



# Losers vs. Winners

## Session 2

*by Emily Norman, Sheree Patterson, and Eric Majeski*

**“If you have any encouragement from being united with Christ, if any comfort from his love, if any fellowship with the Spirit, if any tenderness and compassion, then make my joy complete by being like-minded, having the same love, being one in spirit and purpose. Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. Your attitude should be the same as that of Christ Jesus.” Philippians 2:1 – 5**

### Session 2: Reveal

#### I. Intro (Optional)

Show sports bloopers using YouTube, etc.

#### II. Activity: Loser Relay

- Fill a paper bag full of funny tasks for students to do, such as:
  1. Sing “Mary had a Little Lamb.”
  2. Spin in a circle 10 times.
  3. Jump rope.
  4. Walk like a chicken back to the next person.
  5. Shout, “Hi, my name is \_\_\_\_\_, and I’m a loser!” five times.
    - When selecting activities, make sure you know your group and pay attention to each person’s emotional safety and well-being.
- Split the group into teams and play the game as if running a relay.
- Select the “winners” based on the number of times each task was done, rather than who was the fastest or first to finish.
- Say, “Some of you lost because this didn’t follow the normal pattern of winning. Let’s look again a little deeper at the Matthew verses from the previous session.”
- Read Matthew 16:24-25.
  1. Say, “Denying self equals the regular world we live in, versus ‘follow me’ equals faith life.”
  2. Talk about the key principals of “self” versus the key principles of “following Jesus.”

#### III. World vs. Faith

On two big sheets of paper, with the large group, brainstorm “All About me” vs. “Follow Me”.

1. Ask volunteers if they know the seven deadly sins (and work together to list them: Wrath, Greed, Sloth, Pride, Lust, Envy, and Gluttony) – What words could we use to describe these? (Self-satisfaction, pride, popularity, rich, “cool”, lazy, etc...)
2. Ask everyone to look up Galatians 5:22 and list the “Fruits of the Spirit” under the “Follow Me” category.
3. Discuss examples of these traits in your own lives. (When are you at “peace”? When have you learned to be more patient?, etc.)

#### **IV. Quiet Application Moments**

Use the hand out to allow students to list the fruits of the spirit and evaluate where they are.

#### **V. Small Group – Talk about it**

1. What are your strengths? Why are you glad you have those strengths?
2. What would you like to improve upon?
3. How do you think that will benefit your life?
4. Attitude: In addition to the fruits of the spirit, we are called to have an attitude like Jesus Christ.
  - Read Philippians 2:1 – 5.
  - List some examples in your own life where you can change your attitude.

#### **VI. Illustration**

You can use “Balloon Man Illustration” from *More Hot Illustrations for Youth Talks* by Wayne Rice, published by Youth Specialties, as an illustration, or create your own illustration. If you use “The Balloon Man,” do the following:

- Ask each student to blow up a balloon.
- Read the Illustration & Application.
- Ask each student to write down something on the balloon that is keeping them from being close to Jesus (friends? popularity? bad habits? pride?, etc.).
- Follow the application and let each student “get rid” of whatever is keeping them from Jesus.

#### **VII. Closing prayer**

**Session 2: Reveal - Quiet Application Moment**

List the Fruits of the Spirit and on the following scales, mark where you feel you are at right now (1 = struggling to 10 = I've got it down!)

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1 10

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