**Session 1**

**Theme:** Living Well in Difficult Times

**Required resources:**

* Ice breaker PowerPoint questions
* Name labels
* Prepared meal
* Video countdown timer
* Game resources
* Video clip
* Meditation

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Doors open, Ice breaker questions on screen** | **15 min** |
|  |  | **Meal** | **25 min** |
|  |  | **Video Countdown Timer** | **5 min** |
|  |  | [5 Minute Time Lapse Countdown - YouTube](https://www.youtube.com/watch?v=7SOitDF3TLA&list=RDQMW54YlWvmKnM&index=35) | |
|  |  | **Welcome & Game** | **10 min** |
|  |  | Something about enduring through something stinky, gross, difficult, etc. (While blindfolded, find £1 coin in something gross or do taste tests); 4 volunteers. | |
|  |  | **Notices & Encouragements** | **5 min** |
|  |  | **Link** | **1 min** |
|  |  | Can guests guess what today’s theme is based on the game we just played? Today we’re thinking about endurance. | |
|  |  | **Move around activity** | **6 min** |
|  |  | Put the following categories around the room. Ask people to go around and decide which category are they most willing to endure difficulty or make sacrifices to achieve or gain that thing/goal?  1) a thing (a physical item, travelling somewhere, seeing someone who lives far away); 2) a goal (losing weight, saving money, giving up a bad habit); 3) relationship related (to have a partner, to repair or restore a broken relationship). Feedback. | |
|  |  | **Intro to new series** | **2 min** |
|  |  | Today we are starting the first of two sessions on living well in difficult times. Most of us would admit that life is getting harder – everything costs more, people are quicker to get frustrated or angry, want to write each other off rather than try to understand someone with a different opinion, there is more war and conflict in the world. How do we live well through this? We are going to learn about a few people who have been good examples of this. | |
|  |  | **Video** | **5 min** |
|  |  | [Dick and Rick Hoyt - THE EXTRA MILE - YouTube](https://www.youtube.com/watch?v=s0Vt6W5VIzc) | |
|  |  | **Table group discussion** | **6 min** |
|  |  | Initial response/reaction to the video? Who initiated the relationship? What were the sacrifices made by the dad? The son? What do you think inspired each of them to continue? Feedback. | |
|  |  | **Talk** | **5 min** |
|  |  | Compare the father son relationship in the video to God’s love toward people. The gospel is the greatest] love story, there is also the greatest sacrifice. | |
|  |  | **Meditation (Display Power point)** | **4 min** |
|  |  | **Closing Prayer** | **2 min** |
|  |  | Pray for those names written on table prayer cards. Pray for opportunity to demonstrate Gods’ kind of love to others. Offer to pray for anyone who would like prayer, etc. after Ignite has finished. | |
|  |  | **Song playing in Background** | **4 min** |
|  |  | [Crowder, Dante Bowe - God Really Loves Us (Lyrics) ft. Maverick City Music - YouTube](https://www.youtube.com/watch?v=vCrE0Pd7AFo) | |