

Effective Youth Ministry Press Free Resource

Dear Youth Leader,

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Regards,

Ken and Julie Moser

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4 Week Youth Program

written by
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The ideas in these four programs can be found in *Creative Christian Ideas for Youth Groups*, *Programs 2 Go*, and free resources (“Welcomes”, “Mixers and Icebreakers”, and “Youth programs for Anglican Youth”) available on the website.

Note: if there is an activity in the 4 Week program that you would prefer not to use, you can easily replace it with another activity idea from the free resources or the programming ideas books listed above.

WEEK 1

Welcome – See idea in the free resources “Welcomes”: How was your week out of 10. If the group seems quiet and reserved do variation 1, if you think you can get them to be active do variation 2 or 3. [note: if time is short then you can use this as the mixer.]

Open in prayer (leader prays for God’s blessing on the meeting time)

Mixer – See idea in the free resources “Mixers and Icebreakers”. If you are organized with a sound system (and perhaps a data projector) then you could do ‘music mixer’. If not, I would suggest ‘Would you rather (moving around option)’.

Memory verse week 1: [note you need to do the same memory verse for 3-4 weeks]. Since this is the first one make it a nice simple short. The first week is to introduce the verse and then encourage them to learn it this coming week. Some suggestions: 1 John 4:10, 2 Corinthians 5:21, 2 Corinthians 5:17.

If you have a whiteboard and pens you can run “Fill in the blanks” style memory verse (see *Creative Christian Ideas* chapter 5). Write the verse up in dashes (one dash for each letter like the game hangman). Divide into two teams, ask Bible questions to each side, when they answer correctly, they choose a letter and are allowed a guess of the verse. As the board fills out more and more they will attempt a guess however only accept it if it is word perfect.

Make sure you don’t allow people to shout out answers. See next page for some simple questions.

IMPORTANT: the person filling out the letters must have the verse memorized otherwise it takes forever.

Singing (?) – If there is someone gifted with music and you have some time, this is a good place to have some singing.

Pray - [Need a whiteboard and pens.] Divide the whiteboard into two halves. On one side write ‘Thanks’ and on the other side write ‘Help’. Ask volunteers to share things you can give thanks for and write them under the heading ‘Thanks’. Then ask volunteers to share things you need to ask God’s help for and write them under the heading ‘Help’. Once all prayer points are listed have an open time of prayer when volunteers can pray for the items listed. [If prayer is new for your group you can also give people the option to pray quietly by choosing one item on the board and praying for it.] Whoever is leading the prayer time should pray last. Prayer is something that we need to teach people to do so be prepared that sometimes it can take several weeks for people to have the confidence to participate.

Bible talk or Bible study in small groups.

Some Sample Bible Questions for games

1. Name 3 parables of Jesus
2. Name 3 miracles of Jesus
3. Who wrote the most New Testament books? (Paul)
4. What was his name before he was converted? (Saul)
5. Name 3 Old Testament prophets
6. In the book of Daniel there are two famous stories – one of Daniel’s friends thrown into something and one of Daniel thrown into something. (Fiery furnace, Lion’s den)
7. Name the two books in Old Testament named after women (Esther, Ruth)
8. Noah and Ark took two of each animal - how many of each clean animal? (7)
9. In Eden there were two trees one Adam couldn’t eat one he could eat - which one could he eat? (Tree of life)
- 10&11. Recite any memory verse containing five words or more other than John 3:16 (x2)
12. Who wrote the book of Revelation? (John)
13. There are books with numbers in front of them - name 3 (e.g Kings, Thessalonians, Timothy – see table of contents of a Bible for all books)
14. A New Testament writer wrote two books to a man called Theophilus - what were the two books (Luke and Acts)
15. At Jesus’ transfiguration - name one of the two people who appeared with him (Moses, Elijah)
16. Name 5 of the 10 commandments (listed in Exodus 20 and Deuteronomy 5)
17. Name 3 of the plagues of Egypt (see Exodus chapters 7-11)
18. In which New Testament book can you read the story of a shipwreck? (Acts)
19. Name the five New Testament books that start with T. (1&2 Thessalonians, 1&2 Timothy, Titus)
20. Who was the King that built the temple in Jerusalem? (Solomon)

NOTE: The best thing to do as the group progresses is to ask review questions of previous studies, talks and memory verses.

WEEK 2

Welcome – See idea in the free resources “Welcomes”: High Five

Open in prayer (leader prays for God’s blessing on the meeting time)

Mixer – See idea in the free resources “Mixers and Icebreakers”. Easy OR Difficult.
NOTE: junior high don’t usually mix too well so either keep it moving quickly if your group is young.

Memory verse week 2: Shrinking verse

Shrinking verse: put the memory verse with reference on Powerpoint. Remind them that it is your verse from last week. Have everyone read the verse aloud in unison - including the reference. When they are done show the next slide with the same verse but in smaller print and read aloud in unison again. Repeat a couple more times with the verse shrinking smaller and smaller each time. Make the print in the final slide so small that it cannot be read – by then they hopefully will be able to recite from memory.

For variety: each time you repeat the verse, say it differently...shout the verse, whisper the verse, say the verse in a British accent, say the verse while hopping on one foot etc.

When you have recited several times turn off the Powerpoint and ask any volunteers to recite the verse with reference.

Singing (?)

Pray - [Need a whiteboard and pens.] Using the same method as last week, take prayer points under the heading “thanks” and then take prayer points under heading “help”. As a large group have open sharing time.

Bible talk or Bible study in small groups.

WEEK 3

Welcome – See idea in the free resources “Welcomes”: How was your week out of 10. Use Variation 1 followed by variation 2 (and if desired also variation 3). Using variation 2 (and maybe 3) will function as a short mixer so that you can replace the mixer this week with a Bible game.

Open in prayer (leader prays for God’s blessing on the meeting time)

Bible Game – “Bible Battleship” (see *Creative Christian Ideas* chapter 5). Divide into two teams. Create a 4x4 grid for each team numbered vertically and letters horizontally (on whiteboard or some other way that allows the groups to see only their grid – the ideal is if you have a double-sided whiteboard so that teams can sit on either side with the board in between them). Give each team two battleships (cardboard cut outs of 1x 2-space battleship and 1x 3-space battleship that you can stick to the grid).

To send a torpedo to the battleships on the other team they must successfully answer a Bible question. They may then choose co-ordinates (example A-3). They can choose one co-ordinate per successfully answered Bible question. To sink the battleship they must hit all co-ordinates of the ship on the grid. To win they must sink both battleships.

Memory verse week 3: See idea in the free resources “Youth programs for Anglican Youth” – Relay race.

Singing (?)

Pray - [Need a whiteboard and pens.] Using the same method as last week, take prayer points under the heading “thanks” and then take prayer points under heading “help”. As a large group have open sharing time.

This week try breaking into small groups to pray after they have shared as a large group. Have a leader allocated to each group. This is also an opportunity for people to share again in a smaller setting.

Bible talk or Bible study in small groups.

WEEK 4

Welcome. Welcome everyone to the group and open in prayer

Welcome activity - See idea in the free resources "Welcomes": 'Stand Up'. Explain that you are going to read out a set of statements one at a time. Each time you read a statement, if it is true for them they stand up. Everyone needs to then sit down before you read out the next statement.

Stand up if...

1. *If you had a good week at school*
2. *If you had a good weekend*
3. *If you love the [insert a name of a local sporting team]*
4. *If you were asked to clean your room this week*
5. *[Stay standing if...] you actually cleaned it!*
6. *If you saw [insert name of current popular movie] one or more times*
7. *If you love winter [or insert season currently approaching]*

Bible Game – "Tic tac toe", also known as "Noughts and Crosses", (see *Creative Christian Ideas* chapter 5). [You will need to write a set of questions from the talks and memory verse from the past 3 weeks if you have used all the questions from the list at the end of WEEK 1 program].

Set up 9 chairs like a 'tic, tac, toe' board (have it set up before youth group starts).

See if anyone can work out what the 9 chairs are for. If not, explain that it is a 'tic, tac, toe' board. Divide into two teams. Alternate questions to each team. When a team answers correctly they take a place on the board by standing on the chair. First team with three in a row wins. If it is guys vs girls it will be easy to see who is winning. If it isn't ask each team to make a 'cross' or 'circle' with their arms when they take their place on the board. Be ready to have a re-match so have enough questions for two games.

Memory verse week 4: "Touch and run relay" (see *Creative Christian Ideas* chapter 6). Write each word of the verse on a separate piece of paper. Do it twice in two different colors (or more than two colors if you have a large youth group). Stick words on walls randomly in youth room OR in another room (eg. Gym). Divide the group into two groups or boys vs girls and sit on floor in their two groups. Allocate a color to each team (i.e. words in red and words in blue).

Round 1: In a relay the young people run to the words of the memory verse in order, tap the word and run back to the group and tag the next person. The next person runs to the consecutive word to tap it and so on. First team to tap the last word (which should be the verse reference) runs back to the team and they all stand and cheer.

Round 2: Relay race again but this time they have to grab the word off the wall and run back to team and then tag the next person etc. First team to have all words in order and stands and shouts it out in unison wins.

If your time is limited just do the Round 2 version.

Singing (?)

Pray - [Need a whiteboard and pens.] Using the same method as last week, take prayer points under the heading “thanks” and then take prayer points under heading “help”. As a large group have open sharing time.

If you think it would be helpful go through the list of prayer points and ask for volunteers to pray for each one (“who will pray for...?”). Suggest that those who don’t take a prayer point can still pray aloud for any of the points or for anything else they would like to pray for OR pray silently in their hearts.

Bible talk or Bible study in small groups.