

“Being Real”

Purpose: Being consistent in whom God created you to be.

Supplies:

- Aluminum foil
- Paper Mache, paints, (or) construction paper, markers and scissors

Total Time: 1 hour (unless group decides to put more time into craft)

ACTIVITY

Crowd breaker (Minute to Win It, Trivia, etc)

ACTIVITY

Craft Time (5 minutes) :

Using Aluminum Foil, have the teens press the foil on their face creating a mold similar to their actual face. .

ACTIVITY

Movie Clip “Mask” <https://www.youtube.com/watch?v=hOqVRwGVUkA>

LARGE GROUP

(10-15 minutes)

Discussion Questions:

1. **What kind of masks do your friends wear?** *Allow teens to respond.*
2. **Why do we put on masks from time to time?** *Allow teens to answer. Possible responses: fear, feels safe, want to fit in, not wanting to stand out, conformity, might get hurt, etc.*
3. **What fear causes someone to place a mask on in different situations?** *Fear of rejection, fear of not being accepted by peers, fear of letting people get too close, fear of the truth being revealed, fear of getting hurt (physical or emotional), etc.*
4. **What’s hypocrisy?** Webster is smart...let’s see what he says. “: a feigning to be what one is not or to believe what one does not; *especially* : the false assumption of an appearance of virtue or religion.” Basically...acting as someone you aren’t. A fake!
5. **What would happen if we all had TV’s on our head that showed all of our thoughts all of the time?** *Allow teens to respond!*

6. **Why is it so difficult to allow people to see who we really are in any and all situations?** *Allow time for discussion. Basically we want to protect ourselves from getting hurt, being caught, etc.*

SMALL GROUP

(20-30 minutes)

1. **Shout out people who are hypocrites...if it's someone everyone here knows, then don't use their real name.** *Allow them to think through this.*
2. **Question: Who wants to be like these people you just listed?** *Give time for them to respond.*
3. **So, why is it people don't like hypocrites?** *Allow time for them to express their thoughts.*
4. **Is this the type of person you want to be known as? Explain?** *Give them time to express.*
5. **Share examples of times when teens feel they need to put a mask on?** *Allow time for the teens to share.*
6. **How do you know if you are putting masks on in different situations?** *Allow them time to answer even if there is a moment of silence. Help them see the following: 1) my mood changes, 2) if I start acting like a different person, 3) say things that are out of character for me,*
7. **Ok, so why is it important to be transparent by taking those masks off?** *Taking off your mask means letting people see the real you, faults and all. It means being transparent. Being transparent allows you to live in freedom and makes it easier for you in life.*
8. **Is anyone willing to share a time when they put a mask on?** *No pressure, just volunteers*

ACTIVITY Video Clip: Napoleon Dynamite <https://www.youtube.com/watch?v=TcWPiHjIExA>

WRAP UP

- **If we are most honest, most of us wear masks at times. We want people to see us differently than who we really are. But the reality is....at some point everyone sees the mask. The best we can be is just ourselves. No acting.**
- **Knowing our own masks only helps us understand someone else's. Maybe if we understood how badly we want to fit in we would understand why others try to do the same thing.**
- **Each of us were created differently than anyone else. You are unique and original and that's the best part of you. We must stop trying to be like everyone else and be who we were created to be. You are not a mistake, you were created unique for a reason!**

OPTIONAL CONTENT

1. Take the rest of the time to read Psalms 139: 13-18, 23-24. For each teen in your group, have either you or another teens read this passage by taking out the "my" and "I" then inserting his/her name. You may have to change a few words around it to make it flow, BUT what a powerful way for the teens to hear how special they are to God. (Please print the next page with psalms 139 passage for each teen so they can take that with them or even see their name written in the Bible verse)
2. No need to hide or protect yourself by wearing masks. God loves you very much and made you just the way He wanted. Be who He intended you to be. Ask God to look inside of you! " Be for real! Not no hypocrite!!! "

Close with prayer. Be available for those who need or want to talk more.

CHALLENGE

Encourage them to take Psalms 139:13-18, 23-24 with them and encourage them to read it at least twice a day.

SALVATION VERSES

Psalms 139: 13-18, 23-24

Fill in the blanks with your name! *Italics are added for helping with the flow of the passage.*

- ¹³ For you created _____'s inmost being;
you knit _____ together in _____'s mother's womb.
- ¹⁴ _____ praise/s/ you because _____ /is/ am fearfully and
wonderfully made;
your works are wonderful,
_____ know/s/ that full well.
- ¹⁵ _____'s frame was not hidden from you
when _____ was made in the secret place,

- when _____ was woven together in the depths of the earth.
- ¹⁶ Your eyes saw _____'s unformed body;
all the days ordained for _____ were written in your book
before one of them came to be.
- ¹⁷ How precious to me are your thoughts, God!
How vast is the sum of them!
- ¹⁸ Were _____ to count them,
they would outnumber the grains of sand—
when _____ awake/s/, _____ /is/ am still with you.
- ²³ Search _____, God, and know _____'s heart;
test _____ and know _____'s anxious thoughts.
- ²⁴ See if there is any offensive way in _____,
and lead _____ in the way everlasting.