



How To Use This Material

TCTC is blessed to have so many churches involved each year. We know that some of you come from large churches with great resources, others from small churches with next to no resources, and everything in between. The leaders that bring groups range from Youth Ministry veterans with decades of experience to rookie Youth Ministers and that friendly church member who said yes to coming just so the teens could be here! Wherever you are on that spectrum, we wanted to provide you with a solid resource to help your teens unpack the messages they hear this weekend.

This weekend we will have churches of different sizes, from different states, and staying in a variety of different places. Hotels, cabins, AirBnB's - there are a lot of options! Because of that variety, we know that you will be meeting with your group in different ways. Our hope is that this material is versatile enough for you to use it throughout the weekend or in the coming weeks when you're back at your church.

Each session we've tried to include a variety of ways for your teens to engage Justin's messages. We know that not everyone learns or processes in the same way, and that just repeating the same method over and over can get tedious - so we've included different approaches in each session.

The material for the sessions is broken down into different categories:

Icebreaker - These are questions designed to just get people talking. Our hope is that these are easy and accessible for everyone in your group and will help them feel comfortable to share at the deeper parts as well.

Bible - Each session includes discussion about and a chance to engage with the Bible verse(s) that were talked about from the stage.

Questions (Introspective/Reflective) - We tried to include questions to help teens look at how these messages should impact them and what changes they might need to make. Some of the questions are designed to help the teens reflect on how they can live out their faith and impact those around them.

Interactive - We know that people learn in different ways. We tried to add some options for interactive or hands on elements.

Challenge - Who doesn't like a challenge? Each session includes a call for them to participate in a challenge. Perhaps just for the weekend, maybe longer.

Action - In each session, we tried to call them to not just hear a message, but to take action on what they're hearing.

At the top of each session we have provided a "Materials You May Need" list. The sessions are designed with a lot of variety for you to choose from, and we tried to give you plenty to fill any group time you choose for your group. If you choose to do some of the activities, there are items you will need in order to do them well. We have provided suggestions, you know your teens best - feel free to use your creativity to adapt these to best suit your group

It is our hope that this material will be a blessing to your group and will help your teens unpack what they've heard throughout the weekend.

We are excited you are here this weekend! We are praying for each of you.



Session 1 - Wake Up To Life



Materials You May Need: Flashlight(s); tea lights; light switch covers; moth page; scissors; crayons/colored pencils; paint brushes; acrylic paint

Icebreaker - Be honest: How long did it take you to notice that the lights were dimming during the session?

What do you do when you first wake up?

Justin shared a story about waking up suddenly, having to react quickly, and doing something dumb (story about hitting kid in the throat). Have you ever been woken up and done something crazy?

Have you heard the story of Dr Jekyll and Mr Hyde? This story ties in well with what Justin was talking about with the “darkness” taking over. (Leader Note: Some students may not be familiar with the story. If your teens aren’t familiar with it, have someone google the story. Wikipedia has a good recap here: “Doctor Henry Jekyll is a doctor who feels that he is battling between the benevolence and malevolence within himself, thus leading to the struggle with his alter ego Edward Hyde. He spends his life trying to repress evil urges that are not fitting for a man of his stature. Jekyll develops a serum in an attempt to mask this hidden evil. However, in doing so, Jekyll transforms into Hyde, a hideous creature without compassion or remorse. Jekyll has a friendly personality, but as Hyde, he becomes mysterious and violent. As time goes by, Hyde grows in power and eventually manifests whenever Henry Jekyll shows signs of physical or moral weakness, no longer needing the serum to be released. Stevenson never says exactly what Hyde does, generally saying that it is something of an evil and lustful nature.”)

Do you have Mr Hyde moments? What brings them out? How do you try to keep them under control?

Bible - Read Ephesians 5:3-5. Is there something on that list that you struggle with?

If we're being honest, there's something on there that each of struggle with.

How can we work on bringing those things back to the light?

Paul says in Ephesians 5:13-14 that those who walk in darkness are "sleepers."

He defines sleepers in Ephesians 4:17-19. Read Ephesians 4:17-19 then put it in the context of today's society - what do you think Paul would point out if it was written now?

Questions (Introspective/Reflective) - Earlier we asked you to share what you do when you first wake up. Let's turn that towards our faith. What do you think it looks like when we are first "waking up" to following Jesus?

Let's talk a bit about sleep and our energy. Some people need coffee, Red Bull, or something else to wake them up and get them going in the morning.

Others need melatonin, white noise, or something else to help them go to sleep. What is your "Spiritual Red Bull?" In other words, what are the things that help you wake up and get going in your faith - and give you energy to push through? What is your "Spiritual Melatonin?" In other words, what are the things that make you feel tired or sleepy in your faith?

Have you ever drifted away from the light and not really realized it? Are you there now?

If you have been there, but aren't now, what brought you back?

What does the darkness feel like [Leader Note: Get the discussion going by asking them to describe how they feel in the dark. Some examples might be: cold, you can't see, afraid, etc]

Leader Note: The following couple of questions can be answered vaguely, but challenge your students to go below the surface and get honest with each other.]

What areas of your life have you let darkness slowly come in?

What things draw you towards the light? What things draw you away?

How have you found ways to get out of the darkness?

Interactive - (Leader Note: Print the page we provided here, or another picture of a moth. Hand one to each person in your group. After having students go through this activity, consider using the moths in a place at your church - set them up as a collage in the youth room, frame them, etc - to remind them to go towards the light)

Moths. Justin said that moths are the best Christians because they always go towards the light. You each have a paper with a moth on it. Take some time to fill in the moth with things that draw you towards the light. Color your moth if you'd like. Cut out the moth and give it to your group leader (Leader Note: You could also wait and cut out the moths later)

Light Switch - We all have a light switch in our room and throughout the house. Decorate the light switch cover you were given using reminders that draw you towards the light (Bible verses, people who encourage you in your faith, etc)

Challenge - Flashlight Challenge - (Leader Note: You can do this by passing around a few flashlights or by giving each of your student a flashlight. You can also have them use the flashlight on their phone. Turn off the lights and make your meeting space as dark as you can get it) Alternate turning on your light (pointed towards you) and sharing something that brings reminds you of the light God brings into your life. After you share, turn your light back off. (Leader Note: Don't force anyone to share, but encourage them to. After everyone has had the chance, ask anyone who shared to turn their light back on. Discuss the power of us walking together in the light and how much more light that brings.)

Alarm Challenge - This weekend we're focusing on the idea of that we need to "Wake Up" in our faith. Most of us need an alarm in order to wake us up. Alarms can also be used to wake us up to remembering something. We want

to challenge you to set an alarm for 8:23pm each day. When this alarm goes off, you'll stop whatever you're doing, wherever you're at, and pray. Pray about the areas in your life that darkness might creep in. Pray about ways to be more vocal in your faith. Pray that God would draw you closer to Him. Prayer is a powerful connection between us and the Creator of the Universe. When we keep connected to Him, it helps shine light and keep us from being drawn away.

Why 8:23pm? Why such a seemingly random time of the day? We just entered 2023. In military time, 2023 is 8:23pm!

Action - Alarms are a great reminder for something we need to do, and for waking us up! Ephesians 5:14 says, "Awake, O sleeper, and arise from the dead, and Christ will shine on you." Would you be willing to set an alarm for 5:14am? For some of you that might be close to the time you already get up to start getting ready for school. What if we were intentional with starting our day by WAKING UP and walking in the light of Christ? Spend this extra time in prayer, reading your Bible, working on developing skills and habits that draw you closer to God. (Leader Note: If 5:14am is too early for them, don't let that sidetrack them. Challenge them to set as close of a time to that as they can and use the extra time as mentioned)



Session 2 - Wake Up To Freedom



Materials You May Need: Extra layers of clothes (jackets, sweaters, etc); Zip ties, string, etc to tie wristbands together;

Icebreaker - In the message this morning, Justin mentioned a “personal survey.” Walk through these questions with your group and have them answer. (Leader Note: You may want to create an opportunity for them to answer these anonymously so they feel more comfortable. Have everyone close their eyes, etc)

Personal Survey: Raise your hand if the statement applies to you.
Have you ever

- Stolen something?
- Cheated?
- Used foul language?
- Talked behind someone's back?
- Made you mom or siblings cry by something you said or did?
- Watch something that you know you're not supposed to?
- Thought horrible things about a person?
- Lied to someone?

What are some things that you know are wrong (sin), but that the world says it's ok to do?

Bible - Read 1 John 1:8-9. What does it say will happen if we confess our sins? Do you believe that? What sins or situations cause you to doubt this happening? How can the darkness try to keep us from realizing this promise?

Read Romans 6:1-2. Do we get more grace by sinning more? How should we view our past sin and God's grace towards us?

Questions (Introspective/Reflective) - Romans 6:23 says the wages of sin is death. All sin leads to death [Romans 6:23], but the earthly consequences are different depending on the sin. Does that mean God sees sin differently? Does it make it ok to judge sin?

Have you ever seen how your sins have impacted others? How did it make you feel? What if any changes did it spur in you?

If you know something is a sin, and you know it's wrong, what causes you to keep doing it?

If you've already sinned in a certain way, it's easy to think, "Well, I've already done it, why shouldn't I do it again?" That's almost our natural inclination. But even though you've already committed that particular sin, why should you stop? Why should you not do it again?

Sin can make us feel trapped - it can steal our freedom. How does sin convince you that you'll never get away from it?

Sin is progressive. It doesn't usually take over all at once. How have you seen sin progress in your life? What ways are you intentionally trying to undo that progression and break free from the cycle of sin?

Justin said, "The most miserable people in the world are not non-Christians, the most miserable people in the world are Christians who continue to live in sin. The ones who know there is something better and continue to reject the will, the way, and the purpose of God." Would you agree with that statement? Why or why not?

Interactive - Pick a teen that you know has a good sense of humor and is willing to go along with a little craziness for an illustration. Bring that teen up in front so the group can all see them. Have a large amount of additional clothes in front of them (jackets, sweatshirts, hoodies, etc). Ask them to start putting on each piece one at a time. After they have put on a few layers,

start talking to the group about how sin comes in many layers and gets really heavy.

Ask the teen to start doing tasks that will become harder as they put on more clothes (jumping jacks, pushups, lunges, sprints, etc. Get creative!). Talk to your group about how the weight of sin can bring us down, slow us down, and prevent us from doing things we otherwise could do.

Alternate Idea: Choose two students (girls work best here) to come forward and stand in front of the group. Have one of the girls wrap 2-3 layers of TP around the other. Then ask to see if the wrapped-up girl can break free. She will be able to easily break free.

Now invite 4 more students to come forward. These 4 students are to be broken into pairs and assigned to the original two girls. The new pairs are to wrap up the first two girls with LOTS of TP when you say go. Tell them that you will give them 4 minutes to complete the task. If the wrapped-up girl cannot break free after 4 minutes, they win.

[Leader Note: This will NOT work if the two wrappers try to make the girls look like mummies. They only need to wrap the TP around the girls' arms, thus restraining them, and not around their entire bodies. Tell them to focus on the torso. If they try to wrap the girls' entire bodies up, they will run out of time, run out of TP, and not have enough layers to make your point. If the wrappers focus their efforts, the girls will not be able to break free.]

During the 4 minutes the pairs spend wrapping up the girls, you can have an adult leader come up and tell a story about an adventure he/she had in TP'ing. (Let's be honest, every youth leader in ministry today has TP'ed somebody's house or car...or both!) Hype up how much fun they had while making a huge mess for somebody else to clean up. At the end of the 4 minutes, stop the pairs who are wrapping. Ask the girls to try and break out. If they cannot break free, say, "That's funny. She had no difficulty breaking free from the TP a moment ago. It's weird how something so small, and easy to

break, can totally imprison us if there are enough layers. "If one or both of the girls can escape, say, "That's funny. She had no difficulty in breaking free from the TP a moment ago. But this time it took a lot more effort for her to break free."

Transition Statement: TP has hardly any power at all when it is wrapped around us only two or three times. But when many layers are wrapped around us, we saw that it was difficult-maybe even impossible-to break free. The same is true of sin. When we allow ourselves to be wrapped up in sin, we soon find that we cannot break free!

Discuss different sins and have students look Bible verses up regarding sin and forgiveness <https://www.biblestudytools.com/topical-verses/sin-bible-verses/>

Once back home or if you're at a place that can hold a fire, have students write down their sins they struggle with, spend time in prayer and forgiveness, and have a bonfire and burn them. Or, they can write a letter of confession and asking for forgiveness to God. They can also be burned so they know no one else will see them, or they can keep them as a reminder.

Challenge - Tied Together. Pair everyone up. Using zip ties, yarn, a loop of velcro, or something similar, connect each pair at their TCTC wristband. Tell them that for the rest of the day they will be connected together and need to do everything with each other. (Leader Note: Obviously they do not need to and SHOULD NOT go to the bathroom together. Make a plan for how they will do that. Pairs should be the same gender and make sure the pair get along. Adjust the length of time accordingly for your group. You will probably get grumbling or some pushback, but this can be a powerful illustration of the way we carry our sin with us and it steals our freedom.)

Action - Who is holding you accountable? I'm sure we've all heard about accountability partners so much that the thought almost gets ignored when it's brought up. But who is holding you accountable? Who calls you out on

your sin? Who is helping you WAKE UP and break free from the cycles of sin you get yourself into?

Spend some time being intentional about identifying several people in your life that you trust enough to be completely honest with, and that you would allow to have access and authority to speak truth to you - especially truths you don't want to hear.

Who did you identify? Who do you trust enough to call you out? Maybe it's a Youth Leader, Minister, Small Group Leader, best friend who shares your faith? Parents, sibling, or other family member? Who really knows you? Not the you that you let the world see. Not the filtered social media presence. But the REAL you - sins, flaws, and all?

Once you've identified someone (or several), send them a message and ask if you could talk to them about holding you accountable. If they're with your group this weekend, gather up the courage and ask them in person. Give this person full access and permission to call you out. Let them know what you're struggling with (listen, we ALL have sin we struggle with! It's embarrassing to admit, but we can't break free from sin if we aren't willing to admit it's there). Pray for each other and start to make a plan for holding you accountable.



Session 3 - Wake Up To Power



Materials You May Need: Several decks of playing cards; Other possible building materials could include: Popsicle sticks; dry spaghetti, marshmallows, etc]

Icebreaker - How did it feel to be tied up to someone today? Any fun stories to share? (Leader Note: There will probably be a lot of crazy stories to share, make sure you don't let that become the primary focus of your group time)

Would You Rather? Justin mentioned this game at the beginning of his message. Create some of your own Would You Rather Questions for your group or use the ones provided. This is always a fun and eye-opening game! Make sure to challenge your teens to explain their choice!

Would You Rather...

- Be rich or famous?
- Be a leader or a follower?
- Make a baby cry or kick a puppy?
- Go into the past and meet your ancestors or go into the future and meet your great-great-grandchildren?
- Have more time or more money?
- Have a rewind button or a pause button on your life?
- Be able to talk with the animals or speak all foreign languages?
- Be without internet for a week or without your phone?
- Lose your vision or your hearing?
- Work more hours per day but fewer days. Or work fewer hours per day but more days?
- Listen to music from the '70s or music from today?
- Be Batman or Spiderman?
- Always say everything on your mind or never speak again?
- Be the youngest or the oldest sibling?
- Be 4'5" or 7'7"?

Bible - Read Matthew 5:13-16. How should Christians act if they're actually Disciples?

Read Matthew 5:38-48. Are you just playing the part or living your life truly surrendered to Jesus?

Questions (Introspective/Reflective) - Are you salty? How?

Justin talked about how salt is more sensed than seen. How is salt more sensed than seen? What does being salt mean to you?

Just a little bit of light is all that's needed to penetrate the darkness. How can you be salt & light to others?

Do you know anyone who calls themselves a Christian? Would you say that they are a real Disciple of Jesus? What's the difference?

Have you ever had to follow someone closely in order to learn something? What was it? What was that experience like? How would the process of learning that thing have been different if you didn't have someone to follow closely?

How's that similar to following Jesus?

Have you experienced a time when you have surrendered your plans and went with God's plans? What happened?

Being a Disciple is a process. What is your next step in being a Disciple of Jesus?

Interactive - What're you building? Give your group some time to collectively try to build something. It could be a house of cards, a popsicle bridge, or some other creative thing you come up with. But here's the catch - it has to be

something you can give them plans for. But not at first. We'll use a house of cards as the example, but again, you can get creative here!

Break your group into small groups and give each group a deck of cards. Tell them they have a certain amount of time [determined by you] in order to build the best, tallest, most stable house of cards they are able to.

It should be fun to see the variety and creativity they use to try to make a stable house of cards. Once time is up, take a few minutes to check out each group's house of cards. Compliment their creativity and effort. Maybe even give some candy or a small prize to the "winner." Then tell them to break it back down into a deck.

Give each group the provided instructions for making a stable house of cards and ask each one to build again.

Take a few minutes to talk about their plan for building the house vs this "professional" plan you provided. How were they similar? How were they different?

You can find some easy instructions and tips from the "pros" here:

<https://www.wikihow.com/Build-a-House-of-Cards>

Challenge - What are your plans? Do you know "what you want to be when you grow up?" Do you have a plan for making that a reality? Are you planning to go to college? Play professional sports? Move to Hollywood to pursue a career in film? What are your plans? Do you plan to get married? Have kids? Where do you plan to live?

Take some time and write out your plan. As much of it as you know. What are you wanting in life, and how are you planning to get there? Be as detailed as possible.

Spend some time over the next couple of days (or weeks or longer - whatever time it takes!), and ask yourself the following questions:

- “Are these God’s plans or mine?”
- “Am I really willing to give up my plan for His?”
- “What am I going to do if God asks me to do something different?”

Action - After you’ve spent some time writing out your plan and asking yourself if you’re willing to give it up in order to follow God’s plan, start praying about and writing out how your plan needs to change to align with God’s. Justin referenced being a Disciple to being an apprentice. Seek out ways you can actively be learning more about Jesus and how to follow Him. Ask God in prayer what He is calling you to - where you fit in His plan. Figure out what the next step you need to take towards being a Disciple (mentioned earlier) - TAKE THAT STEP. Then pray about what the next step is after that. TAKE THAT STEP. Keep repeating the process!



Session 4 - Wake Up To Power



Materials You May Need: Scale or anything else you need for strength tests

Icebreaker - This morning's session was focused on waking up to power. Who thinks they're pretty strong? The strongest? We're going to play a couple of strength tests to find out. (Leader Note: We've included a few options here, but you use your creativity to see what else you could come up with)

Leg wrestling. Pair students up. Have each pair lay side by side head to foot. They should line up at the hip and interlock arms. Each pair will count to three. On each number they will lift their inside leg (the one that is closest to the other person) perpendicular to their body. When they get to three, their legs lift and they interlock their legs and push their leg down as strongly as they can in an effort to flip the other person over. Whoever wins stays in and finds a new partner. Continue the process until you have only one person remaining and declare them the winner.

Under Pressure. Using a regular bathroom scale, hold it between your hands and push your hands towards each other as hard as you can. Record the weight that is registered on the scale. See who can press the hardest.

Hold! Have everyone get into a pushup position (plank position also works well for this). See who can hold the position the longest.

There are a variety of strength games or contests you could use. Use your creativity. The goal is to have some fun, be a little silly, and break the ice to talk about power.

Bible - Break your group into small groups and have them Read Luke 10:25-37. The Parable of The Good Samaritan. Have each group retell this story as though Jesus was telling it in a modern context to a 2023 American audience.

Questions (Introspective/Reflective) - Who is your neighbor?

Contextually to how Jesus describes it, how can you be neighborly? How's that different than just being nice?

What does it mean to broadcast Jesus?

Have you ever seen someone broadcast Jesus? How did they do it?

Have you experienced more people doing a good job of broadcasting Jesus or a bad job? Give some examples?

If you're being honest, what is your life broadcasting?

Would anyone know that you're a Christian just from watching your life?

How do you use your influence, popularity, Social Media, etc to broadcast Jesus?

Justin talked about 4 different chairs:

Chair 1 - Broadcasting What Jesus Says Is Neighborly.

They know Jesus. Involved in and serve in their church. Actively seeking to be a Disciple of Jesus. Actively caring for people around them. Actively sharing their faith. They are on fire and people notice something is different about them.

Chair 2 - Claiming To Broadcast But Not Visible.

They go to church and are involved in groups. They know all the right things to say. But they are just going through the motions. The Holy Spirit has not changed their heart. They used to be on fire but their faith is just a check list of things to do or not do. It's by name only, not how they live.

Chair 3 - Is Familiar With The Broadcast

This person does not really broadcast anything of Jesus. They wouldn't say they were a Jesus follower. They have been around church. Been around Jesus followers. They can say all the right things but there is no life change. They can spout off talking points but they are just around it and not in it.

Chair 4 - No Broadcast

Not really a Christian. Just kind of doing their own thing. Church and Jesus is not really anything for them and they have no idea of anything in regards of the broadcast of Jesus. They are living their life with an inner broadcast. Nothing they do really is for other people. They never really thought about this faith thing. They might do nice things for other people sometimes but it has nothing to do with faith but more to do with because they think if they do good they will go to heaven. Their broadcast is all about themselves.

Honestly, which chair are you in? (Leader Note: You might have everyone close their eyes and raise their hand when you call out a particular chair. Doing this might make your teens feel more comfortable to give an honest answer instead of what they think they should say.)

What chair are most of the people around you in?

What chair are the people most important to you in?

Do you think you can move chairs? How? What do you think would motivate someone enough to move to a different chair?

Do you know anyone who makes you ask why they are the way they are? They are different, in a good way - and it's obvious.

Do you know anyone who says they live for Jesus, but their actions say otherwise?

You are teaching something even if you aren't meaning to. What do you think Chair 4 people are learning from you about Jesus?

Interactive - Game time. Justin talked a lot about loving your neighbor. This weekend may have been filled with deep and sometimes heavy moments. Setting aside some time for a game that also helps with the message can be a great way to relax while still learning.

Do You Love Your Neighbor is a simple game that many of your teens may already know. Have everyone get a chair and make a large circle. Have one less chair than you have people. The person without the chair will be the first person in the middle. Instruct that person to go up to any person in the circle and ask them, "Do you love your neighbor?"

The person they ask can respond one of two ways:

"No!" If they choose this response, then the two people on either side of them must get up and switch chairs before the person in the middle can sit in one of those chairs. Whoever is left without a chair is the one who will ask the next person "Do you love your neighbor?"

"Yes, but I don't love people who _____" If they answer yes, they must give an adjective describing the people they don't love. For example, "Yes, but I don't love people who are in Middle School." Anyone in the circle that fits this description must get up and get a new chair. Again, the object is to get in a chair before the person in the middle does. Whoever is left without a chair is the one who will ask the next person "Do you love your neighbor?"

Challenge - Social Media Challenge. Justin spent a lot of time talking about Broadcasting. How do you broadcast your faith? Most of us will never have access to a radio show or television - probably not even a podcast! But all of us are broadcasting through the lives we live. And the vast majority of us have access to a wider audience for that broadcast to reach - Social Media.

How does your Social Media reflect your faith? Would someone following you on any of these platforms even know that you're a Christian? Is your broadcast limited to a random verse in your bio or an occasional #blessed post? Or do you really let your faith show in your Social Media?

Whether you prefer Facebook, Instagram, SnapChat, BeReal, or whatever the next trendy platform is - most of us are on at least one of them. There are a lot of negatives and downsides to Social Media, but it's not all bad. We can actually use it to broadcast to a wider audience than just the people in our town. And that's exactly what we want to challenge you to do. Find ways to leverage your Social Media presence to BROADCAST your faith. We're not asking you to be fake or present something that you're not. But how can you use the access you have to a wider audience in order to share your faith? How can you adjust your Social Media posts to reflect your faith?

Action - What chair are you in? In your small group, have each leader set up 4 chairs. This could be a powerful moment if the teens are honest in how they answer. It can also be an uncomfortable moment.

Identify which chair is which (using the 4 chairs Justin mentioned in his message). Ask each person to come up and sit in the chair they think they're in. Have them explain why they would put themselves in that chair. After explaining why, ask them to explain what got them to that chair (this could be good things or negative things depending on which chair they're in). Then challenge each one to give some intentional steps they can take in order to grow closer to God and move to a different chair.

Make sure to encourage everyone - this should be a time for them to see where they're at, think about how to get closer, and feel encouraged by their peers and leaders regardless of which chair they're in.