

# **I Dare You**

## **Module: Don't Forget the Lyrics**

### **Lesson 2: Shiny Happy People**

#### **Objectives:**

Students will

- be challenged to become more aware of things to be thankful for
- examine the expressions of thankfulness and gratitude that are present in some of the Psalms and connect them with their own lives

#### **Materials Needed**

- ☐ Equipment to show a YouTube video
- ☐ Magazines of various types (i.e. National Geographic, People, etc)
- ☐ Tape or glue
- ☐ Scissors
- ☐ Various pieces coloured construction paper and markers for each person
- ☐ One large piece of Bristol board or coloured paper
- ☐ Bibles and/or copies of Psalms 18 and 104

## **Minds On**

Begin by showing the video “Awareness Test,” (<http://www.youtube.com/watch?v=Ahg6qcgoay4>)

This video involves a number of people passing a basketball and you are asked to count how many times the team in white does this. The answer 13 is given. If possible, stop the clip at this point and see how many of your students got the right answer...then proceed to the rest of the clip. There are other videos in the series that could be used if they are better suited to your group. The point is to get them thinking about how aware they are of the things that are taking place around them.

An additional, or alternate, activity is to change a number of things in your meeting space before the group arrives and have students see how many they can discover. If there are pictures or posters, hang them differently or remove some. Introduce new pieces of furniture or take some away. Try to have a mix of obvious and not-so-obvious changes. Keep track of the total number and give a prize to the student(s) who were the closest.

## **Action**

Say something like: As we go about our daily lives, there are so many things competing for our attention, and a lot of the time, we end up missing or overlooking some of the really good things that are happening all around us.

Tonight we want to focus on things that make us happy or that bring us joy, and to express our thankfulness for them to God, and to each other. This is something that David, the guy who wrote many of the Psalms, was really good at, and so we are going to take a look at some of what he wrote in order to help us be more thankful too!

Have students divide themselves into groups of 4-5, and assign half of the groups Psalm 18 and the other half Psalm 104. Ask them to read through their Psalm and pull out the various things that David is observing, or is aware of. Using the magazines or markers and some of the construction paper, have groups create a collage that expresses what they have discovered. When finished, have the groups come back together and share their work with everyone. If you feel that either of the passages is too long,

consider dividing the Psalms into smaller sections and assigning a section to each group, but encourage them to read the entire passage to get the proper context.

One element that would be good to explore with the students is the overall direction of the two passages. Psalm 18 is very personal and is focussed on the things that God is doing in David's own life, whereas Psalm 104 is more outward focussed, exploring the beauty and provision established in nature.

## **Consolidate/Debrief**

Say something like: Now that we have seen some of what David was thankful for, it's important that we stop to think about the things in our lives that we need to recognize and appreciate. Some of this is what God has done for us, and what he continues to do and some of it might be the people sitting around you right now!

Have each student select a coloured piece of paper and put their name on it. Spread the papers around the room and invite your students to spend some time expressing their thankfulness and appreciation for others in your group. Challenge them that this is not a time to be silly or to make jokes, but to honestly encourage their friends. Let them know that it is not mandatory for them to write on each card, but urge them to think hard and come up with something specific for as many people as possible, and not to just write the same thing over and over. In conjunction with your leadership team or key students, make sure that each card is written on (nothing would be worse than going home with a blank card).

At the front of the room, display the large piece of Bristol board and write the name "God" on it. Let them know that this is where they can express their thanks and appreciation for who God is, and for the things that he has done. Encourage them to consider some of the things that they discovered in the Psalm they studied and look for comparable items from their own life.

Close your time in prayer, perhaps reading through the things listed on God's card. Make sure to remind your students to take home their piece of paper.