

# 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?