

# YOUTH RESOURCES

## 11-14



LIFESTYLE

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# LIFESTYLE



*"So here's what I want you to do, God helping you: Take your everyday, ordinary life—your sleeping, eating, going-to-work, and walking-around life—and place it before God as an offering. Embracing what God does for you is the best thing you can do for him"* **Romans 12:1 (MSG)**



## GAME

For the game to start this session, play something fun that's all about a player or team getting as much of something as possible to win – this ties into today's Bible study!

### Option 1: Gold Rush

This works well if you have a big enough group and a field, park or hall to play in. 2 teams play against one another to steal each other's gold, the team who accumulates all the gold from the other team wins! (or if you want to set a time limit – whichever team has the most gold accumulated when time runs out wins)

The instructions are on 'Youth Group Games' website: <https://youthgroupgames.com.au/games/gold-rush/>

**Youth leader note:** tennis balls can be swapped for different types of balls or another material you have available e.g. paper or tin foil from the recycling screwed up. Face paint is suggested to distinguish teams, but if you have coloured bibs available this works well too.

### Option 2: Penny Chinny

If you have a slightly smaller group or tighter for space, Penny Chinny might work better. It's still linked to the theme as the aim of the game is to hold on to your money!

The instructions are on 'Spiritually Hungry' website: <https://spirituallyhungry.com/penny-chinny-game-instructions/>



## INTRO

We've been learning together about how much God loves all he has created – the earth, the plants, the animals, us, all of it! And we've been looking at what this means for us.

Today we're taking a deep dive into our lives. There are loads of things we do day in day out that impact God's creation, the earth and others around us. In the message version of Romans 12 v 1, God calls us to bring our 'everyday, ordinary life' to him, to show him love and worship by the way we live.

Living in a way that cares for his creation and loves people well is an important part of what it means to follow Jesus. Often this starts with the way we think. We live in a society that constantly tells us we need more stuff, better stuff and that we need to do more and be better ourselves too.

Jesus offers a radically different way of life, looking instead at what we can give up to show love to others. *"Greater love has no one than this: to lay down one's life for one's friends."* John 15:13 (NIV). We need God to transform our hearts, minds and lives so that we really care in the way that he does, and live it out in our daily lives.

Let's learn together how our daily life can show love today!





# BIBLE

## Read Luke 12:13–21 together

<https://www.biblegateway.com/passage/?search=Luke+12%3A13-21&version=NCV>

Jesus often taught in stories called 'parables' and this is one of those moments.

- In v15 Jesus says "be careful and guard against all kinds of greed" – what were these brothers and the rich man in the story being greedy for?
- What other kinds of greed do you think there can be?
- In what ways can we be greedy?
- Look at v18–21 again – according to Jesus, what was this rich man doing wrong?
- The rich man was putting his trust and hope in money and material stuff he had built up, instead of trusting God to look after him. In what way do you tend to put your trust in material things or get joy from them instead of from God?
- You could take a moment here to say sorry to God for this.

**Youth leader note:** if you want to go deeper on this topic, the following 2 sections in Luke 12 unpack this topic further

- Luke 12:22–31 'Don't worry'
- Luke 12:32–34 'Don't trust in money'
- The man in the story was already very rich – he already had multiple barns full of crops. Instead of being grateful for what he already had and being generous towards God, he was greedy to store up even more than he already had
- In what ways do we tend to want more things or better things instead of being grateful and generous with what we already have?
- What are you grateful for in your life? We're going to take time to say thank you to God together in a moment.
- Our mindset of always wanting more or wanting the newest best model (like the rich man) costs the earth's resources and other people's lifestyles. Let's invite God to change our minds, and start to practice gratitude for what we already have, pausing before asking for more. As we do this, we start to be increasingly thankful to God for all we have and find it easy to be generous with it.
- Is there something in the next week you could give to help someone? (e.g. money, time, food to a food bank)
- Is there something you could give up this week to have a better impact on the earth? (e.g. not buying snacks in plastic wrappers, not requesting that next item of clothing)
- Use these ideas to form your commitment in the 'Action' section later on.



*"I am not telling you this because I need anything. I have learned to be satisfied with the things I have and with everything that happens. I know how to live when I am poor, and I know how to live when I have plenty. I have learned the secret of being happy at any time in everything that happens, when I have enough to eat and when I go hungry, when I have more than I need and when I do not have enough. I can do all things through Christ, because he gives me strength."*

**Philippians 4:11–13 (NCV)**





# PRAISE

## Thankfulness Mural:

Let's spend time together now thanking God and praising him for all the good things we already have in our lives.

### Equipment:

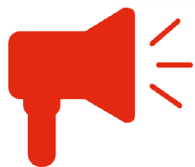
Magazines/newspapers/adverts/cards – anything with various pictures and colours (**Youth leader note:** collect these before or get youth to bring some with them)  
Scissors  
Coloured pens  
Glue  
Big piece of paper

### Instructions:

- You might want to write 'Thank you Lord' or a Bible verse in the centre of the paper
- Cut and stick or draw things around this that you are thankful for you already have in your life (friends, family, pets, garden, food, church, seasons, house, games, water)
- Play worship music in the background to direct your mind to praising God as you do this
- You might want to be brave and share afterwards about what you have put that you're thankful for and why
- Take a moment to say thank you to God as a group for all these things

**Youth leader note:** if you're able to, you could frame this and pop it on the wall of the venue where your youth group meets each week as a reminder.





## ACTION



### Give it up or swap it out:

There are lots of big and small changes we can make to our lifestyles that care for creation better! Have a think together now about what you could give up or swap out in your weekly life to reduce your impact on the environment.

Below are some ideas – feel free to think of your own too. Make a brave and achievable commitment you can put into action in the next couple of weeks, and check back in with each other as a youth group about how it's going.

If you struggle to stick with your commitment sometimes – that's ok! We're not perfect, but God is. He loves you, he's with you and he'll help you to try again. As a youth group, cheer each other on as you try to make these eco-friendly life changes.

Youth leader note: some of these ideas will mean the young people having a conversation with their family to get them on board with their commitment. This is great practice at having brave conversations and influencing those around us to look after creation together. If you need to – take some time now to discuss how the young people will go about these conversations.

To reduce my impact on the earth, animals and people, I commit to...

- Walking or cycling to school instead of using the car or the bus once or twice a week
- Buying clothes second-hand instead of first-hand where I can
- Using soap to wash instead of body wash in a plastic container
- Getting a reusable water bottle instead of using single-use plastic bottles
- Using hankies instead of tissues
- Meat-free Mondays (or several days!)

Why not sign up to A Rocha UK's 'Wild Christian' which gives you ideas every month on an email to help you enjoy, nurture and protect nature: <https://arocha.org.uk/wild-christian/>



## GOING DEEPER

Take time to worship together after making your commitments. Spend this time focusing on God, praising him for who he is and how amazingly he has blessed us, and asking him to help you surrender your whole life to him. Here are a couple of song suggestions that are good for this theme:

I surrender all <https://www.youtube.com/watch?v=kfQm6o4V1SI>

Build my life <https://www.youtube.com/watch?v=xLSDBG1OcGE>



## FURTHER READING

### Eco Church Resources

**Youth leaders note:** The resources to support the Eco Church questionnaire for this section are here. There may be some which are helpful to discuss further with your youth group (and the wider church) in the future.

<https://ecochurch.arocha.org.uk/resources/lifestyle/>