
The Colors of a Rainbow

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Purpose

To celebrate the uniqueness that each person brings to the body of Christ

Materials

For each person:

- one sheet of construction paper (These six colors must be represented: red, orange, yellow, green, blue, violet.)
- pencil

Action

Distribute the six colors of construction paper among the group. Explain that everyone will help *do* the scripture reading from 1 Corinthians 12. Have the kids practice the parts as you call out one color at a time. When kids hear their color, have them raise their construction paper in the air and wave it. When you say the word "rainbow," have all the young people wave their construction paper colors.

Read the following paraphrase of 1 Corinthians 12:

A Rainbow Reading

Christ is like a single **rainbow** which has many colors: **red, orange, yellow, blue, green, violet**. It's still one **rainbow**, even though it's made up of different colors.

For the **rainbow** itself isn't made up of only one

color like **red** or **green**, but it's made up of many colors.

If **yellow** were to say, "Because I'm not **violet**, I don't belong to the **rainbow**," that wouldn't keep it from being a color of the **rainbow**. If the whole **rainbow** were only **orange**, how could it be as beautiful? And if it were only **blue**, how could it show up in the sky?

As it is, however, God put every different color in the **rainbow** just as he wanted it to be. It wouldn't be a **rainbow** if it were only **violet**—or **yellow**—or **red**—or **blue**—or **green**—or **orange**.

As it is, there are many colors, but one **rainbow**. All of you are Christ's **rainbow**—and each one of you is a special color in it!

Speak From the Heart

PROCESS

Prepare two large pieces of flip chart paper, each with a list of story topics (modify these lists as you wish):

List One

- Adventure
- Beach
- Birthday
- Girlfriend/boyfriend
- Broken promise
- Brother
- Business
- Camping
- Car accident
- Doctor visit
- Puberty
- Recital

List Two

- First kiss
- Grandfather/mother
- Flying
- Haircut
- Hiding place
- Honeymoon
- Lie
- Locked out
- Lost
- Fall
- Father
- Shopping

- Ask participants to gather in "pods" of three to four people so that they are sitting knee-to-knee (or close to knee-to-knee). Allow participants to be comfortable.
- Present the participants the two lists, posting them in a highly visible place.
- Ask participants to pick one word from the first list and take turns telling a three-minute story about themselves related to the word.
- After the first round is completed, if you sense the group is ready to be challenged, say something like, "As you prepare to practice again, shift your purpose for choosing and telling a story. Don't try to entertain listeners. Don't try to choose something that relates to someone else's story. Move to your edge of comfort; choose and tell a story that comes from your heart."
- Ask participants to pick one word from the second list and tell another three-minute story about themselves related to the word.
- Debrief the discussion, asking participants about their insights from the experience.

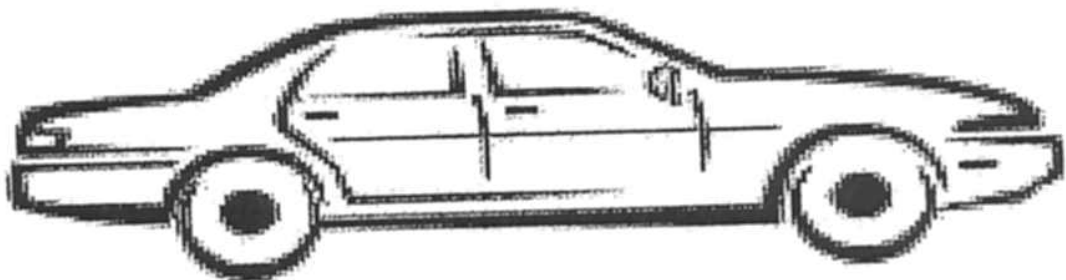
A Little Perspective

Divide students into five groups and give each group a picture of a car. Then, on separate index cards, write each of the following:

1. A dog
2. A teenager who just got her license
3. A car salesman
4. A mechanic
5. A mother who lost her child to a drunk driver

Without telling each group what the others groups have been given, ask each group to brainstorm three things they see when looking at the car from their perspective.

Once the brainstorming is over, go around the room and let each group share the three observations. Use this as an opportunity to talk about the different perspectives and experiences we bring to the table when reflecting on a matter before us.



Survival Quest

You and your tour group were flying in a small airplane over the Sahara Desert when your engine caught fire. You made an emergency landing in the middle of nowhere. You see nothing but sand in every direction. According to the map, the nearest town is about 500 miles away. The temperature is 111 degrees. Once you land, you discover that fuel is leaking near the flames, and the plane will explode any second.

You have to act fast before the plane goes up in flames, so you grab an armload (five items) of supplies from the plane. All the passengers are OK, with only minor cuts and scrapes—except for one, who appears to have broken a leg.

What supplies would you take from the plane? Circle five items from the following list:



- a plastic raincoat
- a can of lighter fluid
- a map of the region
- a compass
- a vile of rattlesnake serum
- a flashlight
- a loaded handgun
- an empty plastic canteen
- a can labeled "Acme Desert Weasel Bait"
- a small hand mirror
- a book titled *Acme's 101 Ways to Prepare Desert Weasel*
- a bag with three oranges in it
- a jumbo bag of Fritos Corn Chips

AS A GROUP, PLAN WHAT YOU'LL DO NEXT.

Survival Quest

In this fun team effort, group members will have to make some choices about the necessities of life. Divide group members into teams of three or four. Pass out copies of "Survival Quest" to each team. Go over the situation at the top of the sheet together by reading it aloud to the groups. Tell them the teams have ten minutes to decide what supplies to take.

Use the following information to supplement your discussion of which supplies would be useful and which would be useless.

Here are the items that would come in handy:

Plastic raincoat – could be used for collecting dew at night

Plastic canteen – could be used to store the dew where it won't evaporate as you ration it out

Bag of oranges – could supply additional water and energy

Hand mirror – could be used for signaling planes during the day

Flashlight – could be used for signaling planes at night

Here are the items that could be left behind:

Can of lighter fluid – What would you burn? What would you light it with?

Map and compass – you'd die trying to get to a town that's 500 miles away

Rattlesnake serum – there are no rattlesnakes in the Sahara

Loaded handgun – There's nothing to shoot

"Acme Desert Weasel Bait" and "Acme's 101 Ways to Prepare Desert Weasel" – that terrible Acme company lives off the stupidity of tourists who don't know there's no such thing as a desert weasel.

Jumbo bag of Fritos – they'd dry you out and make you more thirsty

Say something like this: being a follower of Jesus is kind of like this survival quest. We have to make choices about what things to give up in order to follow Him.

Communication

Dived class into groups. Each person has a blind fold. You give each group a Mr. Potato Head, except for one group that has an odd assortment of items (like, kinnex, legos, etc). Have them work to put their pieces together. They can talk. Over the course of the conversation, they will form it.

Turn off lights.

Your point is – you have to have a goal – you have to be working toward something or you have chaos and no direction.

FORT APACHE

Divide participants into groups of 5, giving each group the following supplies: roll of masking tape, package of 10-12 large markers, and a stack of index cards. Each group must build a "fort" to be judged by the following criteria:

1. Creativity
2. Strength (during the judging stage, drop a stack of books or other heavy object on each fort to test for strength)
3. Name of fort (which reflects something about your group experience)

Give groups a time limit, and make sure they know that they can use only the supplies they have been given. These supplies can be used in any way the team choose.

MR. HOME APPLIANCE

This activity allows large groups to be active and creative.

Divide into groups of 25 or so. Give them one minute to agree on their favorite home appliance. If you want you make sure groups don't choose the same appliance, you can assign each group a room: **kitchen, bathroom, garage, laundry room, living room.** Once they've decided on the appliance, ask them to create a human sculpture of that appliance using everyone in the group. The sculpture needs to be a working model with moving parts. Give them about ten minutes to create the appliance and practice. Have each group perform and have the other groups guess what it's supposed to be.

SKIT BAGS

Put together garbage bags with 10 random objects. Divide participants into teams and give them a topic around which to create a skit. The rule is: everyone on the team must participate in the skit, and all objects in the bag must be used. Have participants return and act out skits for the group.

HULA HOOP EXERCISE

The hula hoop exercise is an excellent way to demonstrate team building, listening skills, focus on vision, and cooperation. It is a great energizer, too, because participants are so relieved that you're not asking them to demonstrate the hula with the hoop!!

1. Place the hula hoops on the floor – well spread out. A large hoop will work for 9 – 12 people. The smaller hoop works for 6 – 8 people.
2. Tell the participants to extend their arms at chest height and form the hands in an “L” (forefinger out, other three fingers together, and thumb pointing up.)
3. Place the hula hoop on the tips of the fingers of the group around the hoop.
4. Tell the group that their task is to lower the hoop to the ground. Remind them that all around the hoop must keep their forefingers on the hoop at all times.
5. The processing is fun:
 - o Often groups will feel as though they are competing with one another. We always hear blame at the first – the group blames their problem on a ‘rigged’ hoop; they blame it on the facilitator; they blame it on each other. (*just like in real life*)
 - o Ask: How did it work? What did you learn? What made it work?
 - o You can talk about the need to listen to one another; the need to share control and power; the need to have a common focus – the floor.
 - o Often groups will find the leadership role moving around the circle. We often then talk about revolving leadership.

Great Exercise and quite fun!!

Charades Relay

PREPARATION

The following sample checklist can be adapted to suit your group. It is scored by the leader who is giving the clues. The first team to successfully get through the list wins. As you can see, the teams need to be separated because they are both working on the same titles. Customize the list to fit your group.

Charades Relay Titles

Team A	The Title	Team B
_____	Movie: Monsters, Inc	_____
_____	TV: Swamp People	_____
_____	Book: To Kill a Mockingbird	_____
_____	TV: Walking Dead	_____
_____	Song: Single Ladies	_____
_____	Movie: Finding Nemo	_____
_____	Book: Harry Potter	_____
_____	Movie: A Bugs Life	_____
_____	Book: Hunger Games	_____
_____	Song: Singin' in the Rain	_____
_____	TV: Duck Dynasty	_____
_____	Movie: The Little Mermaid	_____
_____	TV: Spongebob Squarepants	_____
_____	Song: Santa Claus is Coming to Town	_____
_____	Book: Green Eggs and Ham	_____
_____	Movie: A Walk to Remember	_____

A to Z



Topics: Affirmation; Words

Scripture: Proverbs 16:24; 25:11

To close this session, see whether you can compliment one another all the way through the alphabet! For example, start with the letter A, and take turns saying something affirming to someone else in the group, such as, "I *appreciate* you." Then go on to the letter B, trying to make it all the way through the alphabet. If you make it through once, you may want to try for a second time.

A:	N:
B:	O:
C:	P:
D:	Q:
E:	R:
F:	S:
G:	T:
H:	U:
I:	V:
J:	W:
K:	X:
L:	Y:
M:	Z:

Fact or fiction?

Ask everyone to write on a piece of paper THREE things about themselves which may not be known to the others in the group. Two are true and one is not. Taking turns they read out the three 'facts' about themselves and the rest of the group votes which are true and false. There are always surprises. This simple activity is always fun, and helps the group and leaders get to know more about each other.