



My Story

1 | Intro Activity

SUPPLIES

- Vegetables inside a cloth bag (e.g. cucumber, tomato, onion, pepper, etc)
- Prize

INSTRUCTIONS

- Ask for a few hungry volunteers.
- Direct each of them to select a friend who will pull something out of the bag on their behalf (so they can't be selective with their veggie).
- Once everyone has a vegetable, explain that this is an eating contest. The volunteers must race to eat their vegetables.
- Award a prize to whoever finishes their whole vegetable first.
- Explain the God Story has some vegetarians in it!

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.

God Story | Life Story

2 | Weekly Video

SUPPLIES

- Video file

INSTRUCTIONS

- Play the video. It includes:
 - Host segment
 - God Story (Eating Different to Stay Obedient | Daniel 1)
 - Life Story (Mikayla became a vegan after deciding that eating animal products wasn't right for her. It was a difficult choice but it's a lifestyle she firmly believes in.)
- Pray before dismissing to small groups.

Our Story

4 | Wrap Up

SUPPLIES

- None

INSTRUCTIONS

- Bring everyone back into a large group.
- Ask if anyone has a highlight from their small group time.
- Close in prayer.
- Remind the students about any upcoming events or relevant announcements.