

LEMONADE : THE FUTURE



10

TO KNOW HOW IMPORTANT IT IS TO DREAM AND HAVE POSITIVE PLANS FOR THE FUTURE
TO BE ABLE TO IDENTIFY WHEN THEY ARE ON TRACK WITH THESE GOALS
TO KNOW THAT GOD HAS A PERFECT PLAN FOR THEIR LIVES, AND TO INCLUDE GOD IN THE DECISIONS THEY MAKE.



ASK GOD WHAT HE THINKS YOU SHOULD DO ABOUT A DECISION THIS WEEK.

Intro



- Welcome everyone. (Make sure everyone knows each other, register etc.)
- Explain what happens at youth, and what today is about: Setting Awesome Goals
- Play Target Practice - have a football goal, or waste paper basket and try and get balls/ scrunched up paper in the goals. Add points for difficulty/ length etc.

Discussion



- What are goals and when/how should you set them?
- Who can achieve their goals? What kinds of attitudes or abilities do you think it takes?
- How long do goals normally take to achieve?
- Should it be easy to achieve your goals?
- What might stop you or make it difficult when you are trying to achieve something?
- What sort of goals do you set yourself?
- Have you ever achieved a goal you've set?

Activity



TIME CAPSULES

Use these bottles to store your future hopes, dreams and goals. Add some extra fun things like, what is in the charts, fun facts of the moments, thoughts you are having etc.

You will need:

glass bottles, glass pens, pens and paper.

• See the Info Sheet for how to make them

Bible Bit...



Read Jeremiah 29:11 and John 14:12

- How does knowing God has a perfect plan for your life, give you peace and inspire you?
- How important to you is it to know that God's plans are good?
- How does it inspire you that you will do greater things than Jesus?

Read Proverbs 3:5-7 and Proverbs 19:21

- What does the first passage say we should do?
- How can you set goals but yet give them to God, and be obedient to him?

Read 1 Thessalonians 5:17

- What does this verse tell us to do?
- In your day to day how do you make decisions? How often do you include God in these decisions? Can you discern what He is telling you to do? How?

Prayer



Pray about your goals, future, and dreams and ask that God will guide you in everything.



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?

SESSION INFO FOR LEADERS:

Setting yourself a goal to achieve is a good way to focus your mind and look positively towards the future. In this conversation you will be discussing how you might achieve the goals you set yourself, and what to expect along the way.

Working on achieving a goal can give you direction, provide you with a boost of energy and help you to think outside the box. Giving yourself a challenge and trying your best to achieve it can help you feel good about yourself and build your resilience.

Setting yourself inspiring goals that motivate you will mean that you are more likely to succeed. Think about something that will help you to grow as a person that will face a fear or test the limits of your mind and body. It doesn't matter what other people think of your goal, as long as it motivates you to achieve it, you will be able to move forward.

Sometimes the acronym 'SMART' is used to describe setting goals that are 'specific', 'measurable', 'attainable', 'relevant' and 'timely'. If you set goals that follow these guidelines, you will be able to see your progress and motivate yourself as you work through your journey.

You are not always going to achieve everything you set out to do, but if you continue to 'bounce back' and try your hardest, you can be sure that you are developing life skills and resilience along the way.

Using these goal setting time capsules you can lock away your goals for a few months, open them up and see how far you have come. Decorate them as you like and add fill them with some extras, so you can look back and see your progress.

ACTIVITY: TIME CAPSULES

You will need:

Mini bottles or recycled plastic bottles // paper // felt tips // crafts for decorating // glue // scissors How to make them:

1. Ask your group to think of some goals that they would like to set themselves to achieve in 6 months time and ask them to write them on some slips of paper - make sure they are following the SMART goals guidelines
2. Decorate the mini bottles with today's date and the date that you will be opening your time capsule (6 months time)
3. Add some extras like... what is number one in the charts today? What is today's headline in the news? You can even put in some objects that will remind you of today...
4. Seal the tube with the lids and put them somewhere safe until they are due to be opened