**Session 1**

**Psalm 139:13-14**

**Theme / big idea –** We are fearfully and wonderfully made by our loving God, who thinks we are worth so much, that we were worth dying for. But what do we think of ourselves?

**Resources:**

* Name labels, drinks, doughnuts, selection of upbeat contemporary Christian music
* Video countdown timer
* Equipment for the game
* Three actors for sketch, knitting needles, strands of knitted wool with safety pins attached to ends, ball of wool; woolly jumper and hat
* PowerPoint of Psalm 139:13-14
* Human body quiz and answers; answer sheet and pen for each table group
* Descriptive words, blue tack (or something to stick words up on walls), A6 size thin cards, sufficient pens for each person present, instrumental music
* Notes for mini talk
* ‘The Father’s Love Letter’ video
* 2 – 3 fluorescent pens per table group,
* PowerPoint saying: “God says I’m worth 100/100!”
* ‘Second Chance’ video song By Rend Collective

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Doors open, people greeted, given name labels, and drinks and doughnuts served** | 30 min |
|  |  | **Video countdown timer** | **5 min** |
|  |  | **Game** | **10 min** |
|  |  | **Notices and encouragements** | **5 min** |
|  |  | **Table group activity - human body quiz** | **6 min** |
|  |  | To celebrate how fearfully & wonderfully made we are us, we’re going to do a quiz about how amazing the human body is.... \*\*\* **Leader’s note – you need to create this quiz yourself f\*\*\*** | |
|  |  | **Ad-lib sketch** | **5 min** |
|  |  | A person is sat on a chair wearing a woolly hat and a woolly jumper. Some strands of wool are coming from his hat and jumper and lead to a woman who is sat next to the person and is apparently ‘knitting’ him! A third person comes on – in David Attenborough style – and talks about the woman knitting the man etc… | |
|  |  | **Link - read out Psalm 139 (put on screen)** | **4 min** |
|  |  | **\*\*\*Leader’s note: You will need to do this PowerPoint yourself \*\*\*** Explain that we are talking about being made by God, that we are fearfully and wonderfully made etc. **(Read out verses from PowerPoint) …**  So, both the psalm and our human body quiz have reminded us that – as human beings – we are pretty amazing, and that we have been lovingly created by an awesome God who thinks the world of us! In fact, he thinks so much of us that he thought we were worth dying for! That’s what God thinks of us! But what do we think of ourselves? | |
|  |  | ‘**Words’** | **10 min** |
|  |  | Explain that lots of descriptive words have been scattered round the room. People have to go round and choose 6 words which they think best describes them. **(Play instrumental music during this activity.)** | |
|  |  | **‘Words’ part 2** | **3 min** |
|  |  | Based on the words that you have chosen, write down on the same piece of paper, just for you, how much out 100 you think you are worth. Tell the people to hang on to the piece of paper, as they will need it later. | |
|  |  | **Mini talk** | **3 min** |
|  |  | **Video – ‘The Father’s Love Letter’** | **5 min** |
|  |  | URL: <https://youtu.be/zJvqmhGs1Y8> | |
|  |  | *‘***Words’ part 3** | **3 min** |
|  |  | Write across the bit of paper, ‘God says I’m worth 100/100’! **(Put up on screen)**. Repeat and reaffirm this, in an upbeat, assertive manner, by saying something like, “Whatever words you’ve used to describe yourself, whatever you think of yourself, God is for you and not against you! He loves you and today, he’s giving us a second chance, another opportunity, to know his great love for us, perfectly shown to us through Jesus**.** | |
|  |  | **Response & video song (‘Second Chance’, by Rend Collective)** | **7 min** |
|  |  | For some of us it’s enough to know or be reminded that God loves us 100%. But for some of us, we may need to acknowledge that some of the words that we have written about ourselves, are not helpful – and maybe not even true! So, we are going to play a video song now, and if – during that song – you want to bring those words to the cross, then come and do that now, as we run the video. URL: <https://youtu.be/gzthnWvTDgU> | |
|  |  | **Final prayer and finish** | **2 min** |
|  |  | **Finish** |  |