

Ms My Story

1. CONVERSATION STARTER

Supplies:

- None

Leader Tips:

- Use the Conversation Starter to set the tone for your group's time together.
- Be prepared to kick-start the discussion by sharing your own answers to the questions below.

Instructions:

- As the students arrive, gather them together into a group.
- DISCUSS:
 - Last week, we started talking about trust. Who can remind us what that word means?
 - When is it difficult to trust someone?
 - Have you ever lost someone's trust? Has someone lost your trust?
 - Has it ever felt impossible to regain someone else's trust? Why or why not?
 - Do you trust God? With what? How do you show it?
- Depending on the size of your group, have the students share their answers with the person sitting closest to them or with the whole group.

2. INTRO ACTIVITY

Supplies:

- Paper
- Scissors

Instructions:

- Hold up a sheet of paper for the students to see.
- ASK: Do you think it's possible for me to stick my head through this paper?
- Explain that it is possible and offer paper to anyone who would like to figure it out on their own.
- When the students give up, lead them to:
 - Fold the paper in half lengthwise.
 - On the fold, starting about 2 centimetres from 1 end, cut a series of long parallel lines approximately 2 cm apart. Don't cut through to the open edges!
 - Cut along the middle fold, being sure to leave the 2 end strips intact to create an outer border.
 - Unfold the paper and stick your head through it.
- SAY: What seemed impossible was definitely possible! Today's Big Idea is that **we can trust God even when things seem impossible.**

Gs God Story Ls Life Story

3. WEEKLY VIDEO

Supplies:

- Video file

Leader Tip:

- Sit with the students and encourage them to focus on the video as necessary.

Instructions:

- Play the video. It contains:
 - Host segment
 - God Story (Abram's covenant in Genesis 15:1-21)
 - Life Story (Lize van der Bijl on trusting God after being diagnosed with fibromyalgia)



4. QUIZ GAME

Supplies:

- Buzzers
- Bibles
- Rockets

Leader Tips:

- Encourage the students to refer to the Bibles for answers.
- To get everyone involved, the same person may not answer a question 2 times in a row.

Instructions:

- Divide the students into 2 teams.
- Give each team a buzzer and a Bible.
- Explain that you're going to play a quiz game. People must buzz before answering a question.
- Ask the following questions:
 - In today's God Story, what was the thing that seemed impossible to Abram? [having children and becoming a great nation as God promised him]
 - God told Abram that he would have as many children as there were what? [stars in the sky]
 - What was the agreement that God made with Abram (with the animals and the firepot) called? [a covenant]
 - Who was the lead actor in the Mission Impossible movies? [Tom Cruise]
 - What is something else that God made happen in the Bible—from any story!—that seemed impossible? [e.g., he closed the lions' mouths in the story of Daniel, Jesus turned water to wine, people were raised from the dead]
 - What book and chapter of the Bible was today's God Story from? [Genesis 15]
 - What did God promise to Abram that day? [land]
 - "Impossible is nothing" is a quotation made famous by which clothing brand? [Adidas]
 - Find Matthew 19:26 and read it aloud.
 - Find Luke 1:37 and read it aloud.
- Award Rockets to the team that answered the most questions correctly.

5. PRAYER ACTIVITY

Supplies:

- Lined paper
- Pens

Leader Tip:

- If some students don't feel like writing, encourage them to sit quietly and pray. If anyone is distracting other students, remind them that this is a set apart time for people to talk with God.

Instructions:

- Encourage the students to consider the question: What's something that feels impossible in my life right now that I need to trust God with? Explain that it could be dealing with a family relationship, a friendship, a worry, or a fear.
- Give each student a sheet of paper and a pen.
- Explain that they will have a brief quiet time in which to write a prayer to God. Let them know this is just between them and God, and they don't need to share it with anyone else if they don't want to.
- Allow time for the students to write. Ensure a tone of quiet and stillness.
- Close in prayer. Lead students in praying and invite them to pray as well if desired.

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6. DISMISSAL

Supplies:

- Crafts
- Key verse cards
- Take home cards

Instructions:

- a. Take a few moments to pray for the students.
- b. Remind everyone about any upcoming events or relevant announcements.
- c. Make sure the students have their take home materials.
- d. Ensure the adult teaching is over before dismissing the students.