

In the same small groups that they were working on the five attributes ask the young people to discuss the following questions:

- Why do you think each of these things are important in a relationship?
- How do you know if a relationship has all of these characteristics?
- What happens to a relationship when some of these are missing?

Example link to these questions

“So often we settle for relationships that don’t have all of these elements and it can mean that we end up getting hurt. The only way we can tell if a relationship has all of these elements is by spending time with someone and finding yourself in a position where you have to trust them etc.

God wants to get to know you, and he is trustworthy and faithful and thinks you’re worth dying for! But why do we often find ourselves settling for something less than this?”



Relationship - Game 2

Time:8 min

Materials:

- **Fast food burgers (eg**
- **Mc Donalds**
- **Burger King etc. 1 per team) and a picture of the burger you have chosen**
- **space hoppers**

This game links to the media clip with Jamie Oliver talking about fast food which will help show the group how we sometimes look at relationships like we do fast food.

Take all of the burgers apart and put them all into one big bowl. Split the group into small teams and give each team a space hopper. Each team should line up and prepare for a relay race. The first member of each team should bounce to the bowl of burger bits and take the first thing needed (bread) and then bounce back to their team and begin building their burger. Then next team member should then bounce to go and get the next thing needed. The first team to have reconstructed their burger with their team wins.

Note: You may want to display a picture of what the burger originally looked like to help the teams with accuracy.



Relationship - Media

Time:3 min

Materials:

- **laptop with projector and sound**

This clip links to the burger game and shows how short term binge food is bad for us. This will link to how we also build relationships like this sometimes.

Play this clip: <https://www.youtube.com/watch?v=ry2szBXdoK0>

Search 'jamie oliver fast food nourish' on youtube

Example link

So often people around us, friends and family, can let us down and hurt us. However well we know someone there's something in us that wants to be known completely. Sometimes we're so desperate to be known that we will be friends with anyone just so that we feel loved. If we do that it's like we are building our relationships with junk food, but something in us calls out for more because we were built for more than junk food relationships – we were created to know and be known by the God who created the world!



Relationship - Teaching

Time: 4 min

Materials:

- PDF - Ephesians and Jeremiah poster

Read: Jeremiah 1:5

Example of what you might say

"In the Bible we read that God not only knows you now but knew you even when you were in the womb! He had a plan for you even before you came into the world! This is incredible, it means that God not only knows you but knows everything about you – all the good bits and all the bad bits and still wants you to get to know him and spend time with him, just like you would any other of your friends!"

Read: Ephesians 2:10

Example of what you might say

"God also thinks that you're a masterpiece, that he has created you and put you together in such a way that he thinks you're an amazing work of art. But God also knows that you're not the finished product yet – there's still things we do to get stuff wrong and mess up but God loves us and wants to get to know us anyway. God is the best kind of friend, not far off and distant but the kind of friend who loves us but tells us the truth. He loves us too much to leave us as we are so he helps us to become the masterpiece that he created us to be!"



Relationship - Game 3

Time:6 min

Materials:

- pens
- paper
- blindfolds

This is a game that will show the group how important it is for God to communicate with us, his creation, to show us how he has made us.

Split the group into fours or close to. Explain that one member of the team is going to draw a picture for the other people to guess, however they are also going to be blindfolded. Ask them to nominate their team leader and find out from the leader what the first object is. They can then return to their group, put their blind folds on and draw the object they have been given whilst the team guess. However, the drawer is also not allowed to speak. The first team to guess win, play as many times as you want.

Example link

“It is difficult to create a master piece without any communication! God wants to help you grow as a Christian and speak into your life, but without communication this just isn’t possible and what could be an amazing master piece doesn’t fulfill it’s potential. The more time we spend with God the more we move towards becoming the masterpiece we were created to be – so how do we communicate with God?”



Relationship - Teaching 2

Time:4 min

Materials:

This teaching shows from the Bible how much he wants to communicate with us and transform us.

Before we look at practical ways we spend time with God, we need to know that we are not alone. After Jesus died and came back to life he went back up to heaven. However, he didn’t leave us alone. Jesus sent The Holy Spirit (The spirit of God) to be a part of our lives. This spirit helps us to have a relationship with God, it’s not scary or spooky but enables God to speak to us and helps us speak to God too! Not only this, but as we get to know God, through his Spirit, we begin to become more of the person God wants us to become!

Read: Galatians 5: 22-26

God wants to get to know us, for us to speak to him and for him to speak to us, and as that happens these fruits begin to grow in our lives, not through us trying harder, but just by us spending time with God and getting to know who he is. Just like we become more like the people we spend time with, as we spend more time with God we will become more like him.



Relationship - Explore 2

Time:8 min

Materials:

- **paper plates**
- **coloured felt tips (a different colour per person if possible)**

Example intro to this section:

“God created you to be you, to like the things that you like and be good at the things that you’re good at! God wants you to enjoy spending time with him so why not think of what you really enjoy doing and do it with God!”

Give each young person a paper plate and ask them to write in the middle of it one or two things that they like doing with their coloured pen, eg. Playing xbox, shopping, exercise, being on the internet. When they have done this ask them to put their plate on the floor in the room face up. Then ask the young people to take a few minutes to walk around and write on the back of the plates how someone might use that activity to spend time with God. Eg. Xbox – put on a talk or worship music in the background; baking – they could make cakes for people and pray a really simple prayer for the people they are baking for; When listening to music add some Christian music to you playlist.

At the end ask the young people to collect back their plates and see if they think they could give any of these ideas a go during the next week!



Relationship -Do

Time:2 min

Materials:

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

During the next week ask your group to try out what they learned in the last activity of this session: finding what you love doing and try doing it with God. This might be putting worship music on whilst you run, or play x-box, it might be listening to a bit of the Bible whilst you get ready in the morning. Do it for a week and write down anything that stands out to you during this time!



Relationship - Conclusion

Time:1 min

Materials:

Wrap up this session and point to the next session which is all about church!

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 how much God wants a relationship with you.

Next time we will be chatting about church."