

# BETTER CHOICES

## Q3 BETTER CHOICES - HEALTHY COPING

### PLAYLIST

<https://open.spotify.com/user/campuslife1965>

### PURPOSE

This series has been heavy, and it was supposed to feel that way. Middle school students are dealing with so much, but today, we are focusing on the hope of Jesus in a unique way. We aren't straight up presenting the Gospel, rather letting students in on the hard things of our lives and the difference Jesus has made.

### NOTE TO SITE DIRECTOR

This week's response is students signing up for an appointment to hear more about Jesus in their life. It is pivotal that all of your leaders are confident at presenting the response to the Gospel in a one-on-one environment so that they can do such in these appointments. If you haven't trained on this recently, make sure to teach them the 5Rs, Roman's Road, Bridge Illustration or another easy way to present it and understand that the Gospel is simply Jesus - who He is and what He's done for us.

NOTE: This wrap-up will probably be a bit longer than usual so plan accordingly with the games and even do the wrap-up/discussion in the middle to ensure you have enough time and then end with a game!

### MINISTRY LEADER EMPOWERMENT

Get Ministry Leaders involved:

Every week of this series, we will kick off with a welcome competition between a leader and a student. Try to get a different leader involved each week

- Have a different leader lead each game while all of the other leaders jump in and play! Students need to see us interacting with them as fun in order to open up to us

- If you have a leader that feels passionately about screen time d, prep them to lead this wrap up
- Our ultimate goal would be that each ministry leader walks away with an appointment with a different student each week of this series

## RMA CONNECTION

### APPOINTMENTS

Conversations around these topics can be shameful and awkward: Students will be more likely to open up to a trusted leader in a place where not a lot of their peers are so think about meeting in the corner of a coffee shop where the student's back is to the rest of the place so they feel a sense of privacy. Also remember to do more listening than talking in these conversations despite how easy it can go into "fix-it" mode. Coach your leaders to practice their shocked faces, to offer empathy and to stay away from phrases like "are you praying about this".

## PREP

### SUPPLIES NEEDED:

- Blender
- Items to Blend
- Clear Cups
- Chairs for leaders during Wrap-Up

## WELCOME

Welcome to the last week of the Better Choices series! So far leaders have won \_\_\_\_\_ of our welcome warm-ups and students, you've won \_\_\_\_\_ but who will be the ultimate winner this week?! Remember, students if you win more at the end of today, you'll win \_\_\_\_\_! Today, we are going to get a little gross with a round of BLENDER CHALLENGE. I need one student who is going to face off with \_\_\_\_\_: You're going to have to be okay with tasting something a little gross and drinking it faster than the other!

### BLENDER CHALLENGE

**SUPPLIES NEEDED:** Blender, items to blend, clear cups

**DIRECTIONS:** Have leader and student come to the front (put a blender in between them and add some ingredients that normally don't go together). Put in a few ingredients (think Mountain Dew/different sodas, Hershey's syrup - stay away from extreme things like sardines, mayo, etc.). Blend it up, pour into a clear cup, give to each and have the crowd countdown to start. Whoever finishes first wins the challenge!

OH MY LANTA, YOU KNOW WHAT THAT MEANS?! \_\_\_\_\_ WINS THE BETTER CHOICES TOURNAMENT!

## CROWDBREAKER

### AH-OOH

**DIRECTIONS:** Everyone puts their head down, extends their arms out, makes spirit fingers and says “Ahhhhhhh...” After about 5-10 seconds of this, the up front leader makes a very loud “OOH!” sound (like a gorilla) and place both their hands on the Head, Shoulders or Hips. Everyone in the crowd also says “OOH!” at a similar time and puts both their hands on their Head, Shoulders or Hips. The student’s goal is to NOT MATCH the part of the body that the leader picks. If they match the leader, they must sit down. If they do not match, they continue to the next round. The last student standing wins.

## SMALL GROUP GAMES

[VIEW SMALL GROUP GAME & ACTIVITY IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **LICORICE TOWERS** and **DIE MASTERS** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## VIRTUAL GAMES

[VIEW VIRTUAL GAME IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **FASTEST FINGER TRIVIA** and **DICE GAME** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## TRANSITION

The last few weeks have been filled with some hard conversations and I want to thank you for sitting through those topics that often make us squirm a little. All of the leaders here at Campus Life want you to know that we don’t judge you or see you differently if you have gotten involved in any of these topics whether it be pornography, sexting, sex, substance abuse, unhealthy relationships, eating disorders or self-harm. We see you; we love you and we are here for you. As we transition into our wrap-up first this week, please know those things.

## WRAP UP

This series we’ve said Romans 12:2 over and over again, “Don’t conform to the patterns of this world but transformed by the renewing of your mind”. We’ve talked a lot of what it looks like to not conform to the patterns of this world, but not as much on the renewing of your mind so today we are going to lean into that.

Here at Campus Life, we believe that the renewing of your mind comes from a relationship with Jesus. God created us to live in a perfect world without poor choices, unhealthy choices, pain, abuse or any of the topics we've talked about in this series, but humans messed everything up. The only way to get back to the way God created things to be is through a relationship with Jesus and we would love to share more about that with you one-on-one but this week, we want to SHOW you what that has looked like for each of your leaders.

Right now, I need all of your leaders to come up to the front and have a seat. Today, we are going to do interview each of your leaders instead of one of us doing all of the talking. *(For larger teams, plan to have just 3 or 4 of your leaders come up for the interview)*

Questions for the leaders:

1. What was something hard in your life before really having a relationship with Jesus and how did you cope with it? (Highlight the unhealthy things we've talked about in this series, but you could also lean into perfectionism, watching too much TV, etc.)
2. How did you begin a relationship with Jesus? Fill in the blank: Jesus is my \_\_\_\_\_.
3. Now that you have a relationship with Jesus, how do you avoid falling into the topics we've talked about in this series? (It's okay to say that it is still hard and that there are areas where you still mess up)
4. How do you cope with stress, pain and hurt now that you have Jesus?

## DISCUSSION

### SMALL GROUP DISCUSSION QUESTIONS

- 1) Which leader did you resonate the most with? Why?
- 2) What has been something hard in your life and how did you handle it?
- 3) What do you think about a relationship with Jesus?
- 4) How do you think a relationship with Jesus could change the way you interact with things like pornography, relationships, substance abuse, bullying, eating disorders and self-harm?
- 5) Fill in the blank: I need Jesus to \_\_\_\_\_.

### GOING DEEPER

- 1) How do you maintain a relationship with Jesus when things get hard in life?
- 2) As someone who loves Jesus, how could you help other friends and peers through the topics we've talked about in this series?

\*\*\*Make sure to end by having your small group students put your number in their phones if they don't have it already so you can follow up with appointments\*\*\*

## RESPONSE

Like I said at the beginning, if any of these topics have hit home for you over the last few weeks, and you haven't talked to a leader yet, please do so. Or if everything you heard about Jesus today has you thinking, please reach out so we can share more about him with you. Right now, we are even going to give you some time to do that so pick up your phones. Text any of the leaders here and tell them that you need to talk to them about one of the topics or want to hear more about Jesus. Maybe you're sitting here and none of those topics apply to you, but you know a friend who is struggling, and you need to talk about that, text that. Maybe you're truly sitting here feeling pretty good about everything, that's great. You can still meet with a leader to get to know them better and learn how you could help a friend or guard against these things in the future.

I know some of you have probably had that feeling that you wanted to talk to someone for a while and you've kept putting it off or that you like the idea of Jesus, but you keep pushing it off. Don't push it off any longer. Text your leaders now.

## ANNOUNCEMENTS

SITE DIRECTOR - list any announcements here that you need to communicate to your group before Club concludes!

## HEAD'S UP

**NEXT WEEK** | NEW SERIES CALLED "34,000"

Did you know that there are roughly 34,000 emotions that a single human can express throughout their lifetime? Sometimes it feels like we express those many emotions on a Monday morning. We're entering into a new series talking about some of the deeper emotions that we don't often mention but are very relevant for middle school students. Get ready to have some fun discussion around these different emotions as we continue to work towards deeper Authentic Christ-Sharing Relationships with our students.