

# The Real You

## ☆ PURPOSE

This week you will set the foundation for a real year. Let students know that they can expect to be challenged & expect to be heard. Through social media venues students can filter the version of themselves that is made public--at Drop Zone we want to know the real you; unfiltered.

## 📺 VIDEO

Cloudy with a chance of meatballs: <https://www.youtube.com/watch?v=aXv4i3Hz2GQ>

## 👑 GAMES

Hot Potato Name Game: To get started, put you into group a small circle and have go everyone in the circle and introduce themselves. (*Do you want them to just say their names, or would you like them to tell one or two things about themselves?*) Then give them their 'hot potatoes' and let them start passing. After a few minutes, use the leader's phone to keep track of time, and have the person with the 'potato' step out of the circle. Continue until there is one or two student left.

## 💬 DISCUSSION

### Tuesday (9/25/18)

1. We're talking about what it means to be real. What comes to mind when I say be real?
2. What does it mean to be real to you?
3. Why do you think people try to hide things about themselves?
4. Do you think you can tell who someone really is by looking at their Facebook or Instagram postings?
5. Why is it so hard to be real?
6. Do you like it when your friends try to fake you out? Can you tell the difference between their fake self and their real self?
7. Read Hebrews 4:12 and/or 1<sup>st</sup> Samuel 16:7

### Thursday (9/27/18)

1. After talking about "no filter" last time, did you notice any filters on yourself or your friends? (Make sure to keep the discussion under control.)
2. What did you think about the video/speaker?
3. What are things that we try to hide about ourselves?
4. Why is it so hard to be real?
5. Think about some things you hide about yourself. Why do you think you do that?
6. What is a small step you could take to becoming more real about who you are?
7. What would you tell someone who had a problem with hiding parts of his/herself?
8. Take a look at Colossians 3:9 and/or Philippians 4:8-9.

# How I See Me

## ☆ PURPOSE

This is the beginning of a new series entitled My Profile. This club will begin to challenge the students to think about their identity—who they are and who they will become as their life story is shaped by their life experiences.

## VIDEO

Wreck it Ralph beginning scene: [https://www.youtube.com/watch?v=1OQyA6Gj\\_cE](https://www.youtube.com/watch?v=1OQyA6Gj_cE)

## GAMES

Give each teen a 3 x 5 card and have them write their name at the top and four things about themselves they are sure no one else in the room knows. Collect the cards and hand out paper and pencils to each player. Give everyone a lined piece of paper and tell the teens to number each line. Read the cards one at a time and have the teens write down to which they believe the card is referring. When you have read all the cards, have the teens exchange papers, and read the correct answers for the teens to check the sheets. Whoever has the most right answers is the winner.

## DISCUSSION

### Tuesday (10/2/18)

1. How would you introduce yourself to someone who has never met you before?
2. What are 3 skills/hobbies that you would tell them about?
3. What is one thing that you are really good at?
4. What is one thing that is difficult for you?
5. When you look in the mirror, what do you see?
6. How do you wish you could see yourself?
7. Check out Psalm 139:13-15. What is this passage saying?

### Thursday (10/4/18)

1. Describe yourself in 5-8 words.
2. How do you think your friends describe you?
3. What are some things you have learned by experiences in your life?
4. If you could only share one piece of advice to the future generations, what would it be?
5. Who do you want to be someday?
6. Does who you are today match up with your goals for the future?
7. Look up Luke 12:5-8. What is this passage saying?

## How Others See Me

## PURPOSE

The purpose of this week is for students to begin to think about how other people see them. Is the person that everyone else sees a true reflection of who they really are?

## VIDEO

Wreck it Ralph and Venelope: <https://www.youtube.com/watch?v=3posPWuA9Ss>

## GAMES

Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (which is not the Bible) and one luxury item you can carry with you i.e. not a boat to leave the island! What would you take and why?

## DISCUSSION

Have a leader or two answer the three discussion questions up front, so that the students are able to see the leaders being vulnerable, and genuine. We need to be able to go there, if we are expecting the students to go there.

### Tuesday (10/9/18)

1. What do you think people think of you when they meet you for the very first time?
2. How do you think other people view you after knowing you for a while?
3. What do you wish other people knew about you?
4. Do people at school see a different side of you than your family does?

If yes to #5, why is that true?

Where do you feel like you can act most like the real you?

Check out 1<sup>st</sup> Peter 3:3-4. What does this say about being the real you?

### Thursday (10/11/18)

1. How would people at your school describe you in 8-10 words?
2. How would you like to be seen by those around you?
3. What are some things you might like to do once you graduate? Does who you are now match up with who you will need to be?
4. What needs to change so that others can see the real person that you want to be?
5. What makes it hard to be who you want to be?
6. What would make it easier to be the real you all of the time?
7. Read 2 Corinthians 5:17
8. What does your Facebook/Instagram/Twitter say about you?

## Friends

### PURPOSE

For students to understand the value of friends and the power the role those friends can play in their lives. Friendship is a choice, and choosing who you associate with is a very important choice. Real friendship isn't just someone that you always get along with; friendship unfiltered is hard work with a huge payoff!

## VIDEO

Lord of the Rings: <https://www.youtube.com/watch?v=TrJJ6ncp1fc>

## GAMES

Use a Jenga set and put a question on each block. Every time a student pulls a block, they'll answer a question — and there's sure to be a lot of laughter as students try to keep the tower from tumbling down! **We will also have question in a cup for each group if you do not have Jenga blocks available.**

## DISCUSSION

### Tuesday (10/16/18)

1. How did you choose your friends? Did you choose them or did they choose you?
2. What makes a good friend? What do you look for in friends?
3. What are some reasons that friendships end?
4. Have you been hurt by friends in the past? Or right now?
5. How do you handle conflict with friends?
6. What makes a friendship last?

### Thursday (10/18/18)

1. How did you choose your friends? Did you choose them or did they choose you?
2. Talk through the kind of friends these biblical characters were.
3. Is it important to be friends like these people in the bible? Or can we have only surface relationships? Why or why not?
4. How do you want your friends to treat you?
5. How can you be a better friend tomorrow to your friends?
6. How can you be a better friend to people who do not have friends?

## Tough Questions

### PURPOSE

Giant knot- Create a shoulder-to-shoulder circle, and then have each student grab two other hands from two different people across the circle. Now the entire circle must figure out how to untangle the giant knot of arms and people without letting go. The goal of this discussion is to examine and look deeper into the big life questions students may have.

## VIDEO

Answer to life: <https://www.youtube.com/watch?v=aboZctrHfK8>

## GAMES

Questions may range from silly trivia to more serious content. On the way you might find out some interesting things about your young people! Place a line of tape down the centre of the room. Ask the group to straddle the tape. When asked 'Would you rather?' they have to jump to the left or right as indicated by the leader. Don't forget to encourage your adult helpers to join in too! I've included 20 starter questions, just add your own and let the fun begin.

## DISCUSSION

### Tuesday (10/23/18)

1. How do we know there is a God?  
How do we know there is only one God?  
How do we know the God of the Bible
2. Is Christianity the "Right" religion?
3. Why are there so many different types of churches?
4. If there is a God, why does He allow bad things to happen?
5. What happens when we die?
6. Does prayer actually work?

### Thursday (10/25/18)

1. How do we know that the Bible is true?
2. How do I know if I am really a Christian or not?
3. What happens to those who say they are Christians, but do not act like it at all?
4. Why are there some really messed up people in this world?
5. Why is God waiting so long to come back to earth?
6. Do miracles still happen today?

## Mistakes

For students to understand the importance of taking responsibility for their mistakes and the freedom there is in confessing their mistakes to others. We want to help students understand that their mistakes do not define them.

## VIDEO

"Forgiven"- <https://www.youtube.com/watch?v=NZVjKrmvYYQ>

## GAMES

Ice Breaker: Two truths and one lie

1. Each person in the class comes up with three statements about themselves. Two true statements and one false. Some students may find it easiest to write these down.

2. In turn, each student presents their statements for the rest of the class to determine which statement they think is false.

## DISCUSSION

### Tuesday (10/30/18)

1. How hard is it for you to forgive others? Explain.
3. How would your life change if you choose to forgive every person in your life?
4. What stops you from forgiving them?
5. How do others feel when you forgive them? How do you feel when you're forgiven?
6. Forgiveness can sometimes be a process. Talk with your group and share some real life ideas about how to forgive others.
7. Check out Matthew 18:21-22. Why does Jesus say this?

### Thursday (11/1/18)

1. How hard is it for you to forgive others? Explain.
2. Read through the lyrics and underline the parts that most stick out to you.
- 3.. Have you made a mistake that you have let define you? Share if you feel comfortable.
4. How do you ask God to forgive you from your mistakes?
- 5.. Do you feel like you need God's forgiveness?
6. Once you ask for forgiveness (from God or someone else), how do you move past the mistakes you have made?

## Anger

To help students understand that anger about the circumstances in their life is natural but they have the choice to either grow from those experiences or else stay stuck in their anger.

## VIDEO

The Hulk <https://www.youtube.com/watch?v=udKE1ksKWDE>

## GAMES

Poison Dart Frog - One student stands in the middle of a circle. The students in the circle know that one person in the circle is the "Poison Dart Frog." When the "Poison Dart Frog" sticks their tongue out at a student, that student must pretend to die dramatically. Amid the commotion, the middle person must figure out who the assassin is

## DISCUSSION

### Tuesday (11/6/18)

1. Do you get angry often, or only every once and a while?
3. Why is it so easy to become angry in this country?
4. What are two things that make you angry?
5. What does culture (tv, movies, music ect.) tell us about being angry?
6. Is it ever okay to be angry? If yes, When?
7. What does God have to say about being angry? Check out Matthew 21:12-13.

### Thursday (11/8/18)

1. Do you get angry often, or only every once and a while?
2. Are there different kinds of anger?
3. If you, or someone you know has a lot of anger, does that impact their daily life?
4. What is the “antidote” (opposite of) anger? Is it easy or hard to forgive?
5. Check out John 2:13-22 What is this saying?
6. is there a difference between Jesus’ anger and our anger?

## Respect

### ☆ PURPOSE

The trend in our world is that respect is earned, never given. If someone treats us poorly or doesn't fit our mold of what we think is "cool," we don't treat them with respect. This week we want kids to see that Jesus teaches us that we love and respect others no matter what.

### GAMES

Move if You... - Have students sit in a large circle with one person in the middle. The middle person calls out for a certain group of people to move — for example, “Move if you have brown hair” or “Move if you have been to another country.” If the students fit the criteria, they must run to a new seat in the circle. The one student left standing is in the middle for the next round.

### VIDEO

The Incredibles- <https://www.youtube.com/watch?v=MVL49ejn4jE>

## DISCUSSION

Tuesday (11/13/18)

1. What is respect? Give a definition
2. Do you think everyone deserves respect? Why or why not?
3. Why is respect important?
4. How do you show respect others and why do you show them respect?
5. What do you think Jesus says about respect and how we should treat people?
6. Read this: “You have heard it said, ‘Love your neighbor and hate your enemy. But I say, love your enemies! Pray for those who persecute you! (Matthew 5:43-48)”

## Relationships

### ☆ PURPOSE

Relationships are becoming a more significant part of life for middle school students. Friendship is a great basis for relationship, and if you can't be unfiltered around someone, you shouldn't pursue a relationship with them.

### VIDEO

“Up” movie, Carl and Ellie: [https://www.youtube.com/watch?v=2PD7qi8VK\\_o](https://www.youtube.com/watch?v=2PD7qi8VK_o)

### GAMES

Thanks for the compliment: Everyone gets a piece of paper taped to their back. (Make sure their name is at the top of the paper.) Each person is given a marker. Each person in the group must walk around the room and write a compliment or positive remark about that person on their back... NO PEEKING!

## DISCUSSION

Tuesday (11/27/18)



1. Do you think dating relationships are important in middle school?
2. What do you think is the perfect age to start dating?
3. What makes a relationship “good”?
4. Tell me about a dating/marriage relationship that you admire?
5. What do you admire about that relationship?
6. Colossians 3:18-19. How does that relationship match up with this verse?
7. What are some real, serious #relationshipgoals that you have for your relationships now or in the future?

#### **Thursday (11/29/18)**

1. What did you think about the speaker/video today? What did you like, what didn't you like?
2. What do movies, T.V., musicians, and actors tell/show us dating is about?
3. What do you think the purpose of dating is?
4. What is the difference between a crush and dating?
5. What are some things that dating students should do?
6. What are some things that dating students should not do?
7. What does Luke 6:31 have to do with dating?

## **Family**

### **☆ PURPOSE**

For students to realize that no family is perfect, in fact, around our families may be our most "unfiltered" place. We need to learn how to deal with family struggles with wisdom, and understand that, even in the midst of a difficult earthly family, we are always offered a place in the family of God.

### **📺 VIDEO**

Lilo and Stich- <https://www.youtube.com/watch?v=-U0xGBN12fE>

### **👑 GAMES**

Students are secretly given a number and they have to arrange themselves WITHOUT SPEAKING in numerical order by holding up fingers or making up their own sign language. For Round Two, have people arrange themselves in order of birthdays.

### **💬 DISCUSSION**

#### **Tuesday (12/4/18)**

1. What is your favorite thing about your family?

2. Read Genesis 4:28 (Talk about how this family relationship went south) Cain had the opportunity to respond correctly and obey God, rather he chose to kill his brother out of anger.
3. Do you feel like you can be yourself, 100% no filter, around your family?
4. In your mind what is the purpose of family?
5. How do you handle issues with your family? Do you raise your voice and argue? Do you retaliate in a negative way?
6. How can you choose to respond correctly and in respect to your family?

#### **Thursday (12/6/18)**

1. What is your favorite thing about your family?
2. Read Genesis 4:28 (Talk about how this family relationship went south) Cain had the opportunity to respond correctly and obey God, rather he chose to kill his brother out of anger.
3. Do you know any families that you would want your family to be like? Who? What makes those families good?
4. What does it mean to be in God's family? Does anything actually change if we are in God's family?
5. Read 2 Corinthians 6:18
6. How does God care for His children?
7. Are you a child of God? Do you want to become one?

## **Totally Christmas!**

### **☆ PURPOSE**

To remind students of the true reason for the Christmas season and to open up opportunities to present the Gospel message.

### **📺 VIDEO**

The Christmas Story- <https://www.youtube.com/watch?v=ABP57sznhZ0>

### **👑 GAMES**

Never have I ever: Have the chairs set up in a circle. Have one less chair than you have students. The student without a chair stands in the middle and says "never have I ever..." and then they name something that they have never done.

### **💬 DISCUSSION**

#### **Tuesday (12/11/18)**

1. What are some Christmas traditions you have?
2. What are some of your favorite things about Christmas?
3. Are there any challenging parts about Christmas? (This may bring up family challenges)
4. What does your household believe the reason for Christmas is?
5. What do you, personally, believe the reason for Christmas is?
6. How are you going to remember the real meaning of Christmas this year? What is one real thing that you could do/say/be that would help you remember the real reason for Christmas?
7. Spend some time writing out lists of things that you are thankful to God for. Spend some time in prayer for us.

8. Isaiah 9:6-7. What does this make you think of?

**Thursday (12/13/18)**

1. What did you think about the video today? Agree/disagree?
2. Why do you think that American's, in general, celebrate Christmas?
3. Why can Christmas get so stressful in our country?
4. What is the point of Christmas gifts? Are they "Good" or "Bad" or neither? Is it alright to enjoy getting gifts?
5. In everything I did, I showed you that by this kind of hard work we must help the weak, remembering the words the Lord Jesus himself said: 'It is more blessed to give than to receive.' " Acts 20:35. What does it mean "More blessed to give than receive"?
6. What are some things that you could give this Christmas season (*time, money, items, food...*)
7. Why is it important that we keep Jesus at the front of our minds at Christmas time?