**Session 1**

**Theme: Modern Proverbs / Sayings**

(Jer. 29:11; Isaiah 43:1 Jer. 31:3; John 3:16; 1 John 3:1a etc.)

**Resources:**

* Video countdown timer
* Pointless Game questions & answers
* 4 glasses
* 2 spoons
* Table
* Water
* Food colouring
* Printed half-completed modern proverbs
* Eeyore and Tiger video clip
* ‘Between the altar and the door’ video song, by Casting Crowns

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Video Countdown Timer** | **5 min** |
|  |  | **Game** | **10 min** |
|  |  | **Notices & Encouragements** | **5 min** |
|  |  | **Up-front game** | **8 min** |
|  |  | Set up table facing congregation length ways, with four glasses, two placed at each end of the table, the rear two filled with water, and place a tablespoon next to each of the filled glasses. Put a drop of food colouring in each of the empty glasses, so congregation will be able to see how much water is in each glass. The idea is to see how much water two competitors can transfer by spoon, from one glass to the other within two minutes. If time permits, do the game again with two new people. At the end of the game, make sure you ask the question, “Is the glass half empty of half full?” | |
|  |  | **Intro** | **3 min** |
|  |  | Explain that over the next two weeks, we are looking at modern proverbs or sayings. Can they guess what saying the game was about? Of course, the saying is “Are you a glass half full or half empty sort of person?” | |
|  |  | **Interactive activity** | **10 min** |
|  |  | Explain that some half-completed modern sayings have been put up around the room. Encourage people to get up, have a look at them, and write down what they think the full sayings are. Then feedback and draw out that some of the sayings are negative and some are positive. Which are which? | |
|  |  | **Video clip of Eeyore and Tiger** | **4 min** |
|  |  | URL: [**https://youtu.be/f\_bD5SysAMk**](https://youtu.be/f_bD5SysAMk) | |
|  |  | **Interactive table discussion** | **6 min** |
|  |  | After the film clip, get people to discuss in their table groups, which character was positive, and which was negative? How could they tell? What’s both good and bad about each one? Which type of attitude do people mostly see in themselves? Then feedback. | |
|  |  | **Talk** | **5 min** |
|  |  | Bring out in the talk that each person, regardless of their attitude, is valuable and approved of / cherished by God. Choose from verses shown above. Liken God to Christopher Robin perhaps? Or the writer, A.A. Milne? | |
|  |  | **Video song – ‘Between the altar and the door’** | **5 min** |
|  |  | URL: [**www.youtube.com/watch?v=GyV1MC5rUUg**](http://www.youtube.com/watch?v=GyV1MC5rUUg) | |
|  |  | **Final prayer and finish** | **2 min** |
|  |  | **End** |  |