

# CLUB SERIES GUIDE

## 34,000

Dear Campus Life Club Leader - Thank you so much for leading this Club with your students! Below you will find a few important notes and clarifications about what to expect as you move through this series. We also recommend you [review the standards and best practices for the Club RMA](#) found at YFC's Knowledge Base before starting Club.

## WHO IS THIS GROUP FOR?

The 34,000 series is meant for middle school students. We often discuss the main emotions of Anger, Fear, Sadness and Joy but leave out the 34,000 other emotions that humans experience throughout their lifetime. This series aims to hit a few of those "other" emotions and give a biblical example of each.

Throughout this series, we want to have real discussions with students, help them better understand their emotions on a broader scale and use this Club series as a way to propel into the deeper RMAs of Appointments and Small Groups. With this series being later in the school year, we want these relationships to begin to deepen so that our summer can be successful.

For other series that might replace 34,000, you can find them on the National YFC website under [Campus Life Middle School Quarter 3 Curriculum \(January-March\)](#)

## FONT DOWNLOAD

To view the word documents, you will need to make sure you have the YFC Steelfish font downloaded! Get it here: <https://yf.cx/steelfish>. We've included PDF versions of the lessons as well!

## FEEDBACK

If you enjoyed this series and want to share some feedback, stories of how this impacted your ministry, or have any questions/concerns, please contact us at [campuslife@yfc.net](mailto:campuslife@yfc.net).

# 34,000

## Q3 34,000 - 01 APATHY

### PLAYLIST

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

### PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

### NOTE TO SITE DIRECTOR

Challenge yourself as the director to only lead one part of each Club if at all and hand everything else off to different leaders!

### MINISTRY LEADER EMPOWERMENT

This would be a great series to practice follow-up: Challenge every leader to text 2-3 students each week an emotions wheel and ask them what the dominant emotion is currently and why. Helping students think about what they are feeling and experiencing can lead to a lot of growth!

### RMA CONNECTION

#### APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

## PREP

### SUPPLIES NEEDED:

- Projection & Sound System for Media
- 1-2 Rubber Chickens
- Print outs for each small group of emotion wheel
- Sign-Ups for Small Groups

## WELCOME

Welcome to Campus Life and the first week of our new series, 34,000! 34,000 got its name because we are going to be talking about something each week that we have 34,000 of. Anyone have any guesses as to what this series is all about? *[Take a few guesses from the crowd]* It's emotions! Many of us may only think there are a handful of different emotions because that's what Inside Out taught us but there are actually so many! Check out this emotion wheel to see just a snippet of them! *[Show emotion wheel up front and comment a bit]* Before we jump into the emotion of this week though, let's give it up for \_\_\_\_\_-----\_\_\_ who is leading what's next!

## CROWDBREAKER

### WHERE'S MY CHICKEN

**SUPPLIES NEEDED:** 2 Rubber Chickens or Medium-Sized Balls

**DIRECTIONS:** This game plays similarly to Red Light, Green Light but with a bit of a twist. Place one or two leaders at one end of your playing area; about five feet behind them, place the rubber chickens/items that you have. Everyone else will line up at the opposite end of the playing area. The leader(s) will turn to face away from the students and yell, "Where's my chicken?!" As the leaders are yelling, the students are trying to get up to the chickens and grab one of them. As soon as the leader(s) are done yelling, they turn around and the students have to freeze immediately. If a leader sees a student move, they call out the student and those students have to go back to the starting line. If the leader can see any part of the chicken once it is picked up, they also call out that student to put the chicken back where it came from and go to the starting line. Leader can also just make a cold guess as to who has the chicken and if they are right, the same thing happens. The leader(s) then turn around and repeat the process until the students get the chicken across the start line.

## SMALL GROUP GAMES

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

If you are working with smaller groups, we recommend playing **ALPHABET POCKETS** and **GUESS WHO** 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 **I NEED A...** and **PARTNERS IN PEN** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## MEDIA

**Q3 34,000 - 01 MEMORY ISLANDS**

## TRANSITION

If you haven't seen Inside Out, you're probably like "I have no idea what is going on in this clip" so let me help you out. All of those islands have been huge parts of Riley's life - the things that really define who she is but throughout the movie, she is losing her passion or care for those things. As she becomes more apathetic and no longer cares, the island falls and obscures her ability to feel. As the last island falls, she no longer is really feeling anything and has no passion or identity.

Apathy is a pretty complex emotion that can be hard to define but for the sake of this week, we are going to say that apathy is really the absence of motivation or feeling. Apathy is what fuels the "whatever, I don't care" attitude. Apathy is just feeling empty. Apathy is what many of us have been stuck feeling after the chaos and change over the last few years. But before we really get into apathy today, we are going to break into small groups to process so go find your groups!

## DISCUSSION

**SMALL GROUP DISCUSSION QUESTIONS**

- 1) If you had to pick one emoji to describe how you're feeling right now, which would you pick and why?
- 2) Looking at these print outs of emotion wheels, what emotion would you say you are feeling?
- 3) From how we just described apathy, which emoji would you pick to represent apathy?
- 4) Have you ever witnessed someone feeling apathetic? Without naming names, can you describe how they acted and why you think they were feeling apathetic?

- 5) What are the dangers of apathy? How can being apathetic affect your life, relationships, school etc.?
- 6) What can you do when you are struggling with apathy?

### GOING DEEPER

- 1) How might God use apathy in someone's life?
- 2) How can apathy affect someone's faith?

## WRAP UP

The last couple of years have been hard. It felt like we were faced with one hard thing after another and after a while, it became easier to just stop feeling and to grow overwhelmed with all of the bad than to feel and do. I don't know about you, but I turned to watching TikTok until my Screen Time warning cut me off; binge watching entire TV shows and taking a lot of naps. If you would have asked me how I was doing or what emoji best described me, I truly wouldn't have had an answer for you. I didn't really feel anything, and I didn't really want to do anything. I was completely apathetic. Maybe you resonate with that and now know exactly what apathy is. Maybe you used to invest so much of your time in your grades or a sport and suddenly no longer care about. Maybe you used to have so many friends but after a lot of drama, you just kind of cut yourself off from everyone so you didn't have to feel betrayed or left out anymore. Maybe life has felt so chaotic or unpredictable and you couldn't handle those feelings anymore, so you've escaped into video games and TV. Maybe you got really down about yourself and now just eat all of the time, so you don't feel self-hatred. All of that is apathy.

Apathy robs us of motivation. It takes away our passion, our drive. It forces us to retreat inward and stop caring about other people or even ourselves. Like we see with Riley in *Inside Out*, apathy often comes after some hard things because feelings can be hard, and apathy is easier. Sometimes we are paralyzed with too many options or decisions and decide to not do anything.

The Bible often warns about being apathetic, but we are going to focus on one story in particular. *[Summarize Matthew 25:14-30 in your own words]*. There was a master who was going away for a bit, so he called up three of his servants and gave each of them an amount of money - to one he gave 5 coins; to another, two coins and to the last just one coin. Immediately the first two went and invested their money and doubled it but the last servant took his one coin and buried it so that nothing bad could happen. The master came back and told the three to come back and bring the money - the first two brought their doubled sum and the master was pleased, telling them, "Well done" but when the third servant approached with just the one coin that he was given and said to his master, "Master, I know you have high standards and hate careless ways, that you demand the best and make no allowances for error. I was afraid I might disappoint you, so I found a good hiding place and secured your money. Here it is, safe and sound." (Matthew 25:24-25). The master was furious, telling the servant that his caution and laziness was a terrible way to live that while the others took what was entrusted to them and earned even more responsibility that this man's one coin was to be given to them because he couldn't be trusted with anything anymore.

The third servant was overwhelmed with the choices and chose to deal with the hard feelings by not feeling or doing anything and we all saw how that worked out for him. The Bible is filled with verses that warn you to not live in apathy or lack of feeling, but we also see what happens when people fight apathy even when they have the most right to feel it and do something.

Time and time again we see people who have had the hardest of lives do something instead of nothing. One of my favorite examples involves a man who was born paralyzed. Now this man had never been able to walk but knew that Jesus could heal him. One day, Jesus was in this man's town and he wanted to get to Jesus to be healed. BUT this man was paralyzed, and Jesus was inside a packed house with no way to get to him. This man could have also become paralyzed with apathy (see what I did there? lol) - he could have felt that his life was just destined to always be hard, that he had already lived with too much hardship, questioning the pain that could come if Jesus didn't heal him and just stay at home and do nothing. But he didn't. This man had the best kind of friends - the kind of friends that will help pull you out of dark places. This man's friends hoisted him onto a blanket, carried him to the roof, cut a hole in the roof and lowered their paralyzed friend down to Jesus where he could be healed. And that man walked out of that house being healed by Jesus because he didn't grow apathetic and chose to do something.

Apathy is hard and often it feels too big to fight on our own; it can paralyze us from doing anything, from feeling anything. When we are feeling apathetic, we can be like the servant with one coin and let that feeling paralyze us to do nothing or we can be like the paralyzed man who had no way to get what he wanted and had lived a hard life all of his life but chose to lean on others until he could walk on his own. We each have that choice - are we going to do nothing and feel nothing or are we going to fight and surround ourselves with others who will fight for us?

If you're struggling with just feeling numb or apathetic, think about the people in your life. Who would gladly put you on a blanket and carry you until you can do it on your own? Maybe you've always been bad at math and you've just accepted that you'll always have a bad grade and have stopped trying; who is good at math that you could ask to be homework buddies? Maybe you've gotten so behind in a few of your classes and have just accepted the 0's, could you meet with your teacher after school and ask them to help you get caught up? Maybe life has just been hard for too long and you've lost your will to feel, who is a leader that you could talk about everything with and let them help carry your feelings? Maybe you've been struggling with abuse, suicidal thoughts or hard things and feel too defeated and beaten down, who can help you see the light when everything feels dark. Even if it feels like you don't have anyone else, can you lean into Jesus, can you talk to him, process with Him, ask him to help you feel and heal you?

When apathy is trying to isolate you, do the opposite, reach out to someone. When apathy is telling you to do nothing, do something.

**RESPONSE**

Some of you may not feel like you really have anyone to lean on, so we'd love to create some of those spaces for you! We are going to be starting some small groups outside of this normal Club time: This is a great time to get closer with some of the other people here, talk about life, grow and of course have fun! On your way out today, we'd love you to look at the options of small groups and sign up for one! Don't let apathy win, do something!

## ANNOUNCEMENTS

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

## HEAD'S UP

**NEXT WEEK** | 34,000: BITTERNESS/JEALOUSY

We'll look at a biblical example of this emotion and continue coming alongside our students!

**2 WEEKS** | 34,000: ASHAMED

We'll look at a biblical example of this emotion and continue coming alongside our students!

# 34,000

## Q3 34,000 - 02 BITTERNESS/JEALOUSLY

### PLAYLIST

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

### PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

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### MINISTRY LEADER EMPOWERMENT

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### RMA CONNECTION

#### APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

## PREP

### SUPPLIES NEEDED:

- Projection & Sound System for Media
- Notecards with animal names
- Emotion Wheel Print Outs

## WELCOME

What's up, everybody?! This is our second week of 34,000 where we are talking all about emotions, especially some of the emotions we'd like to avoid or say we don't feel. BUT before we get into the hard conversations, I am going to set a timer for 60 seconds and I need you to find a partner and come up with a secret handshake with that person. Read? GO!

Dang, I saw a lot of good potential handshakes, my challenge to you would be to do that handshake any time you see that person in the halls this week! Take a little bit of Campus Life with you! Now, let me introduce you to \_\_\_\_\_ to lead our first game (*bonus points if you do a fun handshake to pass the mic to that person*).

## CROWDBREAKER

### ANIMAL PAIR-UP

**SUPPLIES NEEDED:** Notecards with animal names on it for each student/leader

**DIRECTIONS:** Pass out animal note cards to each participant and tell them to not show anyone else (you could also collect them before play). Make sure that every note card has at least one other of the same animal and is an animal that can be acted out easily or makes a known noise. On go, the students will go around the room making their animal's noise/acting like their animal and try to find all of the other players with the same animal. Once they think they have everyone for their animal, they sit down.

\*NOTE: You can switch up the game if you have enough blindfolds and blindfold each student so that they can only find each other through sound. Instead of walking around, have them crawl on all fours.

\*\*If you have "that student" who can take a joke, give them a loud animal like donkey or elephant and make sure there is only one of those animals so they are left alone when everyone is in groups.

## SMALL GROUP GAMES

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

If you are working with smaller groups, we recommend playing **IN COMMON** and **PTERODACTYL SMILE** 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 **ROCK PAPER SCISSORS** and **THE COUNT** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## MEDIA

**Q3 34,000 - 01 WOODY'S JEALOUSY**

## TRANSITION

SSSSSHHHHEEEESH, CAN YOU SAY BITTERNESS, WOODY? The dictionary definition of bitterness is, “a feeling of hostility or resentfulness” and man, that perfectly defines Woody in that situation. He was used to being the favorite, being the one that everyone looked to and now this new “toy” came in and was taking the limelight away from him. Woody was being pushed to the side while Buzz was replacing him. Woody was resentful and hostile.

Unfortunately, we are all too acquainted with bitterness in our own lives, especially in middle school. Other people have the friends, clothes or spot on the team that we want and so we resent them for it. We aren't just jealous of what they have but we are hostile towards them for having what we want. We feel less than, so we act out in anger to tear the other person down. So, before we get too far into bitterness, let's go into our small groups to discuss!

## DISCUSSION

### SMALL GROUP DISCUSSION QUESTIONS

- 1) Looking at the emotion wheel, what is your dominant emotion this week? What has caused you to feel that?
- 2) If you had to assign an emoji to the emotion of bitterness, which emoji would you pick? Why?

- 3) Without naming names, how have you seen jealousy or bitterness play out in middle school?
- 4) What are the dangers of feeling jealous or bitter?
- 5) What can you do when you are struggling with bitterness or jealousy?

## GOING DEEPER

- 1) How can bitterness or jealousy affect a relationship with Jesus?

## WRAP UP

*Leader, share a personal story of a time that you experienced bitterness/jealousy, why you were feeling it and the effects of that bitterness or jealousy that you can see now.*

Whether it is my story, Woody's story or middle school students' stories, I think bitterness/jealousy always has roots in insecurity. If we were totally secure in ourselves, we would have confidence in people's love and appreciation of us regardless of what others had, but instead we doubt our worth and ability to be loved. As long as we have more or better than others, we feel pretty good but we compare ourselves to others and feel ourselves falling short, jealousy and bitterness grows within us.

When I think about bitterness/jealousy in the Bible, there is one major story that sticks out and it spans the course of the entire first book of the Bible, Genesis, so I'm not going to read it word for word but I'll summarize it. *[Familiarize yourself with the entire story of Joseph, specifically Genesis 37]* Joseph was the baby of the family with 11 older brothers and let's just say he was the typical baby - he got a little bit more attention from his father who had made if this beautiful coat of many colors that really started to grow bitterness and jealousy in the eleven brothers. On top of that, Joseph had a dream from God that he would grow to a position of power and be in charge of his brothers even though he was the youngest. Talk about bitterness and jealousy - now not only is it clear that their dad favors Joseph, but now he is over here having dreams from God that he is going reign over them?! Also, for context, the oldest would often have more rights, favor and power so the fact that Joseph was saying the opposite was going to be true was kind of insulting to the older brothers.

All of this bitterness and jealousy grew until one day all of the brothers were out in a field doing their jobs when the older brothers said to one another, "Here comes the dreamer. Come now, let us kill him and throw him into one of the pits. Then we will say that a fierce animal has devoured him, and we will see what will become of his dreams." One of the brothers, Reuben, talked some sense into the others saying that they shouldn't kill him, just leave him in the pit for a bit and then bring him back so they could look like hero's saving the long-lost brother but once they stole his coat and tossed him into the pit they sat down to a nice dinner when they saw a group of people walking by and another brother, Judah had an even better idea where they'd be less guilty. So, they went to the pit and pulled Joseph out of it and then sold him to this group of wanderers as a slave so they wouldn't be able to be blamed for Joseph's death. Slavery instead of a slow death in a pit? I guess maybe that's better.

Eventually, the story gets crazy and Joseph's dreams come true and he ends up in a position of power with his brother's begging for his help, but we won't go into that - but seriously it's a crazy story that leaders would love to help you explore outside of Club time if you want to meet up and read it all together.

But like with Joseph's brothers, our feelings often start with a little comparison or feeling inadequate in ourselves and grow to being jealous of those who have what we want - in the brothers' case, the father's love and affection - and then that jealousy grows to full fledged bitterness that we are acting out on. Maybe we aren't physically going around throwing the people we are bitter towards in a pit or selling them into slavery but maybe we are looking with a watchful eye for when they mess up so we can taunt them; maybe we are spreading a rumor or gossip; maybe we are looking for any opportunity to feel bitter about them; maybe we are sliding into their girlfriend's or boyfriend's dm's or even just a mean look sent their way in the hallway or a passive aggressive rate on Insta. The truth is, if we don't take care of our bitterness, it will always leak out.

## RESPONSE

You may be sitting there thinking, okay, but how do I not grow jealousy and bitterness because it's so easy?! I get that, even as an adult, I constantly have the opportunity to compare myself to others and come up less than them in all kinds of categories.

One way to combat jealousy and bitterness is to get to know the stories of those people around you. Truth is, if you wanted someone to seem like they are better than you, you'll always find a reason but if you seek to understand their story and why they are the way they are, you'll growth empathy and understanding over jealousy and bitterness. If Joseph's brothers would have asked him questions and sought to understand him, maybe they would have found out that though he knew his dad loved him, he was always afraid of disappointing him because his father put him on a pedestal or that his gift of dreams from God also came with anxiety and doubt. Maybe they would have been able to empathize with those feelings rather than wanting to tear him down.

The second way to combat jealousy and bitterness is to practice gratitude. Research shows that as you practice gratitude over comparison, your brain will physically start to rewire itself to experience more gratitude and less comparison even if it is just a list of 3-5 things each day that you are thankful for.

So, your challenge this week is to get to know someone you tend to compare yourself with. Ask them how they are really doing, what the hardest thing is in life right now, how you can be a good friend to them or just watch them and look to learn things you don't know. Allow knowing more about them to cause you to care for them. Second, starting right now, I want you to make a list of three things every day that you are thankful for, so everyone grab your phones and make a note. I'll even make a deal that if you post your three things on social media and tag \_\_\_\_\_ (CL Page) in it that you'll be entered to win a gift card next week - the more you post, the more entries you get!

Let's stop our jealousy and bitterness from growing and taking action this week

## ANNOUNCEMENTS

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## HEAD'S UP

**NEXT WEEK** | 34,000: ASHAMED

We'll look at a biblical example of this emotion and continue coming alongside our students!

**2 WEEKS** | 34,000: UNVALUED

We'll look at a biblical example of this emotion and continue coming alongside our students!

# 34,000

## Q3 34,000 - 03 ASHAMED

### PLAYLIST

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## PREP

### SUPPLIES NEEDED:

- Projection & Sound System for Media
- Pens
- 6 quarter pieces of paper for each student

## WELCOME

Welcome back to Campus Life Club! Last week, we ended talking all about gratitude, so let's start with the same thing. Turn to the few people next to you and share 3 things that you were the most thankful for over this last week.

Remember, the more we actively practice gratitude, the more our brains will physically rewire themselves to think more positively, so let's keep practicing that as the school year winds down! I'll be honest though, right now I am very thankful for \_\_\_\_\_ - not only because they are going to lead the next game but because they are also \_\_\_\_\_ so give it up for \_\_\_\_\_.

## CROWDBREAKER

### CROW'S NEST

**DIRECTIONS:** Have students get into groups of three long enough to know who their groups are. Once the music starts, they will mingle around without being with their partners. When the music stops, the leader will yell out of the three commands and students will race to get into that formation.

1. Crow's Nest: Two kids get down on one knee facing each other so that their knees touch and the third sits down on their knees
2. Shoot the Cannon: One kid gets down on all fours, another lays perpendicular across his back and the third student grabs the ankles and pretends to be shooting the cannon.
3. Walk the Plank: Two students get on all fours side by side and the third lays perpendicular across the backs.

The last group to make the correct formations or any group that falls is out. Play until there is a winning group.

## SMALL GROUP GAMES

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

If you are working with smaller groups, we recommend playing **PAPER TELEPHONE** and **ROCK PAPER SCISSORS SLIDE** 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 **VIRTUAL YOGA RACES** and **UNO ONLINE** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## MEDIA

**Q3 34,000 - 03 FOR THE FIRST TIME IN FOREVER**

## TRANSITION

I'm so proud of all of you who embraced singing along to every word! I just love the movie Frozen so much in part because of the bomb soundtrack but also because of how well it tells the story of our emotion of the week: shame. Shame is such a common emotion, but we can often get it mixed up with guilt so let me break those two apart for you before we go any further. GUILT tells us that we did something bad. SHAME tells us that WE are bad. GUILT should motivate us to be better next time. SHAME causes us to withdrawal and not try for a next time. GUILT shows us that we are human and need God. SHAME shows us that we are worse than anyone else and aren't good enough for God.

Now that you know a bit more about shame, let's split up into our discussion groups and go deeper.

## DISCUSSION

### SMALL GROUP DISCUSSION QUESTIONS

- 1) Looking at the emotions wheel, what has been your dominant emotion this week? Why?
- 2) What emoji do you think best illustrates the emotion of shame? Why
- 3) Without naming names, how have you seen the emotion of shame play out in middle school?
- 4) Has there been a time when you have experienced shame, could you share a little bit about that time with us?

- 5) What is your usual reaction when you experience shame?
- 6) What can you do when you are experiencing shame?

## GOING DEEPER

- 1) Can you think of instances in the Bible when people experienced shame?
- 2) How do you think shame could affect a relationship with Jesus?
- 3) Is shame an emotion that God would want us to feel?

## WRAP UP

*[Replace starter story with a time when you dealt with shame and how you reacted to it]*

When I was about your age, I started watching pornography. Over time, I started to feel pretty guilty for what I was doing. I knew that pornography was damaging in so many ways. Now if I would have just stayed at that feeling of what I was doing being wrong, that would have been guilt. The Holy Spirit or your conscience can use guilt to help correct your actions and lead you towards the right thing to do. If we never experienced guilt, everyone would be running around doing whatever they wanted and not feel any kind of remorse or call back to good. The world would be destroyed so quickly! But, in the midst of looking at pornography, my emotions didn't end with the ever-so-helpful guilt, they escalated to shame. I felt like Elsa, I was bad; there was something actually wrong with me that would lead me to mess up that badly; only destruction could come from me. I ran from anyone that was in my life that could have helped me; I lied about how I was doing; gave fake answers; shut down conversations when they got deep because I was so ashamed. I had messed up so badly, how could anyone love me or help me; I was broken beyond repair.

Maybe you're lucky and you can't think of a time that shame overtook your emotions; maybe you're sitting there right now with your stomach tightening because you know all too well the feeling that I am describing or maybe you're not quite sure about the emotion of shame but everything I described made you instantly think of a friend. Let me tell you, shame stinks, but it isn't a new emotion that only you or I or your friends are feeling; truly shame is mentioned all over the Bible and was even one of the first emotions talked about!

In the beginning of the Bible, it talks about when everything was created. Chapter 1 of Genesis talks about the sky and stars, fish and birds, light and darkness all being created. After everything was created and just right, God created two people, Adam and Eve, and then said that everything was VERY good. YET just two chapters of Genesis and just a few pages turned, the world is filled with shame. You see, God had given the humans one rule - to not eat from a certain tree but then it says, "When the woman saw that the fruit was pleasing to the eye and desirable for gaining wisdom, she took it and ate." Eve did the first wrong thing in history, it would be understandable for her to feel some guilt, but, instead, shame kicks in almost immediately. And the very next thing Eve does is look down and realize that she is naked (God didn't create clothes initially because everyone was just content with their bodies) and she immediately covered herself up with some leaves. Then Adam and Eve heard God walking in the garden and instead of greeting him like usual, they hid. In verse 10, God asks the people what they were doing and Adam answers with, "I heard you in the garden

and I was afraid because I was naked; so, I hid. And God said, "who told you that you were naked? Have you eaten from the tree that I commanded you not to eat from? Adam immediately said, 'The woman you put here with me-she gave me some fruit from the tree and I ate it.'" [v 10-12] God goes on to ask Eve what she had done, and Eve turned and immediately blamed the snake that led her to the fruit.

Right after doing the first wrong thing, Adam and Eve reacted like Elsa in the clip - they ran and hid. Guilt would have told them to go and apologize and fix what they had done but shame told them that they were now bad and didn't deserve God; shame told them that they needed to hide. Then they looked at their bodies and for the first time, they were disgusted with themselves; they didn't like what they saw and tried to cover themselves because not only were they ashamed of what they had done, they were ashamed of who they were. That's what shame does, it turns an action into your identity and yells at you to cover up and hide. What happens right after that is also important to note - when God asks the humans what happened Adam blamed Eve and Eve blamed the snake. Shame told them to not own the action but to pawn off the responsibility: Guilt would have led them to seek forgiveness and apologize but shame struck so deep that they couldn't.

After all of this, you may be feeling a bit heavy and hopeless. If this is how you've been feeling, what are you supposed to do to be normal again?

## RESPONSE

After all of this, you may be feeling a bit heavy and hopeless. If this is how you've been feeling, what are you supposed to do to be normal again? Author and researcher, Brene Brown, says that, "Shame thrives in silence and cannot survive being spoken." First, talk to God: the Bible reassures us over and over again that if we ask for forgiveness, he will forgive us and accept us. If you've never talked to God or don't really know what that's like, talk to a leader and we would love to answer your questions! Secondly, talk to a trusted person.

When I was really struggling with shame over pornography, or anything else in my life, I've always needed to talk to a person. I can know in my head that God loves me but until I see a person loving me even after I tell them the worst parts of me, I doubt it, but knowing that an imperfect human can love me, I can more readily believe that a perfect God can. I spill out all of the gory details of my shame and the actions that have led me to that place and then look at the person's face in front of me. Every time, it has been kind and if anything, sad for me. My people have never once met my shame with shame.

The more I've talked about the things that have trapped me in shame, the less shame I have felt. Now, I can stand here in front of you and talk about the things that had me running and hiding. Now, caution, do not just go and tell everyone all of your junk, but pick a few close and trusted leaders.

I want to leave you with this challenge: If you are sitting there, wanting to run and hide or feel that lump in your throat and heart because of shame, text a leader right now. You deserve to be free from your shame. You deserve to see love. You don't deserve to beat yourself up constantly and hate yourself because you've messed up. Talk to someone.

## ANNOUNCEMENTS

REMEMBER TO ANNOUNCE THE WINNER OF THE SOCIAL MEDIA GRATITUDE CHALLENGE

## HEAD'S UP

**NEXT WEEK** | 34,000: UNVALUED

We'll look at a biblical example of this emotion and continue coming alongside our students!

**2 WEEKS** | BE TOGETHER: BE REAL

Get ready for our second to last series of the year where we want to focus on how we should be interacting with others!

# 34,000

## Q3 34,000 - 04 UNVALUABLE

### PLAYLIST

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

### PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

### NOTE TO SITE DIRECTOR

Challenge yourself as the director to only lead one part of each Club if at all and hand everything else off to different leaders!

### MINISTRY LEADER EMPOWERMENT

This would be a great series to practice follow-up: Challenge every leader to text 2-3 students each week an emotions wheel and ask them what the dominant emotion is currently and why. Helping students think about what they are feeling and experiencing can lead to a lot of growth!

### RMA CONNECTION

#### APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

## PREP

### SUPPLIES NEEDED:

- Projection & Sound System for Media
- Painter's Tape
- Pens
- Trash Can/Bonfire
- Scrap Paper
- Valuable Stickers/Notes
- Background music for the Response

## WELCOME

THIS IS THE LAST WEEK OF OUR 34,000 SERIES! I know some of you have been squirming being faced with these harder-to-feel and more complex emotions, so I want to thank you for listening so well and being brave over the last few weeks. You know we aren't going to jump straight to the serious stuff though so give it up for \_\_\_\_\_ for leading our first game!

## CROWDBREAKER

### DAYS OF THE WEEK

**SUPPLIES NEEDED:** Painter's Tape

**DIRECTIONS:** Lay down seven strips of masking tape parallel to each other and equally spaced from each other (1-2 ft. Apart, length of tape should be enough for 8-10 students to sit on). Designate each line of tape a day of the week beginning in the front with Sunday and ending in the back with Saturday. Divide the students into seven groups and have each group sit on a different line; go over what day of the week they are according to the line they are sitting on. You will call out a day of the week (ex: Thursday). Whatever is called, that day becomes the first line of tape and then the other lines follow in order (2nd line would become Friday and last line would become Wednesday). The last team to reach their correct line, sitting down, is out. However, the line of tape representing their team remains and must always remain empty as you continue play. Whichever group remains throughout the games, wins.

## SMALL GROUP GAMES

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

If you are working with smaller groups, we recommend playing **SPAGHETTITIONARY** and **WHAT DO YOU MEME** 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 **SCATTEGORIES** and **RAISE YOUR HAND TRIVIA** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

## TRANSITION

Today, we are going to talk about a bit more of an abstract emotion that is so foreign to most of us that it may be hard to think about: feeling worthy. So often, our feeling of worthiness depends on the circumstances around us - who likes us, what team/club we are a part of, how many points we scored, our clothes, our vacations, the money our parents make, if our parents are together...the list could go on. But today, we want to challenge you that our worth doesn't have to be so dependent on everything else. Before we head into our groups, let's watch this clip.

## MEDIA

**Q3 34,000 - 04 YOUR VALUE**

## DISCUSSION

### SMALL GROUP DISCUSSION QUESTIONS

- 1) Looking at the emotions wheel, what has been your dominant emotion this week?
- 2) What emoji best illustrates the emotion of feeling worthy? Why?
- 3) Without naming names, when have you seen feeling worthy, or even feeling unworthy play out in middle school?
- 4) What percentage of time would you say that you feel worthy?
- 5) What do you usually do when you AREN'T feeling worthy?
- 6) What can you do to increase the percentage of time you feel worthy?

### GOING DEEPER

- 1) How can feeling unworthy impact our relationship with God?
- 2) How does having a relationship with God impact our feeling of worthiness?
- 3) Can you feel 100% 24/7 worthy without a relationship with God? Why or why not?

## WRAP UP

Middle school is hard, people! It's this stage where everyone is trying to figure out who they are; a stage where often you're moving out of your separated elementary schools; friend groups are readjusting; athletics are getting more serious; your bodies are all doing crazy things and in the midst of all of those things, doubt and insecurity fester. Out of this doubt and insecurity, we see a decline in mental health and a rise in a lot of the detrimental behaviors we talked about in our last series to cope.

What if I told you that both middle school and the rest of your life don't have to feel so doubtful, so insecure or be so focused on earning worth. I love the illustration in the video we just watched because it's true - no matter what happens to that dollar bill, it will always be worth one dollar and let me tell you, I've seen some dollar bills that are written all over, have chunks missing, are crinkled and smelly and a few that are legit even taped in half but no matter how disgusting or messed up a bill has been, I've never questioned whether I can turn around and use it in a store or if it was suddenly worth that of a quarter, dime, nickel or penny.

We are the same way. Humans were created with inherent worth because God made us worthy. Genesis 1 shows God creating everything in the world and at the end of each day, he says it was GOOD but it's only after he created humanity in v31 that he says it was VERY GOOD. Adam and Eve hadn't even done anything yet but just by being there, they were VERY GOOD. You and I don't have to do anything, but just because God created us, He sees us as VERY GOOD. That same chapter of the Bible says that God created us in his image (v27) something unique to humanity. Now, let me remind you that this is the same God that created light and darkness, artistic sunsets and sunrises, fish, birds and animals each with creativity and beauty but never once did he say that they were VERY GOOD or say that He created them IN HIS IMAGE, that was special just for us. Verses in Psalm 139 talk even more about each of us being "carefully knitted together in our mothers" with God spending time on each individual detail of us.

God is the master creator of all things and just like you find the project that you do to be valuable without the songs or stories ever hitting tops of the charts, your TikToks going viral, your best game clip making ESPN, etc. You have value without ever doing a single thing. Later in the Bible, it talks about how all of the wildflowers that are so beautiful but are only here for a short time and the crows that aren't worth more than two pennies but God still cares for them, never abandons them and sees value in them because they are his creation BUT that he sees us as even more valued and spends even more time thinking about us - going to the extent of counting every hair on our heads. Now, your leaders and I love each of you so much but there is NO WAY that I would ever sit down and try to count all of the hair on anyone's head because I cared about knowing every detail of them but that's just what God does!

Maybe you're sitting there and you're like, sure God can think that I have value but that doesn't really matter,  
I want my dad to think that I have value and come around  
I want my coach to think that I have value and give me more playing time  
I want that boy or girl to think that I have value and ask me out  
I want the mean kid to think that I have value and stop tearing me down

I want social media posts to see that I have value and stop spreading rumors about me  
I want people to think that I have value and forget what I have done in my past  
I want my teachers to think that I have value and I am different than my siblings they had before me  
I want the town to think that I have value and I am more than my last time  
I want my mom to think that I have value and say she's proud of me even if I don't have all A's

*[Add some situations that @ a few of your students specifically]*

I know that you think what these people think of you really matters and determines your worth, but in the grand scheme of things, they are all just little humans that are imperfect themselves and sometimes feel unvalued themselves and God is the creator of everything. Every person we interact with is only here for a time, but God is constant. With God, our feeling of value can also be constant. We don't have to work to earn value with Him. We don't have to live up to some long list of expectations with Him. He saw us as valuable before we were even born or did anything to earn it. If you focus on what God says about you, you can feel valuable, worthy and secure no matter what.

Getting really real, maybe you're sitting here today and you're feeling completely invaluable.

Maybe words have torn you down

Maybe you've been hit or beaten

Maybe you've had your past actions continually pushed in your face

Maybe you've been sexually abused

Maybe there have been degrading rumors or posts about you on social media

Maybe you've just been through a breakup with a significant other or friend

I know that you may feel so broken down that you don't see your life as valuable at all that you can't remember a time when someone showed you that you were valuable or felt valuable. I am sorry and I want you to know that all of those things break God's heart, but they don't take away how valuable He sees you as. You are His prized creation, the only one He said was VERY GOOD. He knows the number of hairs on your head because you are that important to Him. If you focus on what God says about you, you can feel valuable, worthy and secure despite these things.

## RESPONSE

So right now, leaders are going to toss out some scrap paper and pens. In a minute I am going to play a song and while it is playing, I want you to write down all of the people that you are so focused on finding you valuable. Write each one on a separate paper. Write down the things you do to try to make yourself more valuable.

When you're done writing, come up and tear up that piece of paper however you want and throw it in the trash *[bonus points if you can be outside and have a fire pit instead of a trash can]*. Today we are throwing away the things that make us feel valuable that are based on other people and what we do. We are destroying that and going to focus more on what God says we are.

When you're done ripping up your paper, go to a leader because they have something for you.

*\*\*\*Have little print outs that say "You're valuable because God sees you as valuable" on them or stickers that say something like "I am Valuable" or "I have Value". for each student. As the students approach the leaders, the leaders look each kid in the eye and say "\_\_\_\_, You are valuable".*

## ANNOUNCEMENTS

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

## HEAD'S UP

**NEXT WEEK** | BE TOGETHER: BE REAL

Since middle school, how have you improved at being yourself around others and not putting on a mask?

**2 WEEKS** | BE TOGETHER: BE ACCEPTING

How do you practice accepting others despite their past mistakes or current mess?