

Session 0

Introduction

▶ Compact 40 mins

↔ In-depth 60 mins

✎ Custom

Session overview



 Intro p2 5 mins Summary of what this session is about	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Intro film p3 3 mins Short film unpacking <i>Difference</i> themes through young people's voices		<input checked="" type="checkbox"/>	
 Vision board p4 5-10 mins Exploring the impact of a divided and conflicted world	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Bible verse p5 5-10 mins John 10:10b	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Habits film p6 5 mins Short intro to the habits		<input checked="" type="checkbox"/>	
 Be Curious: Listen up! p6 5-10 mins Storytelling and story-listening	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Be Present: Take the register p8 5-10 mins Discussion about being present	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Reimagine: Reimagining creatures p10 5-10 mins Creative activity involving drawing creatures against the clock	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Establish a healthy group culture p12 10-20 mins Lay the essential foundations	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	
 Closing prayer p14 2 mins Reflect on the learning and habits	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	

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

 00:00

Intro film

 3 mins

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



Activity Vision board

🕒 5-10 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

Please highlight the points below:

- 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.



Bible story

John 10:10b

🕒 5-10 mins

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

Please highlight the points below:

- 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 fullness.
- When relationships are damaged, or where there is injustice or hostility, we don't experience life to the fullness of its potential.

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.



Optional film

Introduction to the habits

Slide 7



Activity

🕒 5-10 mins

Be Curious: Listen up!

Understand what being curious is about and how it helps us relate better to others

Start here



Slide 8

1

Introduce the habit, **Be Curious**, covering the key points on p8.

2

Invite the young people to get into pairs and number themselves '1' and '2'.

3

Explain that participants will each take it in turns to share about either of the following:

- Talk about something you love or loathe
- The meaning of your name and/or why you were given that name

4

Tell your group:

When you are the listener, try to:

- listen to what the person is saying
- ask questions to show that you're listening and interested
- focus on them, rather than talking about your own experiences
- summarise what your partner has said and ask if you have got the story correct

5

Take turns to each share, with 1s sharing first.

After 1s have shared for two minutes, invite 2s to repeat back a summary of what they heard.

6

2s now share, while 1s listen.

After two minutes, invite 1s to repeat back a summary of what they heard.

7

All come together and ask for a volunteer to 'introduce' their partner to the group, sharing something they learnt about their partner.



Key learning

Please highlight the points below:

- 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.



Activity

🕒 5-10 mins

Be Present: Take the register

Understand the habit of being present and how it helps us relate better to others

Start here



1

Introduce the habit, **Be Present**, covering the key points on p9.

2

Ask your group:

Why do we take a register at the start of a school lesson or a club?

If it doesn't come up, highlight:

- We know who is present.

- 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.

3

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.

4

(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.



Activity

🕒 5-10 mins

Reimagine: Reimagining creatures

Understand the habit of reimagining and how it helps us relate better to others

Start here



1

Introduce the habit, **Reimagine**, covering the key points on p10.

2

Give everyone in the class a blank piece of A4 paper and ask them to fold it into thirds.

3 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.

4 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.

5 On **Go**, start 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

Please highlight the points below:

- 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.

Establish a healthy group culture

🕒 10-20 mins

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 **Reimagining** 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

End of session 0