# Session 0 Introduction

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ess	ion overview	1			$\Box$	К7 КУ	q
$\rightarrow$	<b>Intro</b> Summary of what this sess	ion is about	р2	5 mins			
	Intro film Short film unpacking Differ	rence themes throug	<b>p3</b> gh young peop	<b>3 mins</b> ble's voices		~	
72	Vision board Exploring the impact of a c	livided and conflicte	<b>p4</b> ed world	5-10 mins	~	~	
	<b>Bible verse</b> John 10:10b		р5	5-10 mins	~	~	
	Habits film Short intro to the habits		р6	5 mins		~	
	Be Curious: Listen Storytelling and story-liste		р6	5-10 mins	~	~	
	Be Present: Take t Discussion about being pre	-	р8	5-10 mins	~	~	
$\langle \rangle$	Reimagine: Reima Creative activity involving of	• •		<b>5-10 mins</b> ck	~	~	
100	Establish a health Lay the essential foundation		<b>Jre</b> p12 1	0-20 mins	~	~	
100	<b>Closing prayer</b> Reflect on the learning and	l habits	р14	2 mins		<ul> <li>Image: A start of the start of</li></ul>	

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# Session summary:

### **Key learning**

In a divided and complex world, it can be hard to relate to each other well but in the life of Jesus we see three reconciling habits which can help us respond well

### Application

Explore the three habits as a response to division and fracture

## Habits focus

The three habits are the framework for the course and for creating a healthy group culture

# **Before the session**

# You will need:

- A very large sheet of paper or card (A1 or bigger) for your vision board (see p14)
- Felt-tip pens

## Set up your room:

• Your group will need to be able to gather round the vision board to reflect together

# Intro

## 00:00

🕑 5 mins

# Aim of the course and the session

### Welcome your group to the *Difference* course and tell them what it's about:

- We live in a complicated, messy and divided world where it can be hard to relate to each other well.
  - Conflict is a normal part of home, school and social life but can be hard to navigate.
  - We might fear saying the wrong thing or not know how to handle differences.
  - Our communities can feel polarised or fragmented.
  - Conflict can be reinforced by power imbalances.

- Through Difference, we'll explore three habits: Be Curious, Be Present and Reimagine.
  - These reconciling habits come from the life of Jesus and the wisdom of expert peacemakers.
  - These habits can help us respond well to situations and build relationship with people, even when this feels difficult.
- There will be seven sessions, exploring the topics of being a peacemaker, crossing divides, navigating disagreement, justice, forgiveness and hope.

### In today's session we are going to:

- Reflect on where we see division and broken relationships in the world today.
- Introduce you to three habits that helps us build good relationships with others and respond to difficult situations.
- Build a healthy group culture.

# Story



Short film unpacking the themes of *Difference* through the voices of young people.

00:00

 $\bigcirc$  3 mins





# Identify the ways difference, division or disagreement impacts young people.

- **1.** Lay out the very large piece of paper, bed sheet or card which you are going to use for your vision board.
- 2. Ask participants to think of an example of difference, division or disagreement which matters to young people and which they have been aware of in the last month. (It might help if you give an example e.g. climate injustice, bullying. You could ask your group what they notice about power dynamics – who has power and how is it used?)
- 3. Ask participants to write or draw these on the vision board, building up a 'graffiti wall' of responses (remember you will add to this vision board every session so leave enough space for future activities).
- **4.** After a few minutes, invite your group to look at all the responses and invite a few reflections.



# **Key learning**

- We live in a world where there is division, disagreement and it can be difficult to relate well to each other.
- Many of the problems we see in the world and experience in our own lives are caused by broken relationships – with God, with others, with ourselves and with creation.
- In this course, we will be discovering and taking steps to developing

   three habits that can help us respond to these situations and build
   stronger relationships.



## Share the verse (explaining that these are Jesus' words):

"I have come in order that you might have life—life in all its fullness." (GNT)



### Questions for discussion:

- What is needed for everyone to live 'life in all its fullness'?
- How do our relationships with others impact this?

# **Key learning**

- This verse shows us the abundant vision God has for human life we were designed to receive life as a gift and flourish in it.
- We are made for relationship other people help us experience life in all its fulness.
- When relationships are damaged, or where there is injustice or hostility, we don't experience life to the fullness of its potential.

# Space

Throughout this course we will be exploring and building three habits which help us build relationships with others and navigate a complex and divided world. These are habits seen in the life of Jesus. They are the habits of being curious, being present and reimagining.



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Slide 7

Session 0



	When you are the listener, try to:
	<ul> <li>listen to what the person is saying</li> </ul>
	<ul> <li>ask questions to show that you're listening and interested</li> </ul>
	<ul> <li>focus on them, rather than talking about your own experiences</li> </ul>
	<ul> <li>summarise what your partner has said and ask if you have got the story correct</li> </ul>
5	Take turns to each share, with 1s sharing first.
	After 1. how showed for the minutes in the Determinent had been set to be
	After 1s have shared for two minutes, invite 2s to repeat back a summary of what they heard.
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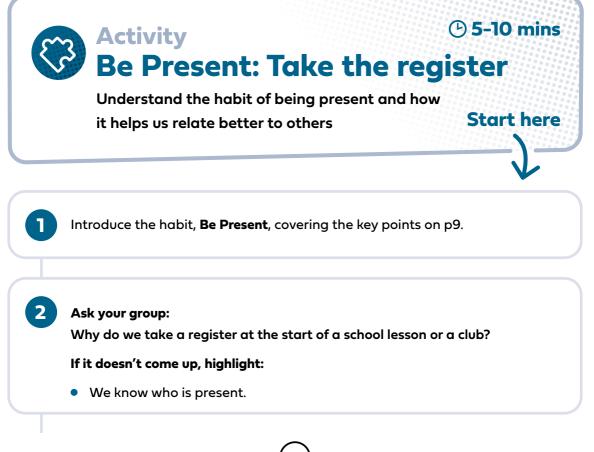
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# **Key learning**

- When we seek to understand and listen to someone else's experience, interests or story, we can build trust and understanding and show them that we value them.
- This makes us less likely to react defensively or judgementally, or by avoiding them.
- Being curious about another's story helps us understand their perspective and appreciate their contribution.
- Being curious about our own story can help us understand ourselves better and this can also improve our relationships.



- We can ensure that everyone who should be here, is here.
- We can follow up to make sure that those who are not present are safe and okay.
- At school, we can ensure that students get to their lessons on time and help with their time management.

### Ask your group:

What does a register not do?

### If it doesn't come up, highlight:

- It doesn't ensure people are ready to listen and learn.
- It does not mean everyone is happy, confident or wants to be there.
- It does not mean that everyone feels physically or emotionally well.
- It does not mean there will not be distractions e.g. a wasp in the room, or a fire drill.
- It does not help us understand what someone thinks, feels or believes.

### (Optional) Ask your group:

What's the difference between a disagreement on social media and a conversation in person?

### If it doesn't come up, highlight:

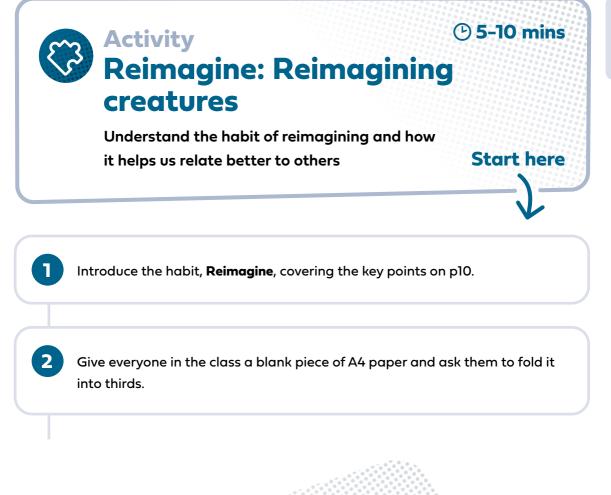
- In person, we can see facial expressions and body language so we understand better what the other person is trying to communicate.
- We sometimes find it harder to say hurtful things when we can see the other person's face.
- Social media can enable people to access and listen to different points of view.



# **Key learning**

### Please highlight the points below:

- The habit of being present is about encountering others authentically. It's about choosing to be who we really are.
- It is also about enabling other people to do the same, and be themselves.
- When we're really present with another person, it's easier to build a good relationship with them.



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On **Go**, start a 30-second timer and ask the young people to draw the head of any creature (this can be an animal or a mythical creature!) on a third of the paper, with the neck up to the fold line.

On **Stop**, participants fold the paper over and give it to someone else in the room.

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On **Go**, start a 30-second timer and ask the group to draw the torso of a creature including 'arms' but not the legs, up to the second fold line.

On **Stop**, participants fold the paper over and pass on to someone else in the room.

On **Go**, sstart a 30-second timer and ask the group to draw the 'legs' of a creature.

On **Stop**, participants can open the paper and see their amazing creations.

## **Key learning**

- Imagination enables us to be creative.
- This is even more true when we join with others and reimagine.
- We are confined by our own imaginations, but with others we can reimagine something new.

# Sanctuary

(b) 10-20 mins

# Establish a healthy group culture

# Introduction

Introduce the importance of setting a healthy group culture, highlighting the following points:

- During the *Difference* course, we'll explore things that matter to us.
- We won't agree on everything and that's ok we need to be able to disagree with respect.
- We might talk about things that we find difficult it's important to listen rather than judge.
- No topic is neutral something that is not hard for you may be very hard for someone else.
- It's essential that each individual feels empowered to express themselves, recognising that our experiences and needs vary greatly from person to person. Open and honest communication about our feelings is key.
- If anyone feels uncomfortable, it's important to speak up and inform a leader or someone else in the group. This ensures that everyone's voice is heard and respected, fostering an environment of understanding and support.

Note: If you have a space where people can take a break, let your group know. Young people need to be aware that, in the event of a safeguarding concern, you will need to follow safeguarding procedures - which may involve sharing what you have been told with a safeguarding professional.

# **Explore some guidelines**

Choose either Option 1 or Option 2

# **Option 1**

Invite your group to come up with some group guidelines and attitudes which will make the group safe enough to share personal thoughts, opinions and experiences.

You may like to use the guidelines below, which are based on the three *Difference* habits:



## **Be Curious**

- Together we can learn to disagree well when we have different opinions. This can be hard. If we hear something we don't understand, it can help to ask a question.
- Avoid judging others.
- Listen and observe carefully in order to try to understand others' perspectives.



### **Be Present**

- Try to stay engaged and avoid distraction.
- Be honest.
- Don't interrupt people.
- Try to notice the thoughts and feelings you have during conversations.



### Reimagine

- Be prepared for others to surprise you.
- Don't treat other people as a spokesperson for their culture or community.
- Remember that God is present in our conversations.

# **Option 2**

If you already have some guidelines that your group uses, look at these and ask:

- If we're going to talk about things that might be personal to us, do these guidelines give us a safe enough space to do so? Why? Why not?
- If we're going to have conversations where we might disagree with each other, do these guidelines help us to do that without falling out?
- What guidelines might we need to add to help us do these things?
- How can the three habits of **Being Curious**, **Being Present** and **Reimaging** help us have a healthy group culture?



# **Closing prayer**

Loving God, as we begin the *Difference* course together, inspire us to be curious, to be present and to reimagine as we seek a world where everyone can flourish. In Jesus' name. Amen

## Notes

