

THEME: TOUGH STUFF



Hello!

BRAVE content is here to be used in whatever way you think would work best for your group but below is an optional session plan that may help you structure your event.

Intro to the evening:

We all experience tough days and each of us handle them in different ways. We want to spend a bit of time thinking about not only how we respond to tough days, but also how we've responded to the last couple of years (as they've been tough for us all!). When we think back over the pandemic, what have we learnt about ourselves and the way we respond to difficult times. Perhaps we've even learnt more about having faith during that time and how it can help us in challenging times?

So, did you know that there's actually stages that our brains go through when responding to tough stuff, here's a short video to explain....

Intro video- The Stages of Tough Stuff

Following question- did anything particularly stand out to you from the video, or did you learn something new you didn't know before?

Game time- Tower challenge (to illustrate that life doesn't always go to plan and lighten the mood at start of session!).

Courage in tough stuff- video

Questions to follow the video in small groups:

1. The last couple of years have been tough. How do you think living through the pandemic has changed you and what things did you find the hardest?
2. Do you think any good things have come out of this time? If so, what are they?
3. When you're having a tough day, what do you do to make yourself feel better?

4. What do think it could look like to be BRAVE and have courage in your friendships?
5. Or online on your social media accounts (think about what it could look like to be more real and YOU online?)?
6. Which areas in life do you wish you were braver in?

At this point, if it's appropriate to your group, how about introducing either a small group prayer time about the items mentioned that people wish they were braver in, or leader reads group prayer below to end session....

Group prayer (if appropriate).

Heavenly Father,
 Help each one of us to trust you more and be braver as we step into the challenges that come along whatever they may be.
 Life can seem overwhelming at times
 But when we face tough days and things happen that seem to make no sense, help us to first look to you for our help and strength
 Remind us that you are always with us.
 That you love us and never leave us alone to face these things without you.
 Help our faith to grow and our identity to be deeply rooted in you.
 Thank you that you have gone before us and know all the days of our lives.
 That we can have rest in knowing that our lives are held in your hands, and you never let us go.
 Amen

Finishing game- The house of cards game

Takeaway from session, these can be sent out or printed off.

