



Facilitator's Guide

To foster openness and connectivity among the youth, arrange the seating in a circle for the entire session. This setup allows everyone to see each other, promoting a sense of inclusion and encouraging honest sharing.

About This Topic: The concept of being "chosen" by God is a powerful and life-changing truth. It speaks to the intentionality of God's love and purpose for each of us. When we understand that we are chosen, it reshapes our self-worth and how we live out our faith. This lesson is designed to help participants recognize that they are not an accident or a mistake but are deeply loved, set apart, and called to a life of compassion, kindness, humility, gentleness, and patience.

What Does It Mean to Be Chosen? Being chosen means being intentionally selected for a purpose. God has picked each of us to be part of His family and His plan. This means we have value, worth, and a role in His Kingdom. It's not just about being "good enough"; it's about being loved enough. Knowing this truth brings peace, confidence, and a sense of belonging.

End Goal: By the end of this session, participants will have a deeper understanding of their identity as God's chosen people. They will leave with a sense of purpose and a heart ready to live out compassion, kindness, humility, gentleness, and patience. Participants will also have practical ways to remind themselves of this truth in their daily lives.

1. Introduction

Why Are We Doing This Topic? Sometimes, it's easy to feel like we're not seen, not important, or not good enough. But God sees you differently. God sees you as "chosen." Being chosen means that you're wanted, valued, and loved on purpose. This lesson will

help participants understand what it means to be chosen by God and how this truth can bring peace, confidence, and hope into their daily lives.

What Does It Mean? Being chosen by God means that you're not here by accident. You're part of His big plan. God sees you as valuable and has called you to live a life of love, compassion, and purpose. When we understand that we're chosen, it changes the way we see ourselves and how we treat others.

2. Preparation Checklist

Things Required:

- Bible or Bible app for scripture reading
- Paper and markers for activity
- Sticky notes or index cards
- A total of 36 plastic cups.
- A timer or stopwatch to track 1 minute.
- Bluetooth speaker for worship music (optional)

Preparation Steps:

- Review and understand the key points of the lesson.
 - Write the phrase "I am chosen" on a large poster or board.
 - Prepare a simple prayer to begin and close the session.
-

3. Welcome, Introductions, and Opening Prayer

Leader's Dialogue: "Welcome, everyone! Today, we're talking about being 'chosen.' Did you know that God has specifically chosen you? Not randomly or by accident, but on purpose. You're here for a reason, and we're going to learn more about that today."

Opening Prayer: *"God, thank You for choosing us. Sometimes, we forget how special that is. As we learn more about being chosen, help us to open our hearts and minds to Your love. Remind us that we are wanted, loved, and called for a purpose. Amen."*

4. Opening Activity

Game 1: "Chosen for a Mission"

About the Game: This activity introduces the idea of being chosen for a specific purpose. It's a fun and engaging way to illustrate how being chosen comes with both joy and responsibility.

Materials Needed:

- Slips of paper with "missions" written on them
- A small container or box to hold the "mission" slips

Setup Instructions:

1. Write different "missions" on slips of paper.
2. Place the slips of paper in a container.

Seven Missions for the Game (During the Prayer Gathering):

1. Pray silently for the person on your right.
2. Write down one thing you're grateful for and share it with someone.
3. Lead a short prayer of thanksgiving aloud for the group.
4. Offer to read the scripture passage for the session.
5. Share a personal testimony about God's love in your life.
6. Write a note of encouragement for someone in the group and give it to them.
7. Stand up and say, "I am chosen by God" confidently in front of the group.

Game Play Instructions:

1. Each participant randomly draws a slip of paper from the container.
2. Participants complete their missions during the session.
3. At the end of the session, ask them to share how it felt to be "chosen" for that specific mission.

Bringing Faith into Play: This activity helps participants see that being chosen comes with a purpose. Each mission, though small, reflects the calling God places on each of us to love, serve, and encourage one another.

Game 2: "Stack Attack"

About the Game: Stack Attack is an exciting and fast-paced game where players compete to stack and unstack cups into a pyramid as quickly as possible. It's fun, engaging, and perfect for youth with minimal setup.

What You Need:

1. A total of 36 plastic cups.
2. A timer or stopwatch to track 1 minute.
3. A flat surface for stacking (e.g., table or floor).

How to Play:

- Players take turns using the same set of 36 cups.
- Arrange the cups in a single stack at the starting point.
- Each player must build a pyramid with a base of 8 cups, followed by levels of 7, 6, 5, and so on, reducing to a single cup at the top.

- Once the pyramid is complete and stable, players must unstack the cups back into the original single stack.
- Each player is timed during their turn.
- If the pyramid collapses, the player must rebuild it within their time limit.
- The player with the fastest time wins

5. Scripture Reading

Read Colossians 3:12-17 Aloud: Ask a participant to read the passage aloud or read it yourself. Encourage participants to listen carefully.

"Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you. And over all these virtues put on love, which binds them all together in perfect unity. Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful. Let the message of Christ dwell among you richly as you teach and admonish one another with all wisdom through psalms, hymns, and songs from the Spirit, singing to God with gratitude in your hearts. And whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him." Colossians 3:12-17

After reading the scripture, encourage the youth to share the verses that stood out to them or resonated with them. Invite them to express their thoughts or provide their personal reflections on these verses. Once everyone has shared, you can summarize their key points and offer your own reflection. If you haven't had the opportunity to prepare your reflection in advance, you may refer to the discussion paragraph provided below for guidance and inspiration.

Leader's Reflection:

(this can be used as an example, but feel free to create your own reflection)

This passage tells us something beautiful and powerful. God's love isn't just ordinary love—it's lavish. Lavish means more than enough, overflowing, and abundant. And what's the result of that love? We get to be called children of God. It's not something we have to fight for or earn—it's a gift. This means that right now, in this moment, you are God's child. Not 'one day when you're better,' but right now.

Imagine waking up every day and saying, 'I'm God's child.' How would that change the way you live, think, and feel about yourself? It means that no matter what happens—whether you succeed or fail, whether people approve of you or not—you are still God's child. You are loved. You belong.

Here's something even more powerful: As children of God, we become part of His family. That means we're connected to one another. Your brothers and sisters in faith

are part of this same family. We can love, support, and encourage one another just as a family does. And just like in a family, we won't always get it right, but God's love never changes. His love is steady, and His promise to call us His children remains forever.

6. Small Group Reflection Questions

Facilitators, encourage the group to openly share their thoughts and experiences. Each person's perspective is valuable, and the goal is to deepen everyone's understanding of what it means to be the chosen one. Ensure that everyone has the chance to participate and let the conversation flow naturally.

If it is a large group, it could be divided into small groups for discussion within each group. Then, invite one or two participants from each group to share a key insight from their discussion.

Discussion Questions:

1. What does it mean to you to be "a child of God"?
 2. How does it feel to know that God sees you as His son or daughter?
 3. How does being part of God's family impact the way you see others?
 4. What's one way you can remind yourself every day that you're a child of God?
-

7. Challenge

Leader's Dialogue: "Here's your challenge for the week: Write 'I am chosen' on a sticky note and put it somewhere you'll see it every day. Each time you see it, remember that God picked you on purpose. Then, pick one of the words from the scripture (kindness, compassion, humility, gentleness, patience) and practice it that day."

8. Concluding Prayer

Leader's Dialogue: "Before we close, think of one thing you learned today about being chosen by God. Hold on to that thought as we pray."

Closing Prayer: *"Heavenly Father, thank You for reminding us that we are chosen, loved, and called. Help us to live like people who know they're chosen. May we be kind, patient, and loving, just as You've called us to be. Be with us this week as we live out our identity as Your chosen children. Amen."*