

# YOU CAN MATERIALS

## LEADER'S GUIDE

"THE SPIRIT OF THE LORD IS ON ME, BECAUSE HE HAS ANOINTED ME TO PROCLAIM GOOD NEWS TO THE POOR, HE HAS SENT ME TO PROCLAIM FREEDOM FOR THE PRISONERS AND RECOVERY OF SIGHT FOR THE BLIND, HE HAS SET THE OPPRESSED FREE, TO PROCLAIM THE YEAR OF THE LORD'S FAVOUR."  
LUKE 4:18-19

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# 1. TIMELINE

| DATE  | WHAT TO DO?   | WHAT TO UPDATE?  |
|---|---|--|
| 17 MARCH - 23 MARCH                                   | <ul style="list-style-type: none"> <li>- CELL OUTING</li> <li>- FILM A 'YOU CAN' PUBLICITY VIDEO</li> <li>- PLAN FOR YOU CAN</li> <li>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING</li> <li>- WORSHIP</li> </ul>   | <ul style="list-style-type: none"> <li>- REPORT THE LOCATION</li> <li>- UPDATE ATTENDANCE</li> </ul>   |
| 24 MARCH - 31 MARCH<br>*FAMILY SERVICE (31 MARCH)     | <ul style="list-style-type: none"> <li>- FREE &amp; EASY CELL OUTING</li> <li>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING</li> </ul>  | <ul style="list-style-type: none"> <li>- UPDATE ATTENDANCE</li> </ul>  |
| 1 APRIL - 6 APRIL<br>YOU CAN OVERCOME<br>(6 APRIL)    | <ul style="list-style-type: none"> <li>- PRAYER WALK</li> <li>- IBLESS</li> <li>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING</li> </ul>  | <ul style="list-style-type: none"> <li>- UPDATE ATTENDANCE</li> </ul>  |
| 7 APRIL - 13 APRIL<br>YOU CAN BE HEALED<br>(13 APRIL) | <ul style="list-style-type: none"> <li>- PREPARE AND CONDUCT SESSION 1</li> <li>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING</li> <li>- YOUTH CO-LEAD MEMBER WITH LEADERS</li> <li>- YOUTH O SHARE TESTIMONY</li> <li>- LEADERS DO ALTAR CALL</li> </ul> | <ul style="list-style-type: none"> <li>- CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE.</li> <li>- UPDATE ATTENDANCE</li> </ul> |
| 14 APRIL - 20 APRIL<br>EASTER WEEKEND                 | <ul style="list-style-type: none"> <li>- FREE &amp; EASY CELL OUTING</li> <li>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED</li> </ul>   | <ul style="list-style-type: none"> <li>- CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE.</li> <li>- UPDATE</li> </ul>            |

|   | TIMING<br>- INVITE FRIENDS FOR EASTER WEEKEND  | ATTENDANCE   |
|---|--|--|
| 21 APRIL - 27 APRIL<br><br>YOU CAN WIN<br>(27 APRIL)      | - PREPARE AND CONDUCT SESSION 2<br>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING | - CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE.<br>- UPDATE ATTENDANCE |
| 28 APRIL - 4 MAY<br><br>YOU CAN BE SPECIAL<br>(4 MAY)     | - PREPARE AND CONDUCT SESSION 3<br>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING | - CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE<br>- UPDATE ATTENDANCE  |
| 5 MAY - 11 MAY<br><br>YOU CAN DO GREAT THINGS<br>(11 MAY) | - PREPARE AND CONDUCT SESSION 4<br>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING | - CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE<br>- UPDATE ATTENDANCE  |
| 12 MAY - 18 MAY<br><br>CELEBRATION OF HOPE<br>(19 MAY)    | - FREE & EASY CELL OUTING  |  |
| 19 MAY - 25 MAY<br><br>YOU CAN DREAM<br>(25 MAY)          | - PREPARE AND CONDUCT SESSION 5<br>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING | - CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE<br>- UPDATE ATTENDANCE  |
| 26 MAY - 1 JUNE<br><br>YOU CAN BE HAPPY<br>(1 JUNE)       | - PREPARE AND CONDUCT SESSION 4<br>- PRAY 3 BY 3 FOR FRIENDS, AT SYNCHRONISED TIMING | - CONFIRM NUMBER OF FRIENDS COMING FOR SESSION 2 DAYS BEFORE<br>- UPDATE ATTENDANCE  |

## 2. GROUP MEETING PLAN



### 1. ICE BREAKER (5MIN)

- READ AND REHEARSE ON HOW TO PLAY THE GAME
- PREPARE ALL THE LOGISTICS NEEDED
- DURING THE ICE BREAKER, BE EXCITED TO PLAY, GIVE CLEAR INSTRUCTIONS AND BE SUPPORTIVE CELEBRATE BIRTHDAYS IF THERE ARE ANY



### 2. INSPIRED (10MIN)

- ONE VIDEO PER WEEK
- LOOK THROUGH THE VIDEO BEFORE PLAYING. PICK UP USEFUL AND STRIKING LINES FROM THE VIDEO TO HELP YOU IN YOUR SHARING LATER. DURING THE VIDEO, PRAY THAT THE HOLY SPIRIT WILL SPEAK INTO THEIR HEARTS AND CAUSE THEM TO IDENTIFY WITH THE MESSAGE



### 3. INVOLVED (15MIN)

- FOLLOW THE INSTRUCTIONS GIVEN IN THE BOOKLET
- SET THE TONE FOR SHARING BY SHARING HOW THE VIDEO SPOKE TO YOU AND HOW YOU LEARN TO TRUST GOD AND BELIEVE 'YOU CAN' PERSONALLY BECAUSE OF WHAT JESUS HAS DONE.
- ALLOW YOUR FRIENDS TO SHARE WHAT WAS A THOUGHT THAT THEY LIKED MORE OR COULD RELATE MORE WITH. THE SESSION PLANS WILL PROVIDE THE FACILITATION QUESTIONS AS WELL
- DO IBLESS AND FOLLOW UP WITH THOSE WHO RESPONDED TO ALTAR CALL
- ONCE DONE, ASK THEM IF THEY FOUND THE SESSION USEFUL AND INVITE THEM FOR THE FOLLOWING WEEK SESSION AND TX SERVICE!



### 4. INFORM

- UPDATE ATTENDANCE AND HOW THE SESSION HAS BEEN

### 3. HOW TO INVITE YOUR FRIENDS?

1. WHATSAPP/SMS THEM: *Hey! Are you free on \_\_\_\_\_ (date of your You Can)? I would like to invite you to a You Can Group where you get to.*

### 4. CHECKLISTS: ARE YOU READY?

| 'YOU CAN' WEEKLY CHECKLIST |   | 1 | 2 | 3 | 4 | 5 | 6 |
|----------------------------|---|---|---|---|---|---|---|
| 1                          | PRAYED  |   |   |   |   |   |   |
| 2                          | INFORMED & REMINDED FRIENDS                   |   |   |   |   |   |   |
| 3                          | CONFIRMED VENUE                               |   |   |   |   |   |   |
| 4                          | WATCHED VIDEO & MEETING PREPARATION COMPLETED |   |   |   |   |   |   |
| 5                          | PACKED LOGISTICS                              |   |   |   |   |   |   |
| 6                          | TESTED WEEK'S VIDEO IN LAPTOP/PHONES          |   |   |   |   |   |   |
| 7                          | UPDATE ATTENDANCE AFTER YOU CAN GROUP MTG     |   |   |   |   |   |   |

# SESSION 1: YOU CAN OVERCOME

## A. LOGISTICS & PREPARATION

**Ice-breakers:** Nil

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

**Involve:**

1. Make small paper boxes from the given template. Make one each for each member attending your session.
2. Bring a pair of scissors to your 'YOU CAN' meeting.

## B. ICE-BREAKERS – 7 MINUTES

### 1. (4 min) Getting to know You!

As this is your first 'You Can' group, it will be good to do some introduction.

Ask everyone to share their name and the school they are in. Share with one another your favourite hobby and colour.

### 2. (3 min) Over Thumb!

How to play: Go into this position as seen in the diagram below



Ensure that both are using the same hands. Next, put both your hands together as seen in the diagram below



Once you are done, it's time to play Over Thumb. Give them 1 min to play. Next, increase the level of difficulty of this game by asking them to close their eyes. Similarly, give them 1 min to play.

After playing, encourage one another by saying well done!

## C. INSPIRE - 8MIN

Tell your friends that they will be watching a video titled 'You Can Overcome'.  
(Pray for your friends while the video is playing.)

## D. INVOLVE - 15 MIN

1. (2min) Distribute the pre-made boxes and ask your friends to write down the various things that stress them up in their life eg tuition, homework, expectations etc, on each side of the six sides of the box.
2. (3min) Go one round and share. Ask, "Can someone volunteer to share his or her stress areas looking at the cube?" As he / she reads the first area, say, "As you listen to XX say an area, if you also have a common area, can you indicate by nodding your head vigorously as well?" After the volunteer XX has shared all his / her 6 areas, ask, "Do the rest of you have any area that is different from XX list?" Some may volunteer to share, some may have written more personal stuff on it.
3. Take out a pair of scissors and cut open all the boxes so that it reveals the cross shape and the Bible verse Matthew 11:28.
4. (7min) Read Matt 11:28 to the group: "*Jesus says 'If you are tired from carrying heavy burdens, come to me and I will give you rest.'*" Carry on to say, "Interestingly, when we open up the box, it is now flattened, 2-dimensional and not 3-dimensional, looks less complicated. We learn from the video that 'You Can Overcome!' because Jesus helps us with our burdens."

Ask, "Is there an area that you feel is like your biggest problem now? Let me start sharing first..." You start off first.

Ask, "Anyone else like to share?" Wait for someone to respond. (*You can encourage those very sociable sorts to be next. Some just like to talk!*)

If answer from members is one word eg 'exams', say, 'Could you elaborate more on this?'

5. ( 5 min) Closing Prayer. Say, 'Are you ok if I close in prayer? As we went through today's video and sharing, we realise that we can overcome problems in our lives when we allow Jesus to come into our lives. If you would like to trust in Jesus, will you open up your palms and follow after me in this prayer. Christians, will you join in too? Dear Jesus, I know that I have done things in the past that are displeasing to You. I need You in my daily life to help me. I believe You love me and died on the Cross for all my sins. I want to leave behind all the things I have done wrong, so please forgive me of all my sins. I invite You to come into my life today and be my Lord and Saviour. Indeed, I can receive the blessing to overcome that comes from You because when You bled and paid the price for my sin. Draw me closer to You. In Your Name I pray, Amen.'" Add on to say, "Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart towards God. He is always a prayer away from anyone who needs help."

6. (2min) Closing with IBLESS:

Ask, "How did you find the time today? As all of you are important to us, we would like to pray a blessing for you. Here is an IBLESS card. Feel free to tick any prayer request that you want and we will definitely keep you in prayer! (Distribute the IBLESS) If you enjoy the You Can Group meeting, continue to join us and you can invite more friends to join us too, but let me know so that I know how many to expect."

Thank your friends for coming and those who can stay back, to help in packing up.

## **E. UPDATE ATTENDANCE AFTER MEETING**



Remember to update you attendance after you have completed leading the group.

# SESSION 2: YOU CAN BE HEALED

## A. LOGISTICS & PREPARATION

### Ice-breakers:

1. Cut a heart shape out from an A4 paper or any paper about that size.  
*(Pink colour would be even better!)*
2. 1 small sticky post-it pad with at least 3 pieces per member

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

### Involve:

1. Body talc / powder

## B. ICE-BREAKERS – 5 MINUTES

### 1. (2 min) Getting to Know You!

Welcome any new comers. Introduce name & your favourite hang-out place.

### 2. (3 min) Killer Words!

Place the heart shaped paper in the centre of the circle. Say, "Let's take 30 secs to brain-storm careless words that people (parents, teachers, friends) commonly say that are hurtful, write each phrase on ONE piece of the post-it note sticky papers. Each one can use up to 3 phrases / post-its." As they take turns to say the phrases, eg 'You are so fat', 'Loser', each phrase they say, paste the post-it sticky notes on the heart. Go twice to three times round the group.

## C. INSPIRE – 10 MINUTES

Say, "Getting hurt by others happens quite often. We are going to watch a video titled 'You Can Be Healed.'" *(Pray for your friends while the video is playing.)*

## D. INVOLVE – 15 MINUTES

1. (1 min) Transit from video by saying that all of us accumulate hurts and disappointments in our life. We look okay on the outside but deep inside the pain is there. Jesus came to heal us. Say, "In Isaiah 53:5 (NLT) '... he was pierced for our rebellion, crushed for our sins. He was beaten so we could be whole. He was whipped so we could be healed.'"
2. (8 mins) Say, "For young people, not many of us suffer from sicknesses like cancer or heart-attack. What makes us unwell and feel emo / moody, depressed, bad-tempered, say vulgarities are really hurts and disappointments. What are some hurts that you wish you can be healed today and get it out of your life? Let me start sharing first..."

3. (1 min) Say, "People who aren't healed of past hurts find the pain can get worse so much so that there are some who would slash their wrists, fall in depression, get suicidal or violent, see psychiatrists." "Jesus came and healed us of all the hurts and disappointments in our life." *(As you say this sentence, pick up all the sticky notes that were stuck on the paper heart & stack it up.)*
4. (1 min) "Some of you may wonder, but what if I'm hurt again?" *(Take some powder and pick up ONE written post-it sticky paper and powder the sticky side.)* Say, "Once Jesus has healed you, you may face the same hurt again but they don't stick and wound your heart the way it used to." 'Stick' the powdered sticky paper on the paper heart and it becomes non-stickable to the paper heart.
5. (2 min) Closing prayer. Say, "Because of what Jesus did, 'You Can Be Healed!' and even when you face hurts again, the pain won't go way deep as before." Are you ok if I close in prayer? As we went through today's video and sharing, we realise that because of what Jesus has done for us on the Cross, we can be healed from the wounds in our lives. If you would like to trust in Jesus and receive healing, will you open up your palms and follow after me in this prayer. Christians, will you join in too? Dear Jesus, I know that I have done things in the past that are displeasing to You. I need You in my daily life to help me. I believe You love me and died on the Cross for all my sins. I want to leave behind all the things I have done wrong, so please forgive me of all my sins. I invite You to come into my life today and be my Lord and Saviour. Indeed, through Your blood, I am healed from the wounds in my life. Draw me closer to You and open my heart to experience Your unfailing love. In Your Name I pray, Amen." Add on to say, "Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart towards God. He is always a prayer away from anyone who needs help.
6. (1min) Closing with IBLESS:  
Ask, "How did you find the time today? As all of you are important to us, we would like to pray a blessing for you. Here is an IBLESS card. Feel free to tick any prayer request that you want and we will definitely keep you in prayer! (Distribute the IBLESS) If you enjoy the You Can Group meeting continue to join us and you can invite more friends to join us too, but let me know so that I know how many to expect.",

Thank your friends for coming and those who can stay back, to help in packing up.



## **E. UPDATE ATTENDANCE AFTER MEETING**

Remember to update your attendance after you have completed leading the group.

## SESSION 3: YOU CAN WIN & HAVE SUCCESS

### A. LOGISTICS & PREPARATION

#### Ice-breaker:

1. Buy a real prize eg a Kit-Kat bar or a packet of M & Ms or gummies.
2. Get hold of these items & make a marking on them with a marker (or tag them eg by tying a string around it) so that your members will not produce a similar item to try to claim the points:
  - 5 packets of tissue paper
  - 3 pens
  - 3 paper clips
  - 1 staple bullet
3. Cut out the slips of paper, listing the items and points for the respective items. List is given in Appendix 3-A
3. Go earlier and hide 12 items in the place that you are using for your 40 DOF meeting. Do not hide items inside / under breakables eg like inside or under a vase etc.

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

#### Involve:

1. 2 pieces of blank A4 paper, one titled 'LOSER' and the other 'WINNER'.
2. 1 marker
3. Prepare a testimony, about 3 min in length, of how God has blessed you in your studies or CCA, something to share on how God has blessed you to be a winner / have success from being a loser / failure, previously in that area.
4. Practice reading and timing your testimony so that you check that it is not more than 3 minutes. Mark out and remember key points so that you won't blank out. (*You can read testimony to your friends too if you feel nervous.*)
5. A copy of Appendix 3-B with the verse Proverbs 16:3. You can cut out the smaller slips if you wish (optional).

### B. ICE-BREAKER – 5 MINUTES

#### 1. Hunting for Treasures!

Welcome any new comers. Explain game.

- (i) (1 min) Pass the slips (from Appendix 3-A) with the list of 4 items to all your members. Tell them they are given 2 minutes to hunt for these items that have been hidden earlier on. Tell them **not** to look under / inside breakables because you didn't hide them there. When time's up, points will be added up to see who will be the top-scorer who will win a prize!

- (ii) (2 min) As you say, 'Go!' make observations on the way they play. Like who are competitive / aggressive, running around the room faster than others, who are the laid-back and couldn't be bothered sorts. Observe if anyone tried to act smart by bringing out some personal paper clips or packet of tissue paper and make claim for the points later on.
- (iii) (2 min) Add up points, announce winner and give the winner the prize! Ask them to identify who are the most competitive players in this game. *(If you had some smart-aleck who pulls out his / her own staple bullet or paper clip and tries to claim points, do address the issue. Say something like, 'The points are for the REAL hidden treasures, which are all marked, not the counterfeit items that suddenly popped up'.)*

### C. INSPIRE – 5 MINUTES

Say, "Winning and doing well is something we all like to do as you can see from the crazy and excited search for treasures in the last 2 minutes. We will now watch the 3<sup>rd</sup> 'You Can!' video, titled 'You Can Win and Have Success.'"

*(Pray for your friends while the video is playing.)*

### D. INVOLVE - 20 MINUTES

- D. (5 min) Bring out the two blank A4 sheets and the marker and say, "Let's **brainstorm a list of actions that makes you a 'LOSER' and a list of actions that makes you a 'WINNER'**. Members can flip-flop add on the loser or winner actions spontaneously as it comes to mind. You scribble the words in the A4 paper as your members say them. You can prompt them using these phrases too if they are blank (but do let them generate the answers rather than you give them answers) :

**Loser actions include** - laziness, computer addiction, vulgarities, copy others school work, don't do homework, don't study for tests, cheating in tests, fail in tests, poor results, compare marks, spendthrift, friends who are bad company, be a bad influence on others, tell lies, avoid responsibilities in class or CCA, forgetful, detention, late for school, rude to teachers / parents, fights.

**Winner actions include** – hard-working, plan time, do homework, study for tests, good time management, good grades, balance life of computer time and studying, happy for friends who do well in tests, sincere, honest, truthful, courteous, punctual, hang-out with friends who are good influence, be a good influence on others, don't anyhow spend money, take up responsibilities in class or CCA or at home and be responsible, respectful to teachers / parents, love your family.

*As you write out points for WINNER actions, keep some space on the A4 page for you to write down Proverbs 16:3 later.*

2. (3 min) Say, "Today's video tells us that true success comes from God. Proverbs 16:3 'Commit to the Lord whatever you do, and your plans will succeed.' I have a story to share with you on how God helped me to be a winner / be successful."  
*Keep your story to 3 minutes. You can read off your script if you cannot remember.*
3. (2 min) Say to your members, 'The 3<sup>rd</sup> time Jesus bled through His head released a blessing to make you a WINNER. When Jesus died for us, a crown of thorns was pressed into His head. Jesus took the crown of thorns and all our failures and gave to us the blessing to become a WINNER. God can make all of us here winners, just like how He helped me in the story I just shared.' Take the marker, go to the list with the heading 'WINNER' and write down the verse, saying, 'This is what it takes to be a WINNER.' Proverbs 16:3 'Commit to the Lord whatever you do, and your plans will succeed.'
4. (7 min) Say, "According to Proverbs 16:3, success comes from God. When you commit areas of your life to God, God will bless you to be a winner. Committing to God is like opening up the palms of our hands and letting go the outcome to Him after we have put in our best efforts versus clenching our fists and holding on tightly to that area, depending solely on our efforts."

Say, "When you open up the palms of your hands, you allow God to place His blessings in your life. If your hands are closed, God cannot put blessings into your life because you are telling Him you trust yourself more and you don't need Him." *You can make the hand actions of opening up palms and clenching fists to illustrate this point as you talk.*

Ask, "What is one area that you would like to commit to God today?" Go one round and allow everyone to share.

5. (1 min) Closing prayer. Ask, 'As we went through today's video and sharing, we realise that because of what Jesus has done for us on the Cross, we can have success in our lives. If you would like to commit your life to Jesus, will you open up your palms and follow after me in this prayer. Christians, will you join in too? Dear Jesus, I know that I have done things in the past that are displeasing to You. I need You in my daily life to help me. I believe You love me and died on the Cross for all my sins. I want to leave behind all the things I have done wrong, so please forgive me of all my sins. I invite You to come into my life today and be my Lord and Saviour. Teach me Your ways and show me Your Path. Draw me close to You! Open my heart to experience Your unfailing love! Indeed through You, I am a Winner!. In Your Name I pray, Amen.'" Add on to say, "Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart

towards God. He is always a prayer away from anyone who needs help. Pass out the slips from Appendix 3-B with Proverbs 16:3 if you had cut them out.

6. (1min) Closing with IBLESS:

Ask, "How did you find the time today? As all of you are important to us, we would like to pray a blessing for you. Here is an IBLESS card. Feel free to tick any prayer request that you want and we will definitely keep you in prayer! (distribute the IBLESS) If you enjoy the You Can Group meeting, continue to join us and you can invite more friends to join us too, but let me know so that I know how many to expect."

Thank your friends for coming and those who can stay back, to help in packing up.



## **E. UPDATE ATTENDANCE AFTER MEETING**

Remember to update your attendance after you have completed leading the group.

**Ice-breaker 2:**

Cut out these instruction slips for each of your members.

|  |  |
|--|--|
| <p style="text-align: center;"><b>Hunting for Treasures!</b></p> <p>A total of 12 items have been hidden around this room / space. Find as many items and add up your points to win a prize!</p> <ol style="list-style-type: none"> <li>1. Packet of tissue – 5 points</li> <li>2. Pen – 10 points</li> <li>3. Paper clip – 20 points</li> <li>4. Staple bullet – 50 points</li> </ol> | <p style="text-align: center;"><b>Hunting for Treasures!</b></p> <p>A total of 12 items have been hidden around this room / space. Find as many items and add up your points to win a prize!</p> <ol style="list-style-type: none"> <li>1. Packet of tissue – 5 points</li> <li>2. Pen – 10 points</li> <li>3. Paper clip – 20 points</li> <li>4. Staple bullet – 50 points</li> </ol> |
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*Cut out for members*

|   |   |
|---|---|
| <p><b>Proverbs 16:3 (NIV)</b></p> <p>‘Commit to the Lord whatever you do, and your plans will succeed.’</p> | <p><b>Proverbs 16:3 (NIV)</b></p> <p>‘Commit to the Lord whatever you do, and your plans will succeed.’</p> |
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## SESSION 4: YOU CAN BE SPECIAL

### A. LOGISTICS & PREPARATION

#### Ice-breaker:

- a. One apple
- b. One orange
- c. Scotch tape
- d. Scissors
- e. One piece of red coloured paper (collect from counter Ynet admin)

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

#### Involve:

1. A copy or copies of nutrition information of 'Comparing the Apple and the Orange' in Appendix 4-A & Appendix 4-B. Cut out the charts for members. Appendix 4-B is optional.
- E. Cut out the slips of Bible verses of Ephesians 2:10 (NLT) in Appendix 4-C.

### B. ICE-BREAKER – 5 MINUTES

#### 1. Plastic Surgery!

Welcome any new comers. Explain activity.

- (i) (1 min) Bring out the apple and the orange. Say, "We are all plastic surgeons today. We have been approached by our client, Orange, with the request to turn it to look like Apple. (Show the fruits). Orange tells us that it is not happy being Orange anymore because all it is related with is with this ugly and annoying orange in the internet. Orange hopes to join the Apple gang which is the coolest and richest name now with so many hot-selling gadgets like the ipods, iphones and the ipads.
- (ii) (1 min) Say, "Let's brainstorm how we can give Orange a makeover so that it can become Apple." [Possible responses: Smoothen oranges coarse skin, Inject red colouring to Orange's skin, Re-shape Orange to become Apple shaped, Stick a toothpick on the Orange so that it looks like the Apple stalk.]

- (iii) (3 min) Take out the red coloured paper, a pair of scissors and scotch tape and say, “Let’s do a real makeover for Orange now and make it as Apple looking as possible!”

### C. INSPIRE – 8 MINUTES

Say, “Plastic surgery has become popular in recent times because people are unhappy with the way that they are and felt that if they were someone else, they could be happier. They struggle with acceptance of who they are and look towards the rich and famous, cool guys or gals as the picture of happiness, thinking that they must be more special if they look prettier / more handsome or are richer. We will now watch the 4<sup>th</sup> ‘You Can!’ video, titled ‘You Can Be Special.’”

*(Pray for your friends while the video is playing.)*

### D. INVOLVE - 17 MINUTES

1. (4 min) Say, ‘Since earlier Orange had compared itself to Apple and felt unhappy about being Orange, let’s take a look at the real substance that Apple and Orange are made of. Let’s take a minute or so to read the nutrition information of Apple and Orange.’ *Pass out nutrition facts about Apple and Orange, Appendix 4–A, each person a copy or share if you didn’t manage to print / collect enough sets. (Appendix 4–B is optional, you can use it for your own reference).*

Ask, ‘What’s the value of Apple & Orange in our diet?’ Possible answers:

- *Apple has more calories, so can provide you with more energy. Apples also help to manage blood sugar and cholesterol levels and slow down the growth of cancer cells.*
  - *Orange is amazing. An Orange can give us 160% of the amount of Vitamin C our body requires in a day. Vitamin C is important for our body as it prevents many diseases and sicknesses, increases our immunity, improves our complexion, helps wounds to heal quickly due to its anti-inflammatory effects. Other anti-oxidants found in oranges also help fight cancer and heart disease.*
2. (1 min) Say, “Just like the Orange or the friend, Charles, from the video, some of us don’t see our value and uniqueness and we wish to be someone else. We feel less because we compare ourselves to others. Today’s video tells us that the 4<sup>th</sup> time Jesus bled was when He was tortured and beaten till His face became disfigured so that we could be restored from our lack our identity and low self-esteem. Isaiah 53:5b (NLT) ‘...He was beaten so we could be whole. He was whipped so we could be healed.’”

Say to your members, 'When Jesus died for us, He released the blessing that you can BE SPECIAL.' *Take out the cut out slips of Ephesians 2:10 from Appendix 4-C.* Ask, "Can we read the verse aloud together? When you see the blank, say your name." Read together, "Ephesians 2:10 (NLT) 'For we (\_\_\_\_\_ say your name) are God's masterpiece. He has created us anew in Christ Jesus, so we can do the good things he planned for us long ago.'"

3. (3 min) Emphasise again, "You are God's masterpiece."

Say, "It's time for us to be the SPECIAL YOU that God created us to be. We should stop looking around us and be happy with the unique ability, personality that you have and grow to be the BEST you. Share an area that you feel is uniquely you?"

*(Can share about anything: Eg can curl your tongue, touch your nose with your tongue, you sing well, musical, good at telling jokes, eat alot and will not grow fat, good in certain sports / subjects etc).*

4. (6 min) Ask, "Just like the Orange or the friend in the video Charles, what often stops us from being the BEST you, is the tendency to compare or the fear of not being accepted for who you are. What is one area you tend to compare yourself in or fear not being accepted?"

Say, "I start sharing first." (Share something personal to set the tone for sharing.)

Ask, "Anyone else like to volunteer? What is one area you tend to compare yourself in or fear not being accepted?"

5. (1 min) Closing prayer. Ask, "As we went through today's video and sharing, we realise that because of what Jesus has done for us on the Cross, we are special. Maybe some of you here always feel lousy of who you are, or feel that you are a mistake in this world. Today, the Lord wants to tell you that you are His child, you are His masterpiece and He loves you so much. If you would like to commit your life to Jesus, will you open up your palms and follow after me in this prayer. Christians, will you join in too? Dear Jesus, I know that I have done things in the past that are displeasing to You. I need You in my daily life to help me. I believe You love me and died on the Cross for all my sins. I want to leave behind all the things I have done wrong, so please forgive me of all my sins. I invite You to come into my life today and be my Lord and Saviour. Indeed I am a child of God. I am never a mistake in this world. I am fearfully and wonderfully made! I am special! Draw me close to You! In Your Name I pray, Amen." Add on to say, "Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart towards God. He is always a prayer away from anyone who needs help"

6. (2 min) Closing with IBLESS: "How did you find the time today? As all of you are important to us, we would like to pray a blessing for you. Here is an IBLESS card. Feel free to tick any prayer request that you want and we

will definitely keep you in prayer! (distribute the IBLESS) If you enjoy the You Can Group meeting, continue to join us and you can invite more friends to join us too, but let me know so that I know how many to expect.”

Thank your friends for coming and those who can stay back, to help in packing up.

## **E. UPDATE ATTENDANCE AFTER MEETING**



Remember to update your attendance after you have completed leading the group.

Cut along dotted lines

Appendix 4-A

**COMPARING THE APPLE & THE ORANGE**

**APPLE**

| <b>Nutrition Facts</b>  |                     |
|---|---------------------|
| Serving Size 182 g  |                     |
| <b>Amount Per Serving</b>   |                     |
| Calories 95   | Calories from Fat 3 |
| % Daily Value*  |                     |
| Total Fat 0g  | 0%                  |
| Saturated Fat 0g  | 0%                  |
| Trans Fat   |                     |
| Cholesterol 0mg   | 0%                  |
| Sodium 2mg  | 0%                  |
| Total Carbohydrate 25g  | 8%                  |
| Dietary Fibre 4g  | 17%                 |
| Sugars 19g  |                     |
| Protein 0g  |                     |
| Vitamin A 2%  | Vitamin C 14%       |
| Calcium 1%  | Iron 1%             |
| * Present Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                     |
| NutritionData.com   |                     |

**ORANGE**

| <b>Nutrition Facts</b>  |                     |
|---|---------------------|
| Serving Size 180 g  |                     |
| <b>Amount Per Serving</b>   |                     |
| Calories 85   | Calories from Fat 2 |
| % Daily Value*  |                     |
| Total Fat 0g  | 0%                  |
| Saturated Fat 0g  | 0%                  |
| Trans Fat   |                     |
| Cholesterol 0mg   | 0%                  |
| Sodium 2mg  | 0%                  |
| Total Carbohydrate 21g  | 7%                  |
| Dietary Fibre 4g  | 17%                 |
| Sugars 17g  |                     |
| Protein 2g  |                     |
| Vitamin A 8%  | Vitamin C 160%      |
| Calcium 7%  | Iron 1%             |
| * Present Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                     |
| NutritionData.com   |                     |

Cut along dotted lines

**COMPARING THE APPLE & THE ORANGE**

**APPLE**

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| Sugars 17g  |                     |
| Protein 2g  |                     |
| Vitamin A 8%  | Vitamin C 160%      |
| Calcium 7%  | Iron 1%             |
| * Present Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs. |                     |
| NutritionData.com   |                     |

APPENDIX 4-B

*Cut along dotted lines*

**MORE ON COMPARING THE APPLE & THE ORANGE**

**APPLE**

Apples are amazing for controlling blood sugar. Apples are a good source of soluble fibre, especially pectin, which controls insulin, slowing the release of sugar into your blood stream. Pectin also helps reduce cholesterol levels. Research suggests that the natural antioxidants such as phenolics and flavonoid quercetin are found in apples can slow down the spread of colon and liver cancer cells. Some studies show that people who eat lots of apples have a 20% lower incidence of cancer generally. To get the most benefit, don't peel your apples. Quercetin is found only in the apple skin.

<http://health.learninginfo.org>

**ORANGE**

Oranges are best known for their rich source of vitamin C. Vitamin C prevents many diseases and increases the body's immunity. Vitamin C also acts as an antidote for cold and flu and allows wounds to heal quicker as it has anti-inflammatory properties. As an antioxidant, Vitamin C also prevents cancer in the stomach and eosophagus. Vitamin C also protects the eye from cigarette smoke and UV light which causes cataracts. When used in combination with Vitamin E and flavonoids, Vitamin C is also acts as an anti-wrinkle agent. Oranges are also full of bioflavonoids and carotenoids, which fight off cancer. They also contain disease-fighting phytochemicals which help to combat heart disease.

<http://health.learninginfo.org>

*Cut along dotted lines*

**MORE ON COMPARING THE APPLE & THE ORANGE**

**APPLE**

Apples are amazing for controlling blood sugar. Apples are a good source of soluble fibre, especially pectin, which controls insulin, slowing the release of sugar into your blood stream. Pectin also helps reduce cholesterol levels. Research suggests that the natural antioxidants such as phenolics and flavonoid quercetin are found in apples can slow down the spread of colon and liver cancer cells. Some studies show that people who eat lots of apples have a 20% lower incidence of cancer generally. To get the most benefit, don't peel your apples. Quercetin is found only in the apple skin.

<http://health.learninginfo.org>

**ORANGE**

Oranges are best known for their rich source of vitamin C. Vitamin C prevents many diseases and increases the body's immunity. Vitamin C also acts as an antidote for cold and flu and allows wounds to heal quicker as it has anti-inflammatory properties. As an antioxidant, Vitamin C also prevents cancer in the stomach and eosophagus. Vitamin C also protects the eye from cigarette smoke and UV light which causes cataracts. When used in combination with Vitamin E and flavonoids, Vitamin C is also acts as an anti-wrinkle agent. Oranges are also full of bioflavonoids and carotenoids, which fight off cancer. They also contain disease-fighting phytochemicals which help to combat heart disease.

<http://health.learninginfo.org>

|  |  |
|--|--|
| <p style="text-align: center;"><b>Ephesians 2:10 (NLT)</b></p> <p>‘For we ( _____<br/> <i>write your name in the space here</i>)<br/> are God’s masterpiece. He<br/> has created us anew in<br/> Christ Jesus, so we can do<br/> the good things he planned<br/> for us long ago.’</p> | <p style="text-align: center;"><b>Ephesians 2:10 (NLT)</b></p> <p>‘For we ( _____<br/> <i>write your name in the space here</i>)<br/> are God’s masterpiece. He<br/> has created us anew in<br/> Christ Jesus, so we can do<br/> the good things he planned<br/> for us long ago.’</p> |
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| <p style="text-align: center;"><b>Ephesians 2:10 (NLT)</b></p> <p>‘For we ( _____<br/> <i>write your name in the space here</i>)<br/> are God’s masterpiece. He<br/> has created us anew in<br/> Christ Jesus, so we can do<br/> the good things he planned<br/> for us long ago.’</p> | <p style="text-align: center;"><b>Ephesians 2:10 (NLT)</b></p> <p>‘For we ( _____<br/> <i>write your name in the space here</i>)<br/> are God’s masterpiece. He<br/> has created us anew in<br/> Christ Jesus, so we can do<br/> the good things he planned<br/> for us long ago.’</p> |

## SESSION 5: YOU CAN DO GREAT THINGS

### A. LOGISTICS & PREPARATION

#### Ice-breaker:

4. Blank A4 paper eg foolscap paper. One sheet per member.
5. Pens.
6. Instructions to fold a paper aeroplane, Appendix 5-A. Learn how to make a paper airplane before your meeting if you don't know how to do so.

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

#### Involve:

- a. Blank A4 paper to record brainstorming.
- b. Marker
- c. Make another paper airplane, to be used as demonstration.
- d. Pair of scissors.
- e. Bible verse John 14:12a (CEV), Appendix 5-B.

### B. ICE-BREAKER – 5 MINUTES

#### Around the World!

Welcome any new comers. Explain activity.

- (i) (1 min) Bring out the blank A4 paper and say, "What is a country that you wish you could fly to? Must be FLY, not take bus or cruise like Malaysia or Batam."
- (ii) (3 min) Say, "Let's put down this wish on a blank sheet of paper and fold a paper airplane with your name and the wish written on it." Teach those who don't know how to make a paper plane if need be. When all are ready, say, "Let's go one round and share which is the country you would like to fly to."
- (iv) (1 min) Flying our paper airplanes. Get the group to stand in a straight line with an open, unobstructed space in front & behind you. Say, "Imagine we are now standing in Singapore in a world map, North Pole

in front of us and South Pole behind us, East to my right and West to my left. Let's fly our air plane in the direction of the dream country. Tip: to get a nice air-lift, give it a high throw to catch the wind."

### C. INSPIRE – 5 MINUTES

Say, "Today, we will watch the 5<sup>th</sup> 'You Can!' video, titled 'You Can Do Great Things'" (*Pray for your friends while the video is playing.*)

### D. INVOLVE - 20 MINUTES

1. (5 min) Say, 'Deep in our hearts are dreams and aspirations, just like what today's video tells us. From the first aircraft by the Wright brothers to the many high speed jets and space shuttles, we learn that our hands are capable of accomplishing great things.' Pause and add on, 'Doing great things are achieving what many people around you or what you yourself tell yourself it's too difficult, or is impossible. Just like how some people might have thought that it was impossible to fly in the 1800s & 1900s but today flying in airplanes is common. Ask, 'Let's brainstorm a list of impossible sounding but possible great things that can happen someday, on a blank paper here.'

*Some possible great things that can happen:*

- Find a cure for cancer or some incurable diseases.
- No vulgarities in schools anymore.
- No more broken marriages and divorces.
- Enjoy school and learning.
- Stress free life.
- Precise earthquake detection and evacuation.
- Recycling as a way of life in Singapore.
- Seeing a filial young people towards parents.

2. (2 min) Say, 'Accomplishing great things does not happen all at once. One of the great names we all know is the late Mother Teresa. She is well-known for the care for the hungry, the naked, the homeless, the crippled, the blind, the lepers, all those people who feel unwanted, unloved, uncared for, people that have become a burden to the society and are shunned by everyone.'

'Her first step that led her to this path started when she left home to be a missionary at age 18. She was sent to India at age 19 and served faithfully as a teacher. Increasingly, she became disturbed by the poverty surrounding her. Soon, she started tending to the needs of the poor and homeless. She wanted to do more and Missionaries of Charity was started in 1950. By 2007 the Missionaries of Charity numbered approximately 450 brothers and 5,000 nuns worldwide, operating 600 missions, schools and shelters in 120 countries.'

Today's video tells us that the 5<sup>th</sup> time Jesus bled was when He was nailed through His wrists. With that, He exchanged His hands for our hands and we can do great things. We are no longer limited to live a very mundane life but you can really make a difference with your life. *Take out Appendix 5-B with John 14:12 (CEV)* Say, "Can we read this verse aloud together?"

*When the group has finished reading, say, 'Jesus performed many miracles. He healed the sick, He raised the dead and fed 5000 people with 5 loaves and 2 fishes. He says to us all that YOU CAN do greater works than what He did.'*

3. (7 min) Say, 'Let's copy John 14:12 on one of the wings of your airplane.' When most of them are done, say, 'On the other wing, write down what is something quite impossible sounding or difficult that you want to believe that you can do. Eg, be nice to this irritating friend, listen to your parents, do housework without complaining, stop telling lies, or even real big ones like, would like to help orphans in Thailand, etc.'

Say, 'Let's go one round and share what are some great things we would like to take a first step towards. After you shared, fly your airplane again.'

4. (4 min) When all have shared, say, 'It's important for us to guard this dream and belief you wrote on the airplane wings. If you don't guard it, negative thoughts and distractions will come. Even for Mother Teresa, she records in her diary her struggles. There were moments where she had no income, had to beg for supplies, felt lonely, doubtful and was tempted. If she gave up her call, she would not have made the great impact that she did today.'

Take out the pair of scissors and the extra airplane you prepared. Cut off the wings totally. Fly the no-wing plane. Ask, 'What's the difference between the way the paper plane with wings flew and the way the paper plane with no wings, flew?'

*(Possible answers: Faster crash, no air to lift it and let it glide through gracefully, fell in a shorter distance versus the winged plane that flew and landed further.)*

Say, 'When farmers or pet keepers wanted to prevent ducks or parrots from flying away, they will clip the wings of these birds. These birds would stay forever in the restricted areas and never realise their full potential to soar. God's plan and destiny for your life is to accomplish great things. He wants you to grow in perseverance and compassion to accomplish the great things He has planned for your life rather than to live a mundane eat-sleep life.'

5. (1 min) Closing prayer. Ask, 'Let's put all our planes with our dreams on it in the centre of the circle. , As we went through today's video and sharing, we realise that because of what Jesus has done for us on the Cross, we can do great things. Maybe some of you here always feel that you have no future or do not have much talent as compared to others to do great

things. Today, the Lord want to tell you that you are made for so much more! You have a great destiny ahead of you when you choose to trust in Jesus. He has great plans for you! If you would like to commit your life to Jesus, will you open up your palms and follow after me in this prayer. Christians, will you join in too? Dear Jesus, I know that I have done things in the past that are displeasing to You. I need You in my daily life to help me. I believe You love me and died on the Cross for all my sins. I want to leave behind all the things I have done wrong, so please forgive me of all my sins. I invite You to come into my life today and be my Lord and Saviour. Indeed, I can do all things through You who strengthen me! I can do great things. Lord I pray that I will trust in You and Your plans in my life! Draw me close to You! In Your Name I pray, Amen.” Add on to say, “Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart towards God. He is always a prayer away from anyone who needs help

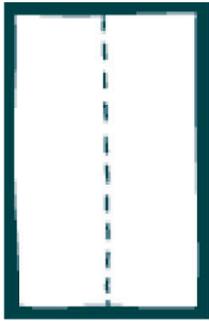
6. (1 min) Closing with IBLESS: “How did you find the time today? As all of you are important to us, we would like to pray a blessing for you. Here is an IBLESS card. Feel free to tick any prayer request that you want and we will definitely keep you in prayer! (Distribute the IBLESS) If you enjoy the You Can Group meeting continue to join us and you can invite more friends to join us too, but let me know so that I know how many to expect.”

Thank your friends for coming and those who can stay back, to help in packing up.

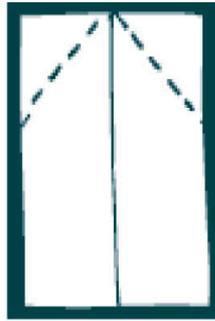
## E. UPDATE ATTENDANCE AFTER MEETING



Remember to update your attendance after you have completed leading the group.



**1.** Fold a sheet of paper in half lengthwise. Unfold so that the crease is 'valley' side up.



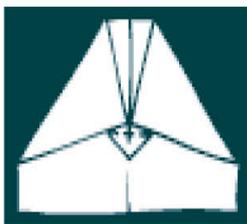
**2.** Fold the top corners down to the center fold.



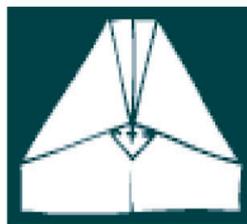
**3.** Fold the tip down.



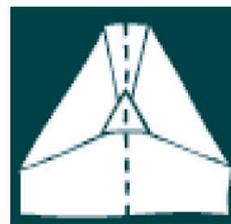
**4.** Fold about one inch of the tip up; unfold.



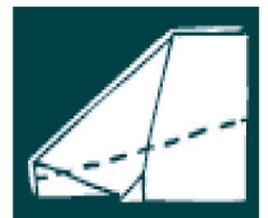
**5.** Fold the top corners down to the center fold so that the corners meet above the fold in the tip. (Note that the top—the nose of the plane—should be blunt.)



**6.** Fold the tip up. This is the Nakamura lock.



**7.** Fold the entire plane in half so that the tip is on the outside.



**8.** Fold the wings down. Trim and fly!

## **John 14:12a (CEV)**

**‘I tell you for certain  
that if you have faith  
in me, you will do  
the same things that  
I am doing. You will  
do even greater  
things’**

## SESSION 6: YOU CAN DREAM (35 min cell plan due to longer video)

### A. Logistics & Preparation

#### Ice-breaker:

1. Pencil box with up to 5 items: pencil, ruler, paper-clip, pen-knife and book-mark.
  - Use 1 stationery item per member or per paired group excluding game leader for 'You Can' groups with 3 members and above.
  - Small 'You Can' groups with 1-2 members, group leader should play.
  - Best is to have a minimum of 3 items used so that when it's sharing time, there is adequate variation.
2. Dental Floss Stick (given by Ynet), pre-packed into your pencil box together with the rest of the stationeries mentioned above.
3. Prizes eg packet of gummies or Kit Kat bar.
  - (i) For 1-2 member group size. Prize for the 1 or 2 persons. Awkward to give one and not the other.
  - (ii) For 3-5 member group size. 1 prize for 1 person.
  - (iii) For those 6-10 member group size. 2 prizes for a pair of 2 pax, so 1 prize each person.

**Inspire:** Use TV or Laptop the video. Go to this link <http://bit.ly/YOUCAN2019> for the video.

#### Involve:

7. Magic Markers, pens if don't have magic markers.
8. Cut out the answers as loose slips at bottom of Appendix 6-A for members to match to 'You Can' titles. Handout 6-A table portion for members to slot in answers.
9. Blank paper, pen and learn to share John 3:16, Appendix 6-B.

### B. ICE-BREAKER – 5 MINUTES

Welcome any new comers. Introduce the ice-breaker for the day: **Join my gang!**

Pass out 1 stationery item to each member for group sizes up to 5 pax (pencil, ruler, paper-clip, pen-knife, book-mark). If you have a very small group like 1 or 2 members, you can also play ie you take one stationery item too. For

groups with 6 members and above, can pair them up to form the pencil group, the ruler group and the pen-knife group etc.

- (i) Next, take out the dental floss stick from your pencil box and say, “This **Stick** was found some days ago and all the stationery friends like their new **Stick** friend very much. **Stick** also likes the new stationery friends as well. One problem, **Stick** feels useless living with these new friends. You now take on the role of the stationery item in your hand eg **Pencil** or **Ruler** or **Pen-knife** or **Paper-clip** or **Bookmark**. You have 30 seconds to think of similarities between yourself and **Stick** to persuade **Stick** to stay and join your gang, the pencil gang or the ruler gang or book-mark gang etc. So examine the stationery item in your hand and best answer wins a prize!”

**Do not say** that this is a dental floss stick, refer to this item as **Stick**. If someone in your group tells everyone that it’s a dental floss stick, to get back on track, just say, ‘Let’s brainstorm how **Stick** is similar to you’.

*Similarities between Stick and you, possible answers for each of the items you decided to used:*

**Pencil** – *Stick has a sharp point, can write on sand just like pencil can write. Maybe dab a bit of ink, can write on paper even!*

**Ruler** – *Stick has a straight back, can draw lines just like ruler can. Lines maybe short, so maybe best is use to underline key points in a book.*

**Paper-clip** – *Stick has a sharp point, can poke pieces of paper together like how paper-clip holds a stack of papers together.*

**Pen-knife** – *Stick has a sharp point, can cut through paper if you press hard, scratch out shapes like pen-knife.*

**Book-mark** – *Stick is slim and hard like the book-mark. Can be used to mark-out pages in a book. The head of Stick also sticks out nicely so can find the page easily.*

- (ii) Go one round to share. Decide on best answer and give prize to the person / pair group with the best answer.
- (iii) Say to the group, “This **Stick** here is really a dental floss stick cum toothpick. The best use for it is to be the dental floss cum toothpick. It can also function as a mini-ruler but it will be struggling as a ruler, end up, put a lot of effort and be the 20<sup>th</sup> rated ruler because the design is not a ruler but really, a dental floss stick. If it decides to stay as a ruler, the highest purpose for this **Stick**, will remain undiscovered forever.”
- (iv) Continue on, “We all have a purpose. Helpful people like family and good friends may tell us what we should do like the rest of the stationery friends but they would not really know what you are made for. Really, our purpose and the deepest dream that can unlock our potential is found only

in the Maker, the One who made each of us. We may not fully know and may guess what our purpose is, but God knows what is your & my purpose in life because He made you and me.”

### C. INSPIRE – 16 MINUTES

Frontload by saying, “Today, we will watch the 6<sup>th</sup> ‘You Can!’ video, titled ‘You Can Dream.’” You will hear Ps Daniel share how he discovered his dream and purpose as a pastor and preacher and how different that was from the original dreams and ambitions he had when he was a teenager.

*(Pray for your friends while the video is playing.)*

### D. INVOLVE - 14 MINUTES

1. (3 min) Pass out some magic markers or pens, say, “The 6<sup>th</sup> time Jesus bled was when nails were driven through His feet when He hung on the cross. With that, He gave to us the ability to discover our dreams and purpose in life. Scribble that on your own feet what are some immediate dreams or goals you are working hard to fulfil eg ‘N’ level exams / streaming, be a pilot etc.” Go one round and share, looking at each other’s scribble on the foot / feet.
2. (3 min) Appendix 6-A: pre-cut out answer slips below. Say, “We are coming to the end of the 6 weeks of the ‘You Can!’ group. I have a handout quiz to do together as a group. Match the cut-out words on where Jesus bled to each of the Session titles.”

Answers:

- (i) You Can Overcome – when Jesus sweated blood
- (ii) You Can Be Healed – when Jesus was whipped
- (iii) You Can Win & Have Success – when Jesus bled on His head through His head when the crown of thorns was forced on Him
- (iv) You Can Be Special – when Jesus face was disfigured
- (v) You Can Do Great Things – when Jesus was nailed on the wrists
- (vi) You Can Dream – when Jesus was nailed in the foot

*Leave the last blank in Appendix 6-A ‘You Can Be Happy’ blank till end of meeting.*

(5 min) Take out a blank A4 paper and magic marker, say, “As we re-cap the 6 times Jesus bled, we realise that ‘You Can’ because of what Jesus has done for us on the Cross. Also, beyond these 6 meetings, to discover your purpose in life, only God can reveal it along the way if you continue to ask Him to show you. I’d like to take a few minutes to share John 3:16 with you to explain why the Cross important for all of us.” Share John 3:16.

3. (2 min) With reference to the John 3:16 diagram (pointing to the foot of the Cross), say, “We all stand at the foot of the cross and have the choice to live life in our own way, using these feet that we scribble our

goals on, totally disregard what Jesus did on the Cross. Or, you can acknowledge God as your Maker and ask Jesus to forgive you for your sin and self-will and ask God to direct your feet, help you find and fulfil the purpose He made you for. If you would like to trust in Jesus, you can follow after me in this prayer in your heart. Let's pray, 'Dear Lord Jesus, thank You for dying on the Cross for my sin. I receive the blessing that comes from You each time You bled and paid the price for my sin. Help me to grow and discover the purpose You made me for. In Your Name I pray, Amen.'

Add on to say, "Whether you prayed the prayer with me just now or feel you need more time to think, do stay open in your heart towards God. He is always a prayer away from anyone who needs help."

4. (1 min) Closing:

Fit in the last slip of paper in the 'You Can Be Happy' blank and say, "The 7<sup>th</sup> time Jesus bled was through His heart where He was pierced at the sides. Pastor Daniel Khong, whom you saw in today's video will tell you more.

Thank your friends for coming for these 6 weeks. Inform them that we will continue to meet and ask if they are able to

## E. UPDATE ATTENDANCE AFTER MEETING



Remember to update your attendance after you have completed leading the group.

| Titles                       | Jesus Bled from |
|------------------------------|-----------------|
| You Can Overcome             |                 |
| You Can Be Healed            |                 |
| You Can Win and Have Success |                 |
| You Can Be Special           |                 |
| You Can Do Great Things      |                 |
| You Can Dream                |                 |
| You Can Be Happy             |                 |

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*Cut-out this section from dotted lines: cut each of these words in boxes below and use as loose slips for members to fit it into blank boxes above.*

|  |               |                       |
|--|---------------|-----------------------|
| Sweat  | Feet, nailed  | Head, crown of thorns |
| Whipped  | Hands, nailed | Face, disfigured      |
| <i>Cut out the dates and invite friends to service for 'You Can Be Happy'. You fit in this final slip.</i> |               | 6 Sep TeensXcite      |

## **John 3:16: Presentation**

### **GOD**

#### **Step 1:**

**Everything begins with God. God created the heavens and the earth. God is not only powerful but personal. He is a loving God.**

### **GOD / MAN**

#### **Step 2:**

**God created man ( you and I ) to be with Him forever.**

**GOD/MAN** → **LIFE**

**Step 3:**

**God intended for us to have a permanent relationship with Him. This is called eternal or everlasting life.**

**GOD / ~~MAN~~** → **LIFE**

**MAN**

**Step 4: When He created us, He breathed His spirit into us. He also created us to have a free will – to make our own choices. Man chose to disobey God.**

**By His choice, man is separated from God !**

**GOD / ~~MAN~~ → LIFE**

**SIN**

**MAN**

**Step 5: This results in SIN. SIN means choosing our own way, instead of God's way. Sin is not just doing wrong things like lying, cheating, killing. Sin is a nature within us- we want to do our own thing; we do not want to do what God wants us to do.**

**GOD / ~~MAN~~ → LIFE**

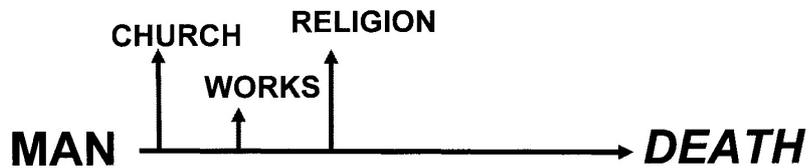
**SIN**

**MAN → DEATH**

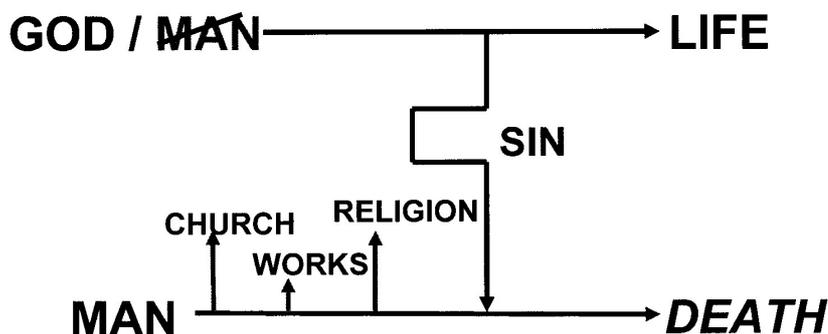
**Step 6: The opposite of LIFE is death – physical and spiritual separation from God. Yet, man has a spirit that longs to go back to God.**

GOD / ~~MAN~~ → LIFE

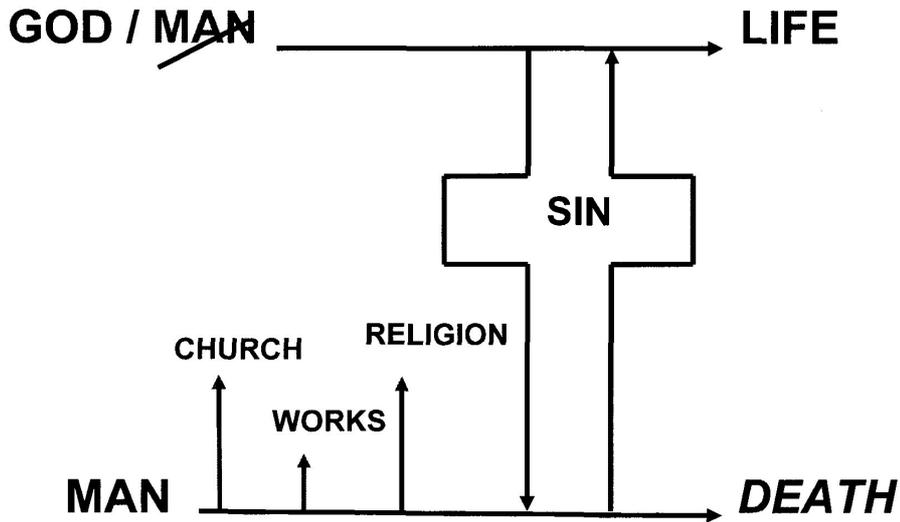
SIN



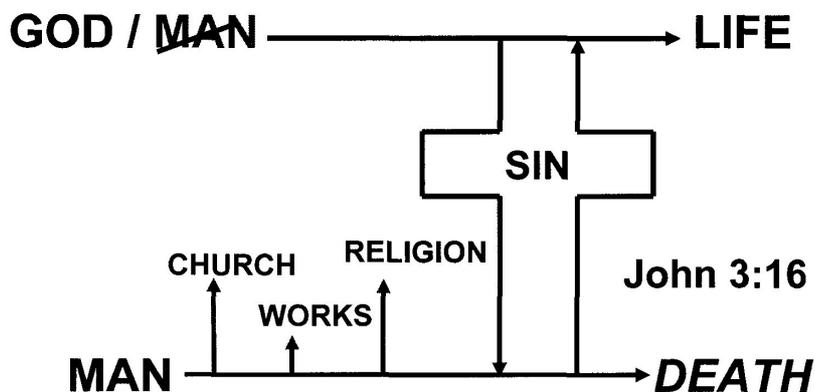
**Step 7:** Man tried his own ways to reach God-like going to church; doing good works; trying other religions etc. All these ways failed to reach God. We cannot reach God through our own efforts.



**Step 8:** Because God loves us so much, He is willing to provide the only solution for man's sin. God in His true love for mankind, sent His only son, Jesus, to earth to reach down to us.

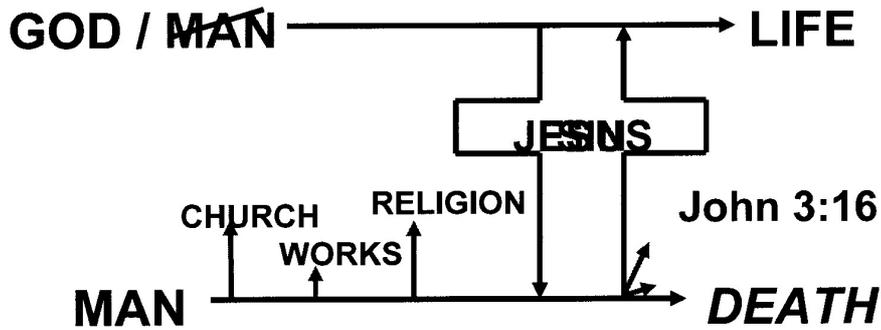


**Step 9:** Jesus died on the cross for your sin and mine! He took all of our sin, suffering in our place. He did not just die. He resurrected from the dead. This shows that He has power to overcome sin and death. He spent time with His disciples and many others before He ascended to heaven.

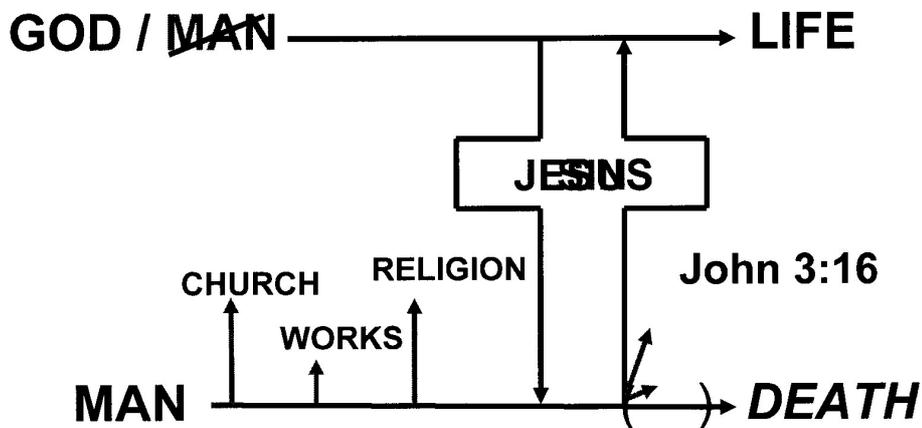


My Name \_\_\_\_\_  
 Your Name \_\_\_\_\_

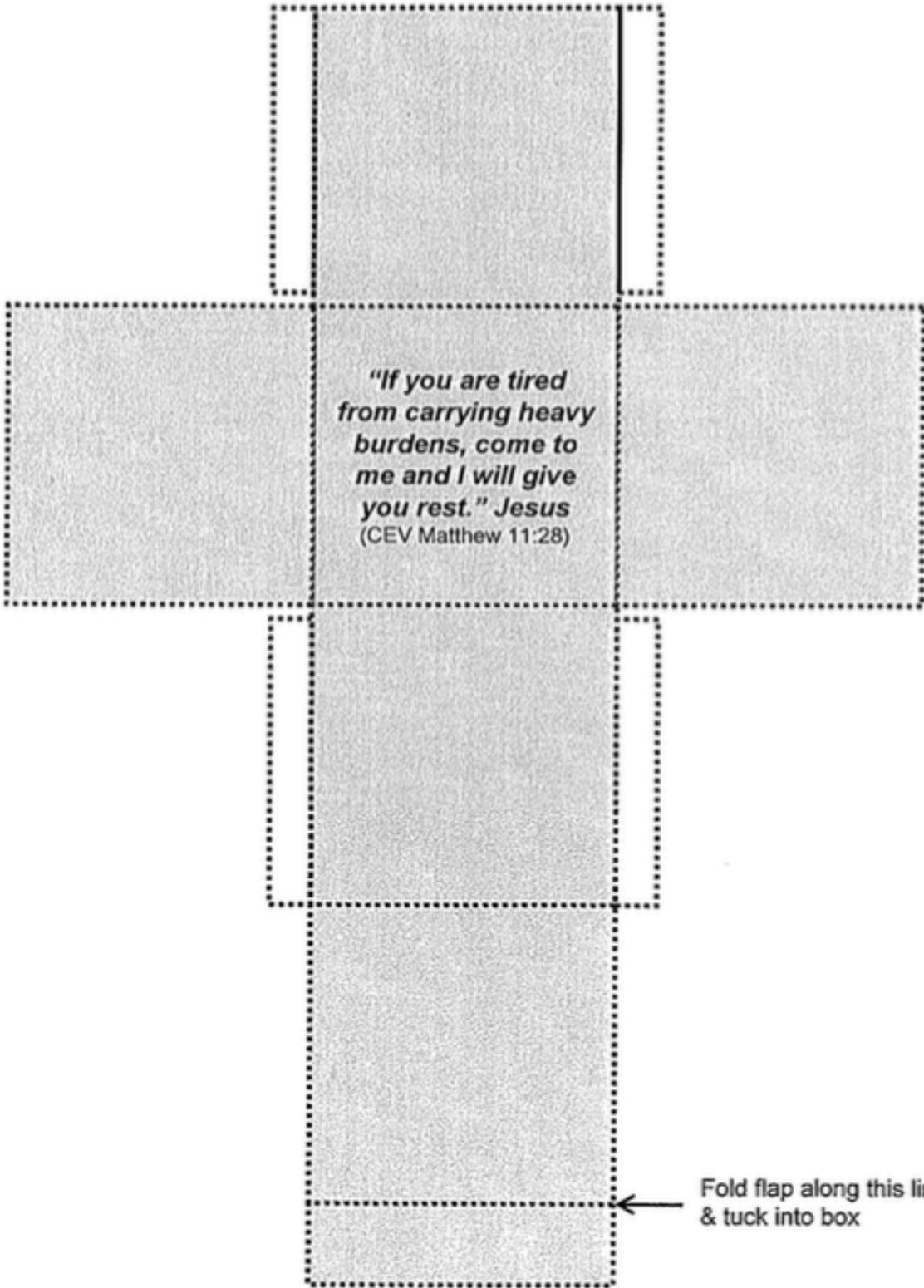
**Step 10:** What Jesus has done is summarised in John 3:16. Have you heard of John 3:16? “For God so loved the world that He gave His only begotten Son, that whoever believes on Him should not die, but have everlasting life.” Let me write my own name instead of man. Let’s also write down your name below mine.



**Step 11:** (OVERWRITE 'JESUS' ON TOP OF THE WORD 'SIN' IN THE CROSS). Jesus took away our sins when He died on the cross. Therefore, we can go back to God. There is a 'fork in the road' that leads away from death to LIFE. When we choose to follow Christ, we need to be willing to live for Him, obey Him and follow His will for our life.



**Step 12:** Right now, you can decide. Instead of living in your present condition, away from God, you can go back to Him. Do you want to go back to God through Jesus Christ? Do you want to receive Jesus Christ into your life?



*"If you are tired  
from carrying heavy  
burdens, come to  
me and I will give  
you rest." Jesus  
(CEV Matthew 11:28)*

Fold flap along this line  
& tuck into box