**Life Night no. 2**

1. **Purpose: What are we trying to accomplish?**
	1. Deepen our “relevancy” to teens’ lives
	2. Meet teenagers “where they are”
	3. Give teenagers another “option” of what to do with their anxiety
2. **GATHER (20 min)**
	1. Adult Mentors pass out clothespins. Each student gets 3 clothespins and attaches them to their clothes (wherever they want).
	2. When the music starts, the object of the game is to take your clothespins and pin them to someone else. Watch out for others trying to put their clothespins on you! (Note: you are only allowed to have one clothespin in your hands at a time.)
	3. The music will stop and the emcee will yell “Slow motion!”
	4. The game continues when the music resumes, but you are only allowed to move in slow motion.
	5. If you want, you can continue to incorporate different instructions (ex: for one round, adjust the area of play by setting boundaries so that they have a smaller space to operate out of... OR for this round, you have to hop on one foot, etc.)
	6. When the music stops, the game is over. The object of the game is to finish with no clothes pins on you.
	7. Adult mentors should play, too! Look for the teens who are not engaged or participating. Also keep an eye out for the teens who are over enthusiastic.
3. **Transition (10 min)**
	1. Transition us from the game into the “Proclaim”
	2. Allow a little bit of time to settle, laugh about what we saw during the game, light conversation about how hard it was as clothespins are collected
	3. Break into small groups here so that teens are sitting with their groups for the proclaim
4. **PROCLAIM (10 min)**
	1. Anxiety is a normal experience and that there are healthy ways to cope with it.
	2. Reference the game. Sometimes our anxiety is like the clothespins from the game. We may be able to get one off of us, only to find more being added.
	3. Discussion about common anxieties for teens.
	4. Communicating that anxiety is a normal experience.
	5. Some common sources of anxiety for teens may include:
		1. Home – parents, relationships with parents, their marriage, their stress
		2. Home- siblings, extended family, things siblings are struggling with
		3. School- class, exams, grades, expectations, college
		4. Relationships- dating or not dating, boundaries, etc
		5. Relationships- friends, fitting in, their expectations
		6. Who am I?
		7. Who am I vs. who others expect, want, need me to be
		8. Influence of social media
		9. Image on social media
	6. By naming some of the common anxieties for teens, they are able to “see themselves in the list”. Even if they are unable to articulate the source of stress or anxiety in their life, this may help them become aware of what’s going on inside
5. **BREAK (20 min)**
	1. Teens are already in small groups
	2. Adult mentors begin by sharing, no longer than 5 minutes
		1. The most common sources of anxiety in their life and some healthy ways that they deal with stress
	3. Small group questions:
		1. What do you think causes stress for teenagers? What are the most common sources of anxiety in a teenager’s life?
		2. What are some ways -healthy or unhealthy- that people your age deal with anxiety?
		3. What are one or two things that you are personally struggling with?
6. **SEND (30 min)**
	1. Small groups transition over church, sitting together as a group
	2. Prayerful atmosphere, music ministry ready
	3. Tell the story of the Annunciation, Advent, Bethlehem, accenting Mary’s “anxieties”
	4. Lead teenagers in a guided meditation: see “LN PPT | Church version”
	5. Before we dismiss, give small groups a chance to pray together.
		1. Mentors distribute and explain prayer cards
			1. Card has a prayer and a challenge:
			2. Advent Challenge: say this prayer every day in advent and pick one of the following challenges to try until Christmas.
			3. Mary, help me to prepare with you this Advent, Remind me of your presence in my life. Help me in all my struggles and worries, especially \_\_\_. Remind me to be grateful for my blessings, especially \_\_\_. Fill me with the peace of Jesus and journey with me closer to Him. Amen.
			4. Pick one of the following:
				1. At least once a day, make a call instead of texting.
				2. Consider taking 5 minutes in silence. Increase by one minute a day up until 15 min.
				3. Turn off your phone after 9pm and leave it off through the night.
				4. At the end of the day, write down 3 things that you are grateful for.
				5. Do some form of physical exercise three times a week for at least 20 minutes.
		2. Small group prays the prayer out loud
		3. Encourage the teens as they leave
		4. Dismiss from small groups