



My Story

1 | Intro Activity

SUPPLIES

- Obstacle course items
- (Optional) Timer

BEFORE THE ACTIVITY

- Prepare a fun obstacle course using items from around your group's space.

LEADER TIP

- If it's not safe for multiple teams to do the course at the same time, time them and declare a winner after they're all done.

INSTRUCTIONS

- Divide the students into teams of about five people.
- Ask each team to choose one person to pretend to be weak and unable to do anything. The rest of the students will race through the obstacle course while carrying the "weak" person. That team member cannot help in any way!
- Line up everyone at the start of the course.
- Instruct the teams to begin racing when you say, "Go!"
- Cheer for the teams as they race through the course. Make them start again if the "weak" member helps in any way.
- After declaring a winner, discuss:
 - How was doing this obstacle course as a team with one "weak" member different than if you had all gone individually, or if you were all racing?
 - How did the "weakness" make it more interesting?

God Story | Life Story

2 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Introduce this week's Big Idea: **God uses us despite our weaknesses.**
- Play the video. It includes:
 - Host segment
 - God Story (Moses Returns to Egypt, Exodus 4:18–7:13)
 - Life Story (Nadia and her mom, Marianna, share about how they've been loved and embraced by the church community.)
- Pray before dismissing to small groups.



My Story

3 | Small Groups

SUPPLIES

- Small group leader notes
- Bibles

INSTRUCTIONS

- Ensure the leaders have the necessary supplies for small group time.
- Divide into small groups and follow the Hangout, Hear, and Huddle instructions in the leader notes.

Our Story

4 | Wrap Up

SUPPLIES

- None

INSTRUCTIONS

- Bring the students back together as a large group.
- Close in prayer.
- Remind everyone about any upcoming events or relevant announcements.