**Session 1**

**Theme: Famous People**

Bear Grylls - Faith

**Resources:**

* Name labels; pens
* Ice breaker PowerPoint questions
* Prayer cards
* Video countdown timer
* Cakes
* Family Fortunes PowerPoint questions
* Dehydrated insects for survival eating game
* Bear Grylls PowerPoint picture
* Pictorial survival equipment list
* Glue
* A4 sheet
* Bear Grylls video clip
* Flip chart and paper
* Prepared talk
* A5 blank cards or paper, prepared notice board with A4 size rucksack picture pinned to the board.

| **Time** | **Who?** | **Item** | **Length** |
| --- | --- | --- | --- |
|  |  | **Doors open and ice breaker questions on screen** | **25 min** |
|  |  | **Video Countdown Timer** | **5 min** |
|  |  | **Game – Family Fortunes** | **10 min** |
|  |  | **Notices & encouragements** | **5 min** |
|  |  | **Up front activity** | **8 min** |
|  |  | Ask for four volunteers. (Ensure that they do not have any food allergies) Once they are up front, make a big deal about the fact that they have been marooned on a desert island, and now they have to do whatever it takes to survive and stay alive! Fortunately, there is some local, but unusual food that they can eat, to keep them going. Bring out the covered up 4 foods, labelled 1- 4, with food name. Say that the youngest person has to eat food number 1, the next oldest number 2 and so on. Who will eat it??!! | |
|  |  | **Link** | **3 min** |
|  |  | See if guests can guess who this week’s famous Christian person is? Then explain that it’s Bear Grylls – adventurer, dare-devil explorer, Chief Scout and a Christian. | |
|  |  | **Table group activity** | **8 min** |
|  |  | As you hand out prepared pictorial survival equipment sheets, plank A4 sheet, scissors and glue, to each table group. Explain that they are going on a dangerous expedition with Bear Grylls. So, they need to choose the six most important survival items, cut them out, and stick them in their rucksack (blank A4 sheet) Then feedback. | |
|  |  | **Video clip** | **4 min** |
|  |  | Show the video clip about Bear Grylls talking about his faith. **URL:** <https://youtu.be/x2WzyScWzQY> | |
|  |  | **Link** | **3 min** |
|  |  | Say something like, “Having seen the video, and listened to what Bear Grylls was saying, do you think that there’s anything else that you need to survive life? Take just a few responses, ending with ‘Faith’ as the answer. | |
|  |  | **Group discussion** | **6 min** |
|  |  | What are the different parts of faith - being a Christian - that helps Bear Grylls survive life?  **Note: if guests struggle to understand, give an example. E.g., being a Christian and having faith, means that perhaps he now worries less. Other answers could be peace, security, hope, a family, friendship with God, a heavenly Father that’s always there for them etc.**  Feedback & put answers on flipchart. | |
|  |  | **Talk** | **5 min** |
|  |  | **Prayer response** | **6 min** |
|  |  | Hand out blank A5 cards. Invite guests to look at flipchart list and write down on A5 card, which aspect of faith they need most, at this point in time. They can choose more than one, they can just write faith, or Jesus etc. It’s up to them. Then have them come up and pin their card on the rucksack notice board. | |
|  |  | **Play video song ‘Faith’ by Jordan Feliz while this takes place.**  **URL is:** [**https://youtu.be/PvYCF1slbEY**](https://youtu.be/PvYCF1slbEY) |  |
|  |  | **Sum-up, final prayer and finish** | **2 min** |
|  |  | **End** |  |