

SHINE Week 3

Facing Our Fears

FEARLESS

Session aims:

(For Christian young people)

To run a specific activity that allows their friends to explore the difference Jesus can make to the fears they may face

Session aims:

(For non-Christian young people)

To run an event where the participants can explore the difference Jesus can make to the fears they face

Preparation for you:

SHINE is a three-week programme comprising two teaching and planning sessions followed by one 'guest-friendly' session. (Watch the *How 2 SHINE* video to find out more.)

You will find it helpful to pre-watch the film you are going to use in your *Connecting* section during Weeks 1 and 2, and to think and pray a bit yourself about the kind of SHINE activity that might be best in the school you are working in. We have also produced two short videos for you to use in Week 3. These include some well known Christian musicians (including Rend Collective) talking about the difference that Jesus makes to their lives. These videos are designed to be a discussion starter for your Week 3 event and to make it even easier to share Jesus with the young people who come to any event you decide to organise. You can also download a PDF of easy-to-run Week 3 ideas.

Base Camp activities:

If your young people have little or no church background, or very little knowledge of the Bible, then you might want to use the **Base Camp activities** and corresponding films. These activities are specially tailored to enable those who are less familiar with Christianity to engage with the Bible. The Bible is still at the heart of these activities, but the way in which it is used is intended to be more accessible.

Base Camp content is distinct in a very important way, in that it emphasises *exploring* more about Jesus with others rather than being *equipped* to share the gospel from a position of having already committed to follow Christ.

SchoolsLive:

All of these activities are also available to download for free from the SchoolsLive website: (<http://www.schoolslive.org>)

Way in – options to start your session (choose one or two of these activities)

Welcome and food

Time: 5 mins

Bible knowledge: n/a

With: food (optional)

- 1 Introduce yourself and put everyone at ease by explaining what is going to happen. Reassure everyone that no one will be expected to do or say anything if they don't want to.
- 2 If you have decided to provide food as part of your meeting, invite everyone to help themselves now. Don't forget to remind people about allergies and food intolerances.

Have some fun

Time: 10 mins

Bible knowledge: n/a

With: items for your chosen activity

- 1 Choose one of the games that you have played during the sessions over the last two weeks. Pick the one that you think your group and – most importantly – any guests will enjoy.
- 2 Here is a reminder of the games to choose from:
 - Fears and phobias
 - What's in the bag?
 - Would you rather?
 - Scary words
- 3 Make the point that some of the choices they have just made were hard because they involved an element of uncertainty, and the fear of the unknown can be scary. This is what this week's video is all about.
- 4 Say that all of these games are to do with fear of failure and fear of the unknown.
- 5 Introduce the film you are about to show and explain that they will hear from some Christians musicians about the difference Jesus is making in their lives.

Connecting – Options to explore the theme (choose one of these activities)

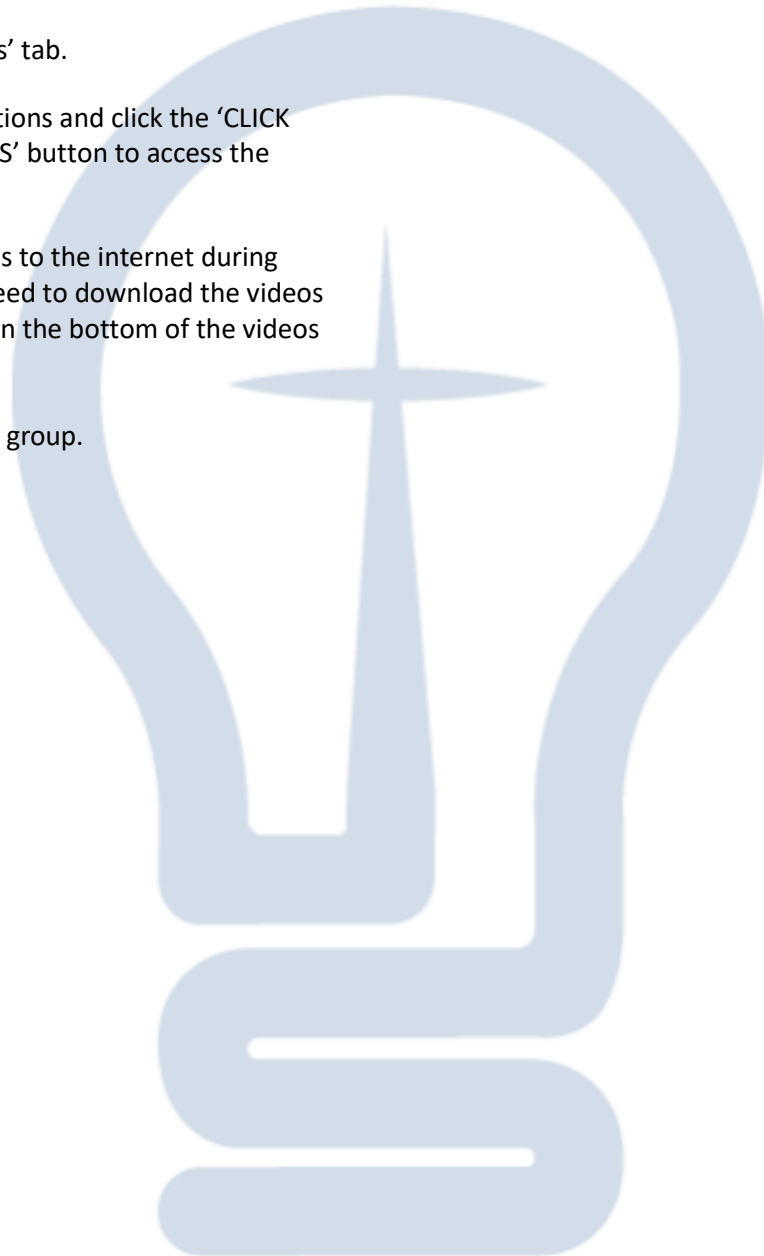
Help is at hand

Time: 5 mins

Bible knowledge: n/a

With: either of the Week 3 videos and the means to show it

- 1 To access the videos, follow these steps:
 - a) Login or register on the SHINE in schools website (www.shineinschools.com).
 - b) Click on the 'The Videos' tab.
 - c) Answer the three questions and click the 'CLICK HERE FOR YOUR VIDEOS' button to access the videos.
 - d) If you won't have access to the internet during your session you will need to download the videos – see the instructions on the bottom of the videos page.
- 2 Show the video to your group.



Responding – Options to consider the next step (choose one or two of these activities)

Discussion

Time: 10 mins

Bible knowledge: n/a

With: -

- 1 Split into groups of about four or five.
- 2 In these small groups, discuss what they thought of the video and the message they heard. Ask them to share, if they are willing:
 - What things might stop them from trusting Jesus in the way that the musicians on the video did?
 - Would they like to have trust like that?
 - Do they think that trusting Jesus really can make a difference when we are facing fears of failure or fears of the unknown? Isn't it just wishful thinking?
- 3 If appropriate, ask one of the group leaders or an invited guest to share about the difference that Jesus makes to their lives.
- 4 Close the session by inviting everyone to come back next week – assuming the group has something planned!!

Everything changed!

Time: 10 mins

Bible knowledge: n/a

With: sheets of paper, pens, Bibles

- 1 Briefly recap together what the video was about.
- 2 Split the group into smaller groups of four or five and give out Bibles (or printouts of the passage) and ask them to read John 20:10–18.
- 3 Discuss the following questions together:
 - Three days after she had seen him die, Mary Magdalene went to the tomb so she could prepare his body for a proper burial. However, the tomb was empty. How do you think she felt at this point?
 - What explanations might she have had for the tomb being empty (remember, she was not expecting a resurrection and, after all, dead people stay dead usually)?
 - What did she see when she looked in the tomb?
 - What does Jesus say to her in v15?
 - And what does she say to him in v16?
 - What do you think happened to Jesus after he died? Does that match up with the evidence we find recorded in the New Testament?
 - What difference do you think it made to Mary knowing that Jesus was now alive?
 - Christians believe that Jesus rose from the dead and is alive today. What difference do you think this amazing news makes or should make to them?
- 5 Close the session by inviting everyone to come back next week – assuming the group has something planned!!