

# Ms My Story

## 1. INTRO ACTIVITY

**Supplies:**

- Obstacle course materials (e.g., chair, table)
- Blindfolds

**Before the Activity:**

- Before the students arrive, create a short obstacle course using the supplies available in your group's space.

**Instructions:**

- Pair up the students.
- Instruct 1 partner to put on a blindfold or close their eyes.
- Direct the "seeing" partner to lead the blindfolded partner through the obstacle course.
- Have the partners switch places and go through the obstacle course again.
- ASK: Were you nervous about trusting your partner? What was the worst part?

- Play the video. It contains:
  - Host segment
  - God Story (Abram's covenant in Genesis 15:1-21)
  - Life Story (Lize van der Bijl on trusting God after being diagnosed with fibromyalgia)

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## 3. SMALL GROUPS

**Supplies:**

- Leader notes (Jr. High/Sr. High)
- Bibles
- Mini magic trick (Jr. High only)

**Instructions:**

- Ensure the leaders have the necessary supplies for small group time.
- Divide into small groups and follow the Hangout, Hear, and Huddle instructions in the leader notes.

# Gs God Story      Ls Life Story

## 2. WEEKLY VIDEO

**Supplies:**

- Video file

**Leader Tip:**

- Encourage the students to focus on the video as necessary.

**Instructions:**

- Introduce this week's Big Idea: **We can trust God even when it seems impossible.**
- Share a personal story about a time when you've trusted God with something that seems impossible. Highlight some things that might "feel" impossible to your students: peace in family relationships, reconciliation with friends, living with depression, making it through high school, etc.

# Os Our Story

## 4. WRAP UP

**Supplies:**

- None

**Instructions:**

- Remain in your small groups to wrap up so that you have plenty of time together.
- Remind everyone about any upcoming events or relevant announcements.