

Balanced Diet—Session #4

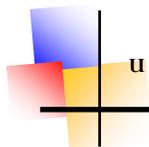


BALANCED DIET

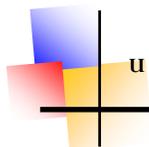
Session #4 – Under Construction

Purpose: To further explore the path; what do you do with this stuff when you go home; sharing the good news.

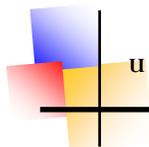




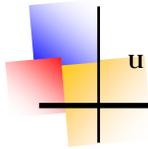
TIME	ACTIVITY	SUPPLIES
15 minutes	<p>Introduction</p> <p>Tell a personal story of someone who helped form your faith.</p> <ul style="list-style-type: none">▪ Ask who taught you your faith.▪ How did you get where you are in your faith journey? <p>Talk about how we have influence on others through our words and actions.</p> <ul style="list-style-type: none">▪ Like children, we are pieces of paper and others write things on our paper in indelible ink.	
5 minutes	<p>Skit – “Under Construction”</p> <p>Introduce skit as two construction workers who are building different things.</p>	-Under Construction skit -2 construction hard hats -Sign that reads: “Under
20 minutes	<p>Select two people (ask them in advance) who are willing to share their stories of faith with the group. (Try to select a new believer for one speaker)</p> <p>Ask the speakers the following questions:</p> <ul style="list-style-type: none">▪ How did you come to a belief in God and follower of Jesus?	



TIME	ACTIVITY	SUPPLIES
	<ul style="list-style-type: none">▪ What questions do you have about your faith?▪ What are your needs from your church family?▪ Describe an instance, if you have one, when you realized that your relationship to God is different from church relationships and people in the church community.▪ Have you experienced or seen any flaws	
30 minutes	<p>Small Group Process</p> <p>Purpose: To share our personal issues of faith.</p> <p>Divide into groups of 4-5. Ask each person to write out their answers to the following questions:</p> <ul style="list-style-type: none">•1 What do you remember about your baptism; what was significant?•2 Name some significant experiences of your faith journey•3 Have you ever shared your faith with others and how did that feel for you?•4 Following this retreat, what will be different about your spiritual life; what will you do differently, if anything? <p>Ask groups to share, round robin style, their</p>	Pens or pencils Writing paper



TIME	ACTIVITY	SUPPLIES
15 minutes	<p>Reconvene in large group</p> <ul style="list-style-type: none">▪ Reports from small groups <p>Ask the following questions:</p> <ul style="list-style-type: none">▪ What did you hear this weekend from someone else that will enhance, effect or deepen your own journey? <p>Explain that we all have a lot to share and learn from one another, even if we are at different points of our journey.</p>	
10 minutes	<p>Commitment Card</p> <ul style="list-style-type: none">•1 Explain that they have been given tools to help them on their spiritual journey and that we are all works under construction by God.•2 Pass out Commitment Cards and ask them to commit themselves with a prayer partner to use one of the tools they've gained for a period of time.•3 Have them fill out their Commitment Card and exchange it with their prayer partner and ask them to continue to encourage one another on their journeys.	Commitment Card



Session #4 Skit – Under Construction

Setting the stage:

- Requires 2 players
- Props: Hard hats, hammer, crowbar, ruler, sign that says “Under Construction”
- First player (Kelly) walks on to a lot of hammering and noise off-stage.
- Second player (Dirk, wearing a hard hat) walks on towards first player and begins speaking:

Dirk: Hey buddy! (*waves at Kelly*)

Kelly: Huh? (*Turns around*) Were you talking to me?

Dirk: Yeah. Where’s your hard hat?

Kelly: My what?

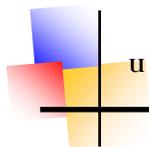
Dirk: Your hard hat (*Pounds his own hat*). Can’t you read?

Kelly: Read what?

Dirk: (*Looks around*)...Aw, the sign’s fallen down again. (*Looks down*) Now where? Oh, there it is...(*leans down or goes behind stage; brings up sign - puts sign in place*) There! Read the Sign!

Kelly: (*reading*) Construction area. Hard hats required.

Dirk: So where is it?



Kelly: I'm sorry Mr.... What's your name?

Dirk: Tucker. Dirk Tucker.

Kelly: Mr. Tucker. I don't have a hard hat.

Dirk: Oh. Well I'll fix that. Hold on a minute. *(Goes below stage again and returns with hard hat. Hands it to Kelly).*

Kelly: Thank you Mr. Tucker. *(puts it on - way too big)* I think it's too big.

Dirk: Well you looked like you had a BIG head. Let me get another. *(goes down below and throws up hats)* Try one of these!

Kelly: Hey! Watch out! Can I get some help here? *(Adult helps put hat on puppet)*

Dirk: Now you look good. I didn't catch your name.

Kelly: I'm Kelly. *(Looking around)* Say what are you building here?

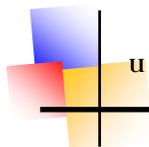
Dirk: Christians.

Kelly: Christians?

Dirk: Yeah. *(shakes head sadly)* Ya know, it seems harder to build Christians these days.

Kelly: Really? Are you sure you're using the right tools?

Dirk: Well SURE. Let me show you. *(goes below and gets hammer)*



Kelly: Okay.

Dirk: See this hammer? (*pounds hammer on Kelly's head*) It's for pounding ideas into Christians' heads.

Kelly: Oww! Well my head is pounding alright!! (*rubs head*)

Dirk: Wait here. (*goes below again*)

Kelly: Oh, I will....I still can't see straight.

Dirk: (*comes back*) See this crowbar? It's for prying them up out of their seats. (*Tries to pry under Kelly...but gets him in the butt*).

Kelly: Hey, I'm not so sure I like your prying any better than your pounding!

Dirk: AND...then there's another thing (*goes down again and gets ruler*)

Kelly: (*To audience*)...I can't wait! (*Dirk returns*) What's that for?

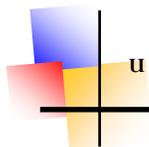
Dirk: Well, after I build the Christians, I measure 'em with this. If they don't measure up, (*takes confetti and tosses it*) OUT THEY GO!

Kelly: Watch out below!

Dirk: And then there's my hat. It's the most important of all.

Kelly: How so?

Dirk: Protection man. With all the hammering, prying and measuring, pieces of Christians are bound to fly



everywhere. This (*pounds his hat*) keeps me safe.

Kelly: You think so?

Dirk: Why sure. Well I better get back to work.

Kelly: You know Dirk, I think you're using the wrong tools. Let me SHOW you. (*goes to get Bible*). THIS is one tool you need to build Christians.

Dirk: A Bible? (Laughs) But that's only words. You won't find any hammers in there.

Kelly: But there are words that strike like hammers at people's hearts...instead of giving them pounding headaches! Especially if you read it and study it!

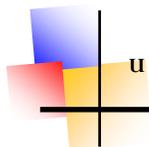
Dirk: Really? What about crowbars?

Kelly: The Bible can pry people out of their seats; just like music and worship and sharing your faith with others. All these 'tools' can move people into action – faith action. There are a lot of elements to spiritual discipline.

Dirk: Discipline??? OH is this where I get to use my measuring stick and say "bad puppet" and throw 'em out if they don't measure up?

Kelly: No, Dirk. Spiritual discipline is about using all the tools (like prayer and Bible study) regularly, consistently and joyfully to grow closer to God.

Dirk: But don't I get 'disciplined' if I don't measure up?



Kelly: No Dirk – that’s the great thing. That is when a Christian asks God’s forgiveness and starts to build again.

Dirk: Huh? Starts again? *(Pauses and rubs face)* But I bet nothin’ in there can replace my hat! *(pats hat)*

Kelly: There’s prayer.

Dirk: Prayer? Soooo, talking to God protects me? OH MY God! *(sighs)*

Kelly: That’s a good start!

Dirk: Could I borrow your Bible for a while?

Kelly: Sure... In fact, why don’t you just keep it.

Dirk: Yeah? Well thanks buddy. You know, I think I need to get out of the construction business.

Kelly: No, I don’t think so...all of us are “under construction”. You just needed to get new tools!

Dirk: You’re right. Well I guess I better get to work building myself into a Christian. See ya! *(goes below. From below tosses up hat and yells)* “Oh yeah...I won’t be needing this!

Kelly: There he goes again! *(Goes Off stage)*



Spiritual Journey

Commitment Card

My Name: _____

I commit to use _____ (tool) .for _____ weeks.

My Prayer Partner's Name: _____ Phone: _____

E-mail address: _____

My prayer partner commits to use _____ (tool) for _____ weeks.

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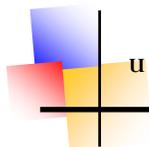
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UNDER CONSTRUCTION
