

## Pre Fall Retreat Lesson

**Intention:** *To get a brief idea about the theme of “Hero” before attending Fall Retreat*

**Materials:** Chapter Hero Paper (provided), pens, plain paper, markers, any art supplies you have

**Activities:**

1. Opening
2. Check-in
3. Joy Songs
4. Discussion
5. Individual Heroes
6. Group Hero
7. Hero Symbols
8. Closing

**\*\*\* This lesson is approximately 55 minutes.**

### 1. **Opening: (5 min)**

Ask if there is anyone who would like to read the prayer, affirmation, Bible quote, and quote.

**\*Please center the group with a few deep breaths before the opening prayer.\***

Opening Prayer:

*Sweet Spirit,*

*As we meet together today, we are grateful for this time with similar souls. We greet this lesson with enthusiasm and good attitudes to prepare and have fun together. As we feel our connection with you, we take a moment to think about what we want our experience to be for this lesson, this day, this rally and our lives. Thank you for the power of intention and creation.  
Amen*

Affirmation: Today I am alive, awake, aware, enthusiastic, and open to anything!

(Repeat twice together, enthusiastically!)

Bible Quote: “And God is available to provide you with every blessing in abundance, so that by always having enough of everything, you may share abundantly in every good work.” ~2

Corinthians 9:8

Quote: "In no sense do I advocate evading or defying the law ... That would lead to anarchy. An individual who breaks a law that his conscience tells him is unjust, and who willingly accepts the penalty of imprisonment in order to arouse the conscience of the community over its injustice, is in reality expressing the highest respect for law."  
~Martin Luther King, Jr.

Ask Y.O.U.ers to share their thoughts about the quotation and bible verse.

## 2. **Joy Song! (Up clap): (2 min)**

Y

(Group Repeat)

Y-O

(Group Repeat)

Y-O-U

“

Unity

“

Unity

“

We are the youth of unity

“

Truth seeking fun loving youth of unity

“

We believe in knowing that the truth will set us free

“

Living, laughing, loving, learning, letting ourselves be free

“

See us as we practice Christianity every day

“

Unity

“

Unity

“

(Together) UN-ITY HEY!

## 3. **Check-in: (5 min)**

Do this quick check-in with your family, going around in a whip format.

- *How was your week?*

- *A random question chosen by your group*

## 4. **Discussion: (10 min)**

Please have a quick discussion asking the Y.O.U.ers what they think that a hero is, and what qualifies someone as a hero. It is encouraged to think about all types of heroes, acts of heroism, and if someone is always a hero. These thoughts are just starting blocks; feel free to add, change or elaborate.

## 5. **Individual heroes: (5-10 min)**

Begin this activity by passing out a pen and a piece of paper to each Y.O.U.er. On this paper have them write down 1 or 2 of the most important heroes to them, or people who are inspiring to them. They could be historical figures, ministers, teachers, family members, friends, speakers, or famous people. **Please encourage this to be a silent activity.** Have them list all of the qualities that make each person inspiring/great.

When everyone is finished go around that circle and encourage everyone to share what they have written. Afterwards please begin a discussion with the group. You may use the questions provided or come up with your own, following the same idea. (You may lead the discussion in a whip format or popcorn, whatever fits your group best.)

- Are these qualities that you find important?

- How do these qualities relate to you?

- Do you have the same qualities?

- Are these qualities that you want to have? If so, are you working towards them?

*When we idolize someone we are simply idolizing the qualities that they have or what they have done. We idolize these qualities because we find them important. But the question is, do we have these qualities? Do we naturally practice them because they are important to us? And if we do not, are we working towards bettering ourselves to gain these qualities?*

#### **6. Group Hero: (10 min)**

Now, together as a group, you will be picking one hero that inspires all of you. It can be anyone from a minister, a famous person, a friend, a teacher... Try to come up with one as a group. Discuss amongst yourselves and pick one chapter hero (if you are having a conflict, you may pick two for you chapter). Fill out the hero sheet that is provided, and either get a picture of your hero or draw a picture of your hero in the handprint.

You will be bringing this sheet to the event, where it will be displayed with all of the other chapter's heroes. So make them fun looking!!!

#### **7. Hero Symbols: (10 min)**

Please pass out a blank piece of paper to each Y.O.U.er and place out markers, crayons, colored pencils, paint, glitter, etc.... for the group to use.

Say to Group:

**A superhero's symbol shows off their qualities and special powers. It's like their little identification card in superhero land. Since we are all heroes, and we all deserve our own symbols, we are going to make super hero symbols for ourselves! You may make these symbols/designs as fun, funky and creative as you want. They are representations of who you are and what your powers and qualities are, SO MAKE THEM STUNNING! When you are done you will punch holes in them and tie a string on them. This way you can wear your super symbols to the event to show off your stellar qualities! If you want you can put them in your wallet or purse to accompany your regular ID.**

#### **8. Closing: (3 min)**

Please read, or ask for a volunteer to read, the closing prayer.

**\*Take a few centered breaths before reading the closing prayer.\***

Closing prayer:

**Dear Mother Father God,**

**In this safe and loving space, we surrender to your peace and guidance. We are aware of our hearts beating, our every breath, and the warmth of the kind hands holding our own. We are so thankful for each moment as we take time to notice the small and most important things in our lives. For the ever present connection we have with you and all beings, we say thank you. Amen.**

# **FUZZIES!!!**