

YOUTH LEADER SESSION

Suitable for use with any secondary
school-aged young person

WE'RE NOT ALONE:

FACING OUR GOLIATHS WITH GOD AND EACH OTHER



FIRST-HAND EXPERIENCE OF DEFEATING A GOLIATH

To explore in Augmented Reality a first-hand experience of what it must
have been like for David to come face-to-face with Goliath



IDEAS AND ACTIVITIES

SESSION PURPOSE

To help young people to identify one of the challenges that David faced before he defeated Goliath - being underestimated by those around him.

Identify some of the personal, local and global challenges (Goliaths) that young people are facing and remember how God has helped people in the past and can do this again.

Learn from how David tackled his Goliath - doing things in God's strength not our own.

Be encouraged from the Bible, that God will also help us through our challenges.

Within this session there will be an Augmented Reality activity which can be downloaded via our website www.missionalgen.co.uk/vr

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ACTIVITY - WHO AM I?



Play the game 'Who am I?' , with each person having the name of a famous person on their forehead, and asking other people yes or no questions to discover who they are.

For larger groups, an alternative to this game is to give out names of pairs of famous people (e.g. give one person Mickey Mouse and another Minnie Mouse, then another Victoria Beckham and another David Beckham) – then after people discover who they are, they have to find their partner in order to win the game.

READ OUT

Sometimes in life people put labels on to us, and assume things about us. This happens in the story of David in the Bible:

The priest Samuel at first assumed that God would choose one of his strong and handsome brothers to be the next king (1 Samuel 16:6-10)

Others underestimated David: because he was young, because he was a shepherd, because he was not as big and handsome as his brothers, his brothers looked down on and accused him of wrong motives (see these passages in 1 Samuel - his father in 16:11, his brothers in 17:23 , Saul in 17:33; and Goliath in 17:41-44)

We need to listen to what God says about people, not make assumptions or judge by the outward appearance. God explained this to Samuel in 1 Samuel 16:6-10

DISCUSSION QUESTIONS

- Q.1 Have you had times where people have assumed things about you?
- Q.2 How did you overcome that challenge?
- Q.3 How did God help you in that situation?
- Q.4 Is God challenging you about assuming things about other people?
- Q.5 What advice can you offer people that are faced with this difficulty?

ACTIVITY - HOW WE CAN HELP?



This game shows how we can support each other.

Have an assault course laid out with obstacles they have to get round, e.g. chairs in the way, tables and other objects.

Have one person blindfolded (explain this could illustrate someone facing a challenge), and have someone else who can see guide this person using their words, helping them overcome the challenges and finish the assault course.

Depending on space, either have 2 pairs doing this at the same time as a race, or have 1 team do it and time how long it takes them.



ACTIVITY - GRID OF CHALLENGE



Print off the 'Grid of challenge' which is on the next page. (One for each person).

Ask them to take a sheet and privately circle up to 3 challenges they feel they are facing at the moment (make it clear that they don't have to show or tell anyone else).

If they're facing a challenge that is not written on the sheet, let them know they can write it down, or draw something to represent it, if they'd like to.

Ask them to write or draw on the sheet titled "Reminded of God's help" a few examples of when God has helped them to face challenges in the past. Ask them to reflect on how this can encourage them that God can help them to face their current challenges.

Samuel was an encouragement to David by telling him what God had planned for him – suggest to the young people a few ways they could access help from other people to help them address the struggles they're facing (2 Corinthians 1:3-4)

ACTIVITY - GRID OF CHALLENGE



On your own, circle up to 3 challenges you are facing at the moment. You will not be asked to show or tell anyone else if you do not want to.

Use the blank box to add a challenge which is not written on the sheet,

Self-esteem	School work/exams	Fears about the future	Friendship
Comparing yourself to other people	Family	Health	Energy levels
Relationships	Unhealthy habits	Your faith	

If you would like to draw anything to represent the items you have picked above feel free to do this below.

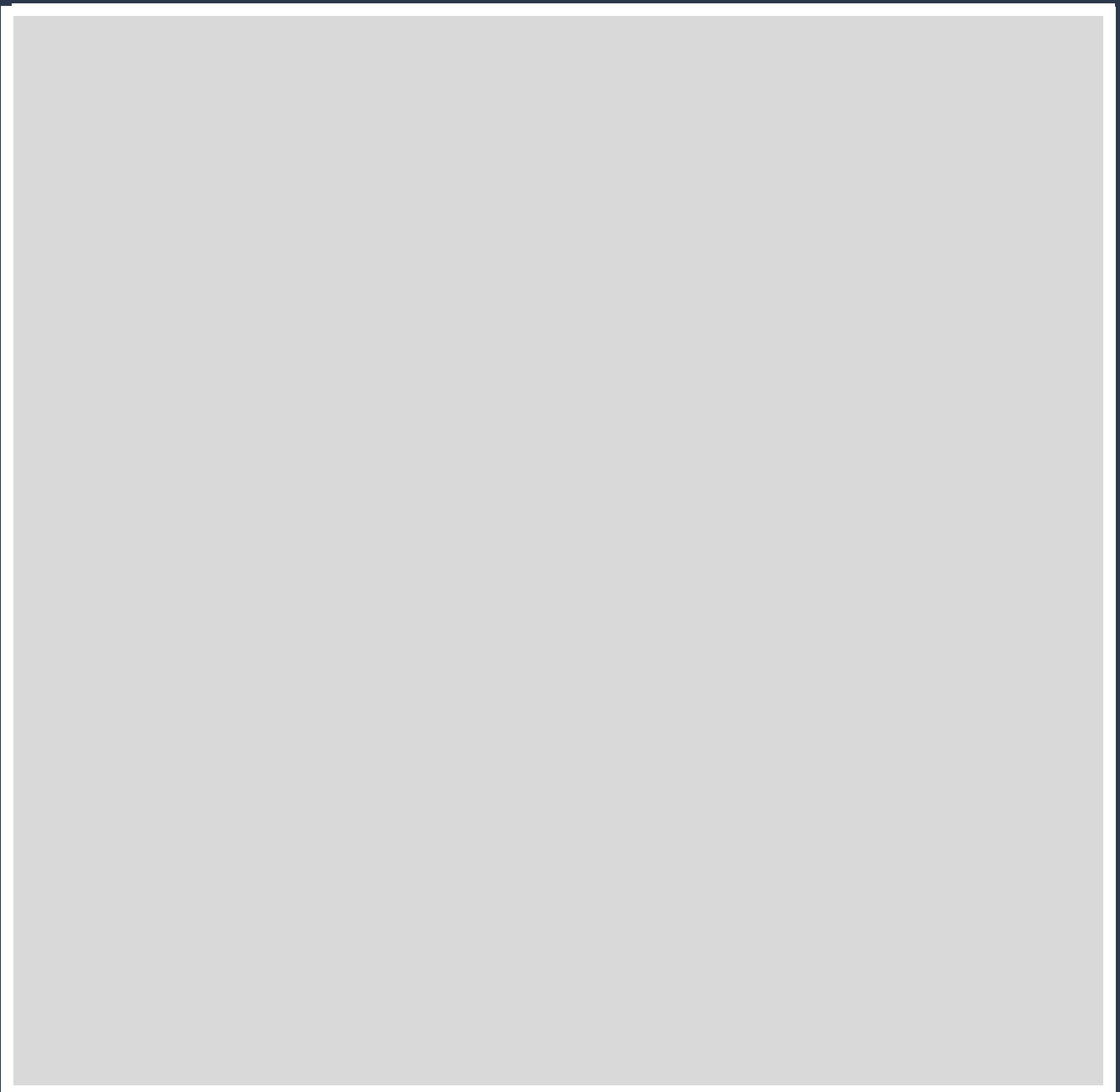
Use this section to write or draw your answer:

ACTIVITY - REMINDED OF GOD'S HELP

Take a moment to write or draw any examples of when God has helped you to face challenges in the past.

This activity helps you reflect on God's goodness, how this can encourage you and give you hope and strength in how God can help you face any current challenges.

If you prefer, you can spend time in prayer asking God to help you in the current challenges you are facing.



BIBLE PASSAGES

1 Samuel 17: 16-50



BIBLE FOCUS

DAVID THE OVERCOMER

READ 1 SAMUEL 17: 16-50

David was able to overcome the assumptions people had of him, and was able to defeat Goliath, but there were also other important things which made David successful:

He remembered how God had helped him in the past, and trusted that God would help him again (1 Samuel 17:33-37).

He knew he could only overcome his challenges with God's help – not in his own strength (1 Samuel 17:45-47).

He came to learn that his everyday tools (the slingshot and stones) that he used to protect the sheep were the tools he needed to defeat Goliath (1 Samuel 17:40-50).

Use this section for other notes you would like to share:



BIBLE FOCUS

GOD HELPS US & ENCOURAGES US

Give each young person a list of encouraging Bible verses for them to look at and take a moment to draw out a few points about how God helps us to face our challenges. You might like to use these Bible passages.

For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future.
Jeremiah 29:11

But those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary they will walk and not be faint.
Isaiah 40:31

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.
Isaiah 43:2,

Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.
John 14:27,

God is our refuge and strength, an ever-present help in trouble. Therefore we will not fear, though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging.
Psalm 46:1-3.

AR- FACING YOUR GOLIATH



Open up the app on your phone, stand in the corner of the room as this gives the most space to move freely.

When the phone registers the room through the lens, select David and Goliath button, then the AR app will bring up a portal and you will start to see Goliath and his army through the door. Walk through the door until you are close to Goliath then read the instructions. Collect the five stones and then using your phone, throw the stones at Goliath by flicking your screen with your finger from bottom to top as fast as you can. Keep in contact with the screen to give the stones speed and distance. You have 5 attempts to hit Goliath and to kill him.

If you fail to kill Goliath with your 5 stones walk back out of the portal and then walk back in (no need to restart the game) and identify the 5 stones and have another go. Once you have won pass it to the next person.

When everyone has had a go at defeating Goliath you might like to ask the young people to get in to small groups and list the many different types of Goliaths teenagers are facing in day-to-day life.

After the young people have shared the possible Goliath teenagers face share a final reflection on what made David feel able to defeat Goliath.

READ OUT

David was rooted in his character which was fostered by the culture that he grew up in. This taught him about who he is (part of the people of Israel) and whose he is in the eyes of God. This gave him confidence to speak against Goliath as he lived from a place that recalled the stories he'd been told and the promises of God being the rescuer, protector and Israel being the chosen nation.

Q. What can we learn from David's character?

Q. What can we learn from David's lifestyle?

DOWNLOAD THE DAVID AND GOLIATH AR APP

For young people to use this AR app they need to visit our website to download and check compatibility by visiting www.missionalgen.co.uk/vr



GO - MISSION ACTIVATION



Remind the group of the importance of our words in helping to encourage other people – 1 Thessalonians 5:11

If possible, share a story from your own life about how God has helped you overcome a challenge, and how he used other people to encourage you (or ask one of the young people beforehand if they would like to share).

Encourage them to think about the opportunities they have to encourage their friends who are going through challenges, especially their friends who aren't yet Christians.

Ask them to pick up to 3 people they know are facing a personal Goliath at the moment. Ask them to think and pray about how God can use them to help support, encourage or even ways they can give time to see these people face their Goliath and feel victorious.

Write the 3 people's names and there Goliath here.

PRAYER - ACTIVATION



Ask them to get in pairs and pray for the other person, that God will help them to overcome the challenge they face, and encourage them by reminding them of how God has helped them in the past (make it clear they don't have to tell the other person the details of the challenges if they don't want to).

Then look to pray for the people you have listed in the mission activity to see how God can use them to help see freedom.

Ask them to pray quietly themselves, and ask God if there is someone they can take time to encourage through their words.

FINAL NOTE:

Remind them that they can chat with you or a trusted Christian friend if they would like support in facing the challenges they are going through



OTHER VR AND AR YOUTH LEADERS RESOURCES

Building upon the trend of smart phones, live stream, and panoramic 360° interactive photos and videos, we are creating youth work discipleship apps using Virtual Reality and Augmented Reality accessed via smart phones. We are seeing church leaders, youth workers, chaplaincy teams and parents connect with their young people and explore faith and relationship with Jesus. We have also researched how this level of technology is helping to put the church back onto the interest list of young people as they use our VR & AR apps resources. Why not see other VR and AR resources we have by visiting www.missionalgen.co.uk/vr

