**Session 1**

**Theme:** Self Image

Scripture Ref: Psalm 139:13 & 14

**Resources:**

* Prepare a notice board with the title “We are fearfully and wonderfully made”
* Ice-breaker questions on PowerPoint
* Game resources
* 3 x mirrors, paper & pens
* Ugly Duckling video clip
* Paper and pens for ‘one negative thing’
* A6 cards & drawing pins
* Mercy Me video song

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Doors open and ice breaker questions on screen** | 25 min |
|  |  | **Video countdown timer** | 5 min |
|  |  | **Game** | 10 min |
|  |  | **Notices & encouragements** | 5 min |
|  |  | **Self-portrait with mirrors** | 8 min |
|  |  | Three people are brought on to stage and each is asked to draw a self-portrait using a mirror. The congregation judges who’s is best! | |
|  |  | **Mini intro into DGFSL and ‘self-image’** | **3 min** |
|  |  | **Video clip** | **3 min** |
|  |  | Clip from The Ugly Duckling, from 30secs-2:52  **URL:** [**The Ugly Duckling | Fairy Tales | Gigglebox**](https://www.youtube.com/watch?v=X4o5_8cEAHs) | |
|  |  | **One negative thing** | **6 min** |
|  |  | Where we each write one thing that we think is about ourselves, and then come up and throw it in the bin! | |
|  |  | **Talk** | **5 min** |
|  |  | **Two positive things** | **10 min** |
|  |  | Where we each write two positive things about ourselves. Then, with the paper folded so the positive things can’t be seen, we pass the paper to the person on our left who also writes two positive things about us. | |
|  |  | **We are fearfully and wonderfully made** | **6 min** |
|  |  | People come up to the notice board and have a positive thing about them written on card and stuck on the notice board (no names). | |
|  |  | **Video song** | **3 min** |
|  |  | Song from Mercy Me, affirming that we are wonderfully made etc.  **URL:** [**https://www.youtube.com/watch?v=bmUfJtsaqps**](https://www.youtube.com/watch?v=bmUfJtsaqps) | |
|  |  | **Finish** | **2 min** |
|  |  | Mention chat and prayer, and also meal next week. |  |
|  |  | **End** |  |