



[13-18s]
experience the challenge



Resourcing your mission among 13-18s

This session plan enables 13-18s to reflect on how their world is fast-paced and ever-changing. On the cusp of adulthood, their bodies are changing, their personality is developing and it's a time when they're expected to make big decisions about their future. They can work through it alone or with support from an adult.

Engage

Are you ready for a challenging task? Get an egg and a selection of materials such as a plastic cup, loose paper, straws, pins and paper clips but not sticky tape. You have five minutes to create a protective covering for this egg. Once you've done this, drop your egg from a significant height; perhaps out a window.

Sometimes things happen in our life and it may feel like we're being dropped from a height; we get hurt, bruised and confused by change. What are some of the exciting and daunting changes that you may have to face in the next few years – such as changing schools, moving house, deciding on a university course, getting a job etc. Spend some time reflecting on the different changes and how they make you feel.

Useful resource

We all love a good movie so why not watch Disney's movie *Frozen* and/or *Frozen II*? Although it's aimed at children, people of all ages are enjoying the story of Ana and Elsa; two sisters coping with extraordinary changes in their lives. Watch the movie and after reflect if the sisters dealt with change in a positive or negative way? What can we learn from them?



Explore

Our lives can never stay the same – it's impossible. Change is inevitable. The important thing is though how we cope with change.

The Bible is full of a number of stories of men and women who had to cope with changing circumstances – for example, Esther moving away from home and becoming queen and Ruth witnessing her first husband dying and eventually remarrying. Mary, the mother of Jesus, also became pregnant despite being a virgin; God's plan for her life was bigger than she could ever imagine.

Read Luke Ch.1:26-38 – the story of the angel appearing to Mary – and reflect on some of the following questions:

1. Although this was an exciting event, how did this make Mary's life difficult?
2. How would you have reacted if you were Mary?
3. How does the Bible say that Mary responded?
4. What stops us from trusting God 100% in certain situations?

Empower

How are you coping with changes in your own life? Life isn't normal during a global pandemic and we've all had to accept big changes to our day-to-day life. But there are lots of inspirational people who have experienced life-changing events – overcoming a serious illness, moving abroad or even failing their exams – and we can learn a lot from them.

Spend some time researching inspiring people like Bethany Hamilton, a surfer who lost her arm in a shark attack, and Malala Yousafzai, a teenage activist who had to leave her country after being targeted for her advocacy. How did these young women deal with change? How have they inspired you?