

Exploring unity

13-18s can work through the activities alone or with support from an adult.

One body

Unity in the body of Christ is very important as it's continually emphasised in the Bible. Paul's letters in the New Testament constantly refer to Christian believers as 'one body in Christ'. We're unified and together and one team. Read 1 Corinthians Ch.12:12-26 from *The Message*.

- **Discuss:** What kind of teams are you part of? Sports? Volunteer? Work? You're also part of a team in GB. What are the advantages (and then challenges) of working as a team?
- **Explore:** What are the different talents and giftings within the teams that you're part of? As Paul emphasises, each part of the body has a different function but is equally important. Each member of a team is different but equal.
- **Show:** Watch the *This Too Shall Pass* music video by OK Go. This is a great example of the importance of unity. It took 55 people a month and a half to make. Every time something went wrong it took an hour to reset the 'machine'. Every single, random, piece of machinery is vital to making the whole machine work. You can view the video at www.youtube.com. Or, if you have time, watch some classic movies to explore the issue of unity. *Mean Girls* is a well-known film about backstabbing teenage girls in a school and explores rivalry and insecurity between girls. Or *The Hunger Games* – set in a future where young people have to compete to stay alive in annual games - shows how the main protagonists Katniss and Peeta unite and work as a team to overthrow the system.
- **Pray:** We're one body in Christ...and we need to pray and remember our sisters and brothers across the world who are suffering because of their faith. Visit Open Door's or Release International's websites to find out more about the persecuted churches and resources that will help you pray effectively. Prayer in unity can make a difference.



Connect

Everyone's fingerprints are different. Draw stick people's bodies and use an ink pad to make fingerprint heads for them. Make a picture to remind yourself that your team is made up of unique individuals united to work together. Display it somewhere to remind you of this important fact.