



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 session "I Am Loved" focuses on helping participants embrace the profound truth of God's unconditional love, fostering confidence, self-worth, and hope. Understanding God's love transforms how we see ourselves and interact with the world, providing a foundation for joy and resilience.

End Goal: By the end of this session, participants will feel deeply loved, recognize their inherent value as God's children, and leave with practical ways to remind themselves of this truth.

1. Introduction

Why This Topic? Many of us face moments of doubt about our worth. This session provides an opportunity to reconnect with the unshakable love of God, which is not based on performance or circumstances but is freely given.

What Does It Mean? To be loved by God is to be fully accepted, cherished, and valued. It means living with the assurance that nothing can separate us from His love. This love is not only a source of comfort but also an invitation to share that love with others.

2. Preparation Checklist

Things Required:

- Bibles or Bible apps for scripture reading.
- Mirror for participants.
- Space for physical activity (a game).
- Sticky notes and art supplies.
- A speaker for playing worship music.
- A phone, speaker, or sound system to play and pause the music for game.
- Playlist: A selection of Christian or uplifting songs that suit the group's energy.
- Space: A safe and spacious area where participants can dance and move freely.
- The song "Mack Brock - I Am Loved."

Before You Start:

- Write "I Am Loved" on a large poster or whiteboard.
- Choose a welcoming worship song for the opening.
- Familiarize yourself with key discussion points and reflections.

3. Welcome, Introductions, and Opening Prayer

Leader's Dialogue: "Welcome, everyone! Today, we'll explore what it means to be loved by God. His love is our foundation and identity, and it is the greatest truth we can carry into our daily lives."

Opening Prayer: *"Heavenly Father, we gather in Your presence with hearts open to receive Your truth and love. Thank You for creating each one of us with purpose and filling our lives with Your grace. In moments of doubt, remind us that we are deeply loved by You, not because of what we do, but because of who You are. As we go through this session, let every word and activity draw us closer to understanding the depth of Your love. Give us the courage to accept this love and live confidently as Your children. Bless this time we have together, and let Your Holy Spirit guide our thoughts and reflections. In Jesus' name, we pray. Amen."*

4. Opening Activity

Game 1: "The Mirror Exercise"

About the Game: This activity helps participants reflect on their self-worth through God's eyes.

What You Need:

A single mirror for the group.

How to Play:

1. Have participants sit in a circle and pass the mirror around.
2. When a participant receives the mirror, they look at their reflection and say an affirmation aloud, such as: "I am loved by God"
3. After their turn, they pass the mirror to the next person.

Faith Connection: This activity reinforces the message that God's love gives us inherent value and reminds us to view ourselves through His lens.

Game 2: "Musical Statues"

About the Game: Musical Statues is a lively and interactive game where players dance to music and freeze when the music stops. It's all about timing, quick reflexes, and having fun! This game is great for youth and young adults, works for any group size.

What You Need:

- Music Player: A phone, speaker, or sound system to play and pause the music.
- Playlist: A selection of Christian or uplifting songs that suit the group's energy.
- Space: A safe and spacious area where participants can dance and move freely.

How to Play:

1. Encourage participants to dance freely and enjoy themselves while the music is playing. Remind them to stay aware of when the music might stop.
 2. When the music stops, all participants must freeze immediately in place, like statues. Movements after the music stops mean they're either out or must complete a fun challenge to stay in.
 3. Restart the music and repeat the process, gradually eliminating players or encouraging ongoing participation with challenges.
 4. The last person standing is the winner and can receive a prize or acknowledgment.
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5. Scripture Reading

Read the below letter Aloud: Ask a participant to read the letter aloud or read it yourself. Encourage participants to listen carefully.

A Letter from God to You:

My beloved child,

"I have loved you with an everlasting love. From the moment I created you, I have drawn you close with unfailing kindness" (Jeremiah 31:3). Even when you felt far from Me, I showed My love by sending My Son, Jesus, to lay down His life for you: **"While you were still sinners, Christ died for you" (Romans 5:8).** This is how much I cherish you.

My love is sacrificial and boundless, for **"greater love has no one than this: to lay down one's life for one's friends" (John 15:13).** You do not need to fear or doubt, because My perfect love drives out all fear: **"There is no fear in love, but perfect love drives out fear" (1 John 4:18).** Nothing—absolutely nothing—can separate you from My love. **"Neither height nor depth, neither the present nor the future, nor any power in all creation can keep you from My embrace" (Romans 8:38-39).**

I delight in you. I rejoice over you with singing: **"The LORD, your God, is in your midst, a mighty savior; he will rejoice over you with gladness and renew you in his love, he will sing joyfully because of you" (Zephaniah 3:17).** My love is not just a feeling; it is who I am, and I desire that you know this love deeply. Share it with others, for **"since I so loved you, you also ought to love one another" (1 John 4:11).**

Always and forever, Your Heavenly Father

After reading the Letter, 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 letter. 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)

After hearing your reflections, I want to emphasize this truth: God's love is unconditional. It's not based on your achievements, your good deeds, or your mistakes. His love is a gift that you don't have to earn because you are already worthy of it. Imagine a love so profound that it doesn't waver no matter what you do. That is God's love for you. When you feel like you don't measure up, remember that His love isn't dependent on your performance. It's a constant, like the air you breathe or the sun rising each morning.

Take this truth into your heart and your life: you are deeply, completely, and unconditionally loved. Let this knowledge transform how you see yourself. You are not defined by your failures or your successes but by the fact that you are cherished by the Creator of the universe. Let this love be your strength when you face challenges, your comfort in moments of doubt, and your inspiration to show love to others. You are loved, not for what you do but for who you are—a precious child of God.

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 does being loved by God mean to you personally?
 2. How does this truth change how you view yourself and others?
 3. What are ways you can remind yourself of God's love in your daily life?
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7. Challenge

Leader's Dialogue: "This week, take on the 'Love Note Challenge.' Each day, write down one way you experience God's love—whether it's through a kind gesture, a moment of peace, or something in nature. Reflect on these notes at the end of the week to see how God's love surrounds you."

8. Concluding Prayer

Leader's Dialogue: "As we close, think about one truth from today's session that you want to carry forward. Let it serve as a reminder of how deeply loved you are."

Closing Prayer: *" Gracious and loving Father, as we end this session, we thank You for reminding us of Your unconditional love. In a world that often tries to define us by our successes or failures, Your love gives us our true identity. Help us to carry this truth with us and let it shape how we live, interact, and see ourselves. Lord may Your love inspire us to show compassion, patience, and kindness to others. Guide us in our daily lives to be reflections of Your grace and mercy. We ask for Your blessings as we leave this space, and we pray that we continue to feel Your presence in every step we take. In the name of Jesus Christ, we pray. Amen."*