



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: Every person is created with a unique purpose. Discovering that purpose helps us live meaningful and fulfilling lives. This session aims to inspire youth and young adults to reflect on their God-given potential and understand that their existence is intentional, not accidental. Through scripture, activities, and discussions, participants will explore how faith plays a vital role in uncovering and living out their purpose.

End Goal: By the end of this session, participants will understand that they were created intentionally by God. They will feel confident knowing that their lives are valuable and filled with purpose, no matter where they are on their journey.

1. Introduction

Why This Topic? This session is a reminder that you were intentionally made by God, and your life has meaning. Let's explore what it means to live with purpose and how it impacts the choices we make every day.

What Does It Mean? Your life isn't a mistake or a coincidence. God created you with a plan in mind. When you embrace that truth, it can change how you see yourself and the world around you. Knowing you have a purpose helps you make better decisions and live with more joy and confidence.

2. Preparation Checklist

Things Required:

- Bible or Bible app for scripture reading
- A bowl or hat
- Slips of paper with purpose-related words or phrases written on them (see list below)
- A timer (or phone with a timer app)
- Small prize (optional)
- Balloons (enough for each team)
- Masking tape or scotch tape
- Timer

Before You Start:

- Review scripture passages and discussion questions in advance.
 - Set up a warm, welcoming space where participants feel comfortable sharing
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3. Welcome, Introductions, and Opening Prayer

Leader's Dialogue: "Welcome, everyone! Today, we're diving into something meaningful—you are here for a reason. Your life is not a coincidence; you were created with intention and purpose. Long before you were born, God knew you and designed a unique plan for your life. Let's begin this session by turning to God in prayer."

Opening Prayer: *"Dear God, thank You for bringing us together. Help us to see that our lives have meaning and that we are here for a reason. Open our hearts to hear Your voice and guide us as we discover more about the purpose You have for us. Fill us with hope and confidence, knowing that You have a unique plan for each of us. Teach us to trust in Your timing and to use our gifts to serve others. May we leave this session inspired to walk the path You have set before us. Amen."*

4. Opening Activity

Game 1: "Purpose in Pieces"

About the Game: In this fast-paced game, participants will guess purpose-related words or phrases that connect to discovering their God-given purpose. The game

encourages teamwork, creativity, and reflection on how God calls each of us to use our talents and passions for a greater mission.

What You Need:

- A bowl or hat
- Slips of paper with purpose-related words or phrases written on them (see list below)
- A timer (or phone with a timer app)
- Small prize (optional)

Purpose Words List (Examples):

- Faith, Talents, Mission, Gratitude, Dreams, Calling, Serve Others, Vision, Strength, Love, Hope, Prayer, Trust, Inspire, Mission

How to Play:

1. Prepare the word strips: Write purpose-related words or phrases on slips of paper and place them in a bowl or hat.
2. Divide participants into teams: If the group is small (5-10 participants), they can play as one team. For larger groups, split them into two or more teams.
3. Start the game:
 - A player from the first team picks a word from the bowl.
 - They have 30 seconds to either act out or describe the word without saying it directly.
 - Their team must guess the word within the time limit.
4. Scoring:
 - Each correct guess earns a point.
 - After guessing, discuss how the word connects to living with purpose.
 - The team with the most points at the end wins.
5. Challenge (optional):

After the game, ask participants to share how they connect with a word they guessed and how they can apply it in their lives.

Faith Connection: This game helps participants recognize that God gives each of us unique talents, dreams, and a mission in life. By discovering and using these gifts, we fulfill our God-given purpose to serve and inspire others.

Game 2: Balloon Tower Challenge

About the Game: Participants work in teams to build the tallest free-standing tower using balloons and tape within a set time limit.

What You Need:

- Balloons (enough for each team)
- Masking tape or scotch tape
- Timer

How to Play:

1. Divide participants into teams of 4-6 people.
2. Each team gets balloons and tape.
3. They have 10 minutes to build the tallest free-standing tower possible using only balloons and tape.
4. The tower must stand for at least 10 seconds to count!
5. The team with the tallest tower wins.

Variation:

- Make it more challenging by adding obstacles (e.g., participants can only use one hand).

5. Scripture Reading

Read Jeremiah 29:11 and Ephesians 2:10 Aloud: Ask a participant to read the passage aloud or read it yourself. Encourage participants to listen carefully.

"For surely I know the plans I have for you, says the Lord, plans for your welfare and not for harm, to give you a future with hope." Jeremiah 29:11

"For we are what he has made us, created in Christ Jesus for good works, which God prepared beforehand to be our way of life." Ephesians 2:10

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)

Sometimes, we might wonder why we're here or if what we do even matters. These verses remind us that we're not just here by chance. God has a plan for each of us—plans that bring hope, a future, and a purpose.

Think about it this way: God created you with unique talents, interests, and dreams. Maybe you love music, helping others, or solving problems. Those things aren't random—they're part of your purpose. The good things you do, big or small, are part of what God created you for.

You don't have to have everything figured out right now. Living with purpose isn't about knowing your whole future—it's about trusting that God is guiding you step by step. Every act of kindness, every time you help someone or share love, you're living out your purpose.

So, take a moment to think about what makes you feel alive, what makes you happy, and how you can use that to make the world a better place. That's how you can start living your purpose today.

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 a child of God. 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 makes you feel excited or happy when you think about the future? How could that be part of your purpose?
2. Have you ever helped someone and felt really good about it? How does helping others connect to your purpose?
3. Think about a time when you faced a challenge. How did that experience help you grow? Could it be part of what you're meant to do?
4. What are some ways you can use your talents and interests to make a positive difference in the lives of people around you?

7. Challenge

Leader's Dialogue: "This week's challenge is called 'Purpose Journal.' Take some time each day to write down one thing you did that made you feel like you were making a positive impact. It could be as simple as making someone smile, helping a friend, or learning something new that brings you closer to your goals. At the end of the week, look back on your entries and see how small actions can build up to a bigger purpose."

Bonus Activity:

Ask participants to share one of their journal entries with the group during the next session. This helps them reflect on their actions and encourages others to find meaning in their everyday lives.

8. Concluding Prayer

Leader's Dialogue: "Take a moment to reflect on something from today's session that spoke to your heart. It could be a word, a thought, or a feeling. Hold that reflection close as we bring this time to a close in prayer."

Closing Prayer: *"Dear God, thank You for reminding us that we are here for a reason. Help us to trust Your plan and to live each day knowing that our lives have purpose. May we inspire others with this truth and live in a way that honors You. Remind us that our purpose is not just about what we achieve but how we love and serve others. Guide us to be kind, compassionate, and patient in our journey. Give us courage when we face doubts and challenges. And help us to see Your hand in every step we take. Amen."*