

Community (25 minutes)

Hands Relay

In groups, each person gets a partner. One person gets behind the other and inserts his or her hands under the armpit of the other person. They then run as a pair to the other end, where the person with the hands grabs a marshmallow, dips it in chocolate, and feeds it to the other person. When the marshmallow is swallowed, they then run back and the next pair goes.

Foot Wrestling

Have partners sit on the floor. Then, they take off their right shoe and sock. Next, they lock toes. The object is to then pin the other person's foot to the ground. They must always partner with someone who is not in their group.

Hands and Feet Relay

Each person travels the track doing the bear crawl, and comes back doing the crab walk. If any other part of their body touches the ground, they go to the back of the line and start again.

Becoming Hands

Have a person sit at a table and put his or her arms behind their backs. Have another teen stand behind and put their arms under the sitting teen's armpits so they are the acting hands of the sitting teen. Then have the person feed the sitting teen a bowl of cereal.

Mouth Piece

Play the classic game *Password* (which many students today do not know). Have two students face each other; show them one of the words from the list below. They only get five attempts to guess the word, and they may not use their bodies in any way. They cannot use any part of the word or phrase in their clues. They may only use one word to help the other person guess the word. If they get it on the first try, they get five points, and it goes down one point for each additional word until all five attempts are done.

Word & Phrase List (all things we do with our hands, feet, or mouths)

1. Running
2. Swimming
3. Tennis
4. Hiking
5. Whistling
6. Talking
7. Singing
8. Clapping
9. Pointing
10. Kicking

(An option, if you have it, would be to show the *Hands and Feet Video* from Audio Adrenaline)

Bible Discussion

Intro

1. Where do youth in our town go to hang out? What do they do when they go to these places? What do you think the three most popular extracurricular activities are in town?
2. What do you think students in our town need the most?
3. Where in our town is a safe place for teens to go?
4. We all have certain types of people who challenge us or are hard to get along with. Who are the people that are challenging you?

5. How does our youth group provide a safe community? Do we accept all types of people?

Bible

How do the following verses challenge us to be his hands and feet?

1. Matthew 16:24–26
2. Isaiah 40:28–31
3. Psalm 51:10–12
4. Psalm 23:4
5. Philippians 1:9
6. John 8:31–36
7. Matthew 28:16–20
8. Isaiah 6:8

Leader's Cheat Sheet

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|---------------------|-----------------------------|
| 1. Matthew 16:24–26 | Abandon Self |
| 2. Isaiah 40:28–31 | Defy Mediocrity |
| 3. Psalm 51:10–12 | Willing Heart |
| 4. Psalm 23:4 | Fear |
| 5. Philippians 1:9 | Seize Love |
| 6. John 8:31–36 | Proclaim Freedom |
| 7. Matthew 28:16–20 | Go |
| 8. Isaiah 6:8 | I Will Go/Here Am I/Send Me |

Application

1. What can we do in this community to make a difference?
2. What is personally holding you back from being Jesus' hands and feet?
3. Challenge each of the students to pick one of the verses from the Bible study and memorize it for next week.