

LIFE Meeting

Respect Your Body

November 13, 2013

1. Opening Prayer

Jason

2. Icebreaker

Step Up to the Line—Joe McCoy

3. Skit

4. Personal Reflection

Maggie

5. Small Group

6. Large Group—Video

Sarah

7. Small Group—Brochure

8. Closing Prayer

Becca

Next Meeting: December 11th

Hope Totes: November 11-25

Christmas with the Cougars 12-8

CORE Team:

- Planning Meeting November 14th 6:00
- Topic: Dealing with Life's Struggles
- New sign for phone bin

Opening Prayer

Selena Gomez

Who Says

<http://www.youtube.com/watch?v=7C6jG2ZLSq4>

I wouldn't wanna be anybody else, hey
You made me insecure, told me I wasn't
good enough
But who are you to judge
When you're a diamond in the rough

I'm sure you got some things
You'd like to change about yourself
But when it comes to me
I wouldn't want to be anybody else

CHORUS:

Na
Na na na na na na na na na na na na na na na
I'm no beauty queen, I'm just beautiful me

Na
Na na na na na na na na na na na na na na na
You got every right to a beautiful life, come
on

Who says, who says you're not perfect
Who says you're not worth it
Who says you're the only one that's hurting
Trust me that's the price of beauty
Who says you're not pretty
Who says you're not beautiful, who says?

It's such a funny thing
How nothing's funny when it's you
You tell 'em what you mean
But they keep whitin' out the truth

It's like the work of art
That never get to see the light
Keep you beneath the stars
Won't let you touch the sky

CHORUS

Who says, who says you're not perfect
Who says you're not worth it
Who says you're the only one that's hurting
Trust me that's the price of beauty
Who says you're not pretty
Who says you're not beautiful, who says?

Who says you're not star potential

Who says you're not presidential
Who says you can't be in movies
Listen to me, listen to me

Who says you don't pass the test
Who says you can't be the best
Who said, who said?
Would you tell me who said that, yeah
Who said

Who says, who says you're not perfect
Who says you're not worth it
Who says you're the only one that's hurting
Trust me that's the price of beauty
Who says you're not pretty
Who says you're not beautiful, who says?

Who says you're not perfect
Who says you're not worth it
Who says you're the only one that's hurting
Trust me that's the price of beauty
Who says you're not pretty
Who says you're not beautiful, who says?

Never think down on yourself. As Selena Gomez says in the song "I'm no beauty queen, I'm just beauty me." It doesn't matter if you're the prettiest, most athletic, or the smartest. If you look at yourself in a perfect good way then you are perfect. She also says "you got every right to a beautiful life" don't let anyone else make your life miserable. Live your life to the fullest don't worry what other people say. You can do whatever you put your mind to. Selena sings about this when she says "who says you're not star potential. who says you're not presidential." in all honesty it doesn't matter if someone else says you can't. If you have confidence and determination in yourself you can do it. Don't ever think you can't do something always believe in yourself and you can do anything.

Icebreaker

Step Up to the Line- Joe- have some prepared(10)

- if you think we are created in God's image
- if you believe that our body is a temple
- if you believe you have ever disrespected your body
- if you have ever seen yourself as being lesser than someone else
- if you have ever been to a party where drugs or alcohol were present
- if you have ever been under the influence
- if you have ever denied alcohol or drugs
- if you have ever stolen or bought alcohol or drugs
- if you have ever let someone else disrespect your body

Respecting Your Body Skit

Characters:

Slutty Sally- Hannah

Modest Mary- Abby

Cleanly Clarence- Joe

Smelly Steve- Wes

Momma Juanita - John

Narrators- Sarah & Victoria

Victoria: It was finally Friday and Sally, Mary, Clarence, and Steve were so ready for the weekend. Tonight their friend Chris was having a huge party, everyone was going to be there!

(Sally and Mary are getting ready for the party, putting on makeup and picking out clothes)

Sally: I'm so excited for tonight! This will be the party of the year for sure.

Mary: It'll be so nice to take a break and just have some fun. What are you going to wear?

Sally: I think this, (shows off "slutty" outfit), all of the guys are going to love it!

Sarah : Mary thought to herself, wow that skirt is a little short. But hey, I can't tell her how to dress.

Mary: I'm wearing my new sweater and jeans from Forever 21. I can't wait to show everyone!

(now we show guys getting ready at Clarence's)

Steve: Dude, that football practice was rough.

Clarence: Yeah... you reek!

Steve: Whatever, I'm too tired to shower. I'm just going to spray some Axe. That'll cover it up.

Clarence: Uhhhh.... That's gross. Whatever man. Steve... why are you wearing that nasty shirt? There's going to be girls at this party!

Steve: I don't care. Besides, you look stupid all dressed up.

Clarence: I don't look stupid! I look put together! Okay, it's time to go.

Victoria: It was 7: 15, the perfect time to roll in fashionably late. The fun was about to begin!

(Everyone meets at the party and there is music playing in the background. The girls are shown to the side talking with some friends. The guys walk in find their friends. Each is in a side conversation observing the party)

(Guys are talking within their little group)

Steve: I love this song! Hey, let's scope out the ladies.

Clarence: Wow, Mary looks finneeeee. I should talk to her later on.

(Girls are talking in their little group)

Mary: OMG Clarence is so hot I hope he talks to me!

Steve: Look at Sally's outfit, what even is that. It's November! It looks like she's wearing a napkin. (Everyone laughs)

Sally: Oh my gosh.. what is that smell?

Mary: Ew I think it's Steve! When is the last time he showered?!

Sarah: As the party went on, some alcohol was brought.

(Guys go over to the drink table and get some drinks for themselves and the girls. They walk over to the girls.)

Steve: Hey ladies, want some drinks?

Sally: Sure, thanks!

Mary: Uh, I think I'll pass...

Victoria: Everyone except Mary went back to the group of people not drinking. After Clarence and Steve had a few drinks, their attention shifted from Mary to Sally)

Clarence: Sally looks so hot in that outfit! I hope she'll dance with me!

Steve: Yeah, she looks so good!

(Sally waves and winks at the boys)

(Music turns up and everyone is dancing, Sally moves over to the guys and starts dancing all over them)

Sarah: The party continued and eventually everyone was getting sick of the way Sally was acting

Sally: (slurring words) Clarence! You're sooooo hot. This night has been sooooo much funnn!

(Sally spills her drink)

Steve: (talking to Clarence) Sally's all over the place... that's not attractive at all.

Clarence: I don't care dude! She's hot! I'm going over there.

Clarence: (walks over to Sally, slurring words he says) Hey baby

Sally: Heyyy, do you think you could give me a ride home?

Clarence: Sure thing, babe (winks)

Sally and Clarence continue talking and she clings to him

Victoria: Steve decided he'd rather talk to a girl like Mary.

(Steve walks over to Mary, they start quietly talking and flirting)

Sarah: Then Clarence got a text from his mom that it was time for them to leave. Clarence thought to himself, "oh no, my mom can't see a girl like this!"

Clarence: Hey Sally... nevermind, I can't give you a ride.

(Everyone goes home, Sally and Mary are writing in their journals)

Sarah talking for Mary: That party was so fun! I wish everyone wasn't drinking, but I'm proud that I didn't give in. And Steve was really fun to talk to I really shouldn't have judged him like I did!

Victoria talking for Sally: Ugh. I made some stupid decisions tonight. I can't believe I acted the way I did. Maybe I should respect myself better when I go out. That way, guys will respect me more.

THE END

Questions:

1. Who did you relate to most in this story?
2. Steve didn't get cleaned up for the party and the girls noticed. Why do you think respecting your body when it comes to cleanliness is important?
3. Why do you think Sally was so dissatisfied when she got home?
4. Seeing how Clarence was interacting with girls, do you think he could find a long lasting relationship that way?
5. Do you think Mary made good decisions at the party?
6. How does this relate to respecting your body?
7. Do the decisions you make reflect on your self-image?

Girls Small Group

Scripture

Hold hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Matthew 7: 12-17

In everything, therefore, treat people the same way you want them to treat you, for this is the Law and the Prophets.

Enter through the narrow gate; for the gate is wide and the way is broad that leads to destruction, and there are many who enter through it. For the gate is small and the way is narrow that leads to life, and there are few who find it.

Beware of the false prophets, who come to you in sheep's clothing, but inwardly are ravenous wolves. You will know them by their fruits. Grapes are not gathered from thorn bushes nor figs from thistles, are they? So every good tree bears good fruit, but the bad tree bears bad fruit.

Reflection:

In this passage it says treat others as you would want to be treated. This can mean that the way you put yourself out in the world, is the way people are going to perceive you. If you show respect for others and your own body, others will follow. Also, it is saying to watch out for people who just act a certain way to get what they want from you. God only wants the best for us and by respecting what he gave us is a step closer we get to him.

Girls Group

Now we will be taking a quiz about self-respect. Self-respect is not only the way you dress and present yourself, but how you think of yourself and treat yourself. This quiz is meant to make you think about how you treat yourself and respect your body.

Take Quiz

Talk about why one may have gotten that score and reasons that you are satisfied with yourself or are very critical about your body.

1. What factors cause some girls to be insecure about their bodies?
2. Why do you think that society puts such a strong emphasis on weight?
3. Since media has such an influence on body image and almost all the media today is fake and airbrushed, why do girls pay compare themselves to the pictures in the media?
4. Do you notice guys glorifying "famous airbrushed babes" in media? How does that make you feel?
5. How do girls dress to "cover up" their insecurities for guys?
6. Why do some girls "put out" in order to get guys?

Boys Small Group

Scripture

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Reflection:

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Boys Small Group

- When guys dress to impress
 - (guys reaction?(You're gay!)
 - girls reaction?(awwh)
 - Why is it a big deal?
 - Should it be?
 - Being sexually active or not (using girls)
 - Drinking
 - Things guys say to girls (dat ass doe, hey baby) □ how does this affect you,
 - Confidence, self-purpose, expectations(school, "doing things" talks, drug and alcohol abuse?)
 - Conforming to society?
 - How do you take care of you hygiene? (do you shower brush your teeth do you wear clean clothes do you care how you look)
 - Does it really Matter?
1. What do girls do that make you feel good about yourself?
 2. What do girls do to make you feel bad about yourself? (For Joe: when girls whisper in front of you)
 3. Do you ever hold back from dressing nicely to avoid other guys making fun of you?
 4. Do you ever feel like you conform to society to just to fit in?
 5. Do you ever feel a lack of confidence or self-esteem? with activities? upper classmen? girls?
 6. What do you think it means to be a man? (respect for women, priorities, leadership)

ACTIVITY: make a list of what it means to be a man and draw a picture as a group.

Second Large Group

Share anything from small groups that applies

In this video we are going to explore the idea of self-image. Often times we look at ourselves, guys and girls, and focus on our flaws. We're our own biggest critics. It's hard to call ourselves beautiful or handsome, even when others give us compliments. Instead of focusing on our flaws and insecurities, we should focus on the things that give us confidence. As you watch this video, think about how you would describe yourself, and whether or not you would do that in a negative light.

Sketch artist video-

http://www.youtube.com/watch?feature=player_embedded&v=litXW91UauE

or

<http://americablog.com/2013/04/women-go-to-sketch-artists-and-find-out-theyre-prettier-than-they-think-video.html>

Discussion

Self-image should be a source of confidence, not anxiety. I'll admit that if I were told to describe myself, I wouldn't hesitate to point out all of my flaws. It's what stands out to me. I'm sure a lot of you look in the mirror and don't always like what you see. It's important for us to step past our anxieties and insecurities and acknowledge what really makes us unique and beautiful in God's image.

1. Why do you think we first look at the negatives about ourselves and our appearance?
2. Do you ever find it hard to accept a compliment? Why do you think we do this?
3. Would you agree that seeing your appearance in a negative light is one form of disrespecting your body? Why?

Next we are going to move into our small groups. We have an activity that will hopefully let you see the traits that shine within you that you might not always see in yourself.

Small Group Brochure Activity

<http://recreationtherapy.com/tx/txself.htm>

Equipment: Boxes of markers, one sheet (8.5 x 11) of paper and one paperclip per person

Objective: To increase participant's self-esteem, to facilitate participants sharing positive feedback with peers

Description: The paper you use should be folded in threes (like a tri-fold brochure). Have the participants decorate the front flap with their name in any manner they want. Then have them open the brochure and read out categories to them to list on the inside. Some examples are: my best feature, my proudest moment, my favorite activity, something I'm good at, etc. I usually have about 10. After they list them they should provide an answer and I tell them that no one else will be looking at these, so they can feel free to write anything, as long as it is positive. When everyone is done, participants fold up the brochure and paperclip it shut. Then everyone passes their brochure to the person on their right. When you receive a brochure from your neighbor you are to notice who it belongs to, turn it over (never opening it) and write a comment about them on the back. Continue passing around until all people have commented.

I let people know that if they don't know the person well, it can be a simple thing like "I like your haircut" or it could be a very personal note to someone you know well. These can be anonymous, or people can sign their names. The brochures should be passed all around the circle until everyone has signed each of them and participants receive theirs back. At this point I have people spend 5 minutes quietly and silently reading what people said about them. Then we have a discussion about what it was like to read things others had written about them, if anyone was surprised about what was written, if anyone needs clarification about something they can't read or don't understand. We also discuss if it was easy or hard to compliment others and if it was easy or hard to receive compliments. At the end of the discussion I encourage everyone to keep their brochure and reread it when they are not feeling good about themselves.

Closing Prayer

Jonny Diaz

A More Beautiful You

<http://www.youtube.com/watch?v=YwUkJ-DjH4k>

Little girl fourteen flipping through a
magazine
Says she wants to look that way
But her hair isn't straight her body isn't fake
And she's always felt overweight

Well little girl fourteen I wish that you could
see
That beauty is within your heart
And you were made with such care your
skin your body and your hair
Are perfect just the way they are

[chorus]

There could never be a more beautiful you
Don't buy the lies disguises and hoops they
make you jump through
You were made to fill a purpose that only
you could do
So there could never be a more beautiful
you

Little girl twenty-one the things that you've
already done
Anything to get ahead
And you say you've got a man but he's got
another plan
Only wants what you will do instead

Well little girl twenty-one you never thought
that this would come
You starve yourself to play the part
But I can promise you there's a man whose
love is true
And he'll treat you like the jewel you are

[chorus]

So turn around you're not too far
To back away be who you are
To change your path go another way
It's not too late you can be saved

If you feel depressed with past regrets
The shameful nights hope to forget
Can disappear they can all be washed
away
By the one who's strong can right your
wrongs
Can rid your fears dry all your tears
And change the way you look at this big
world
He will take your dark distorted view
And with His light He will show you truth
And again you'll see through the eyes of a
little girl

[chorus]

"Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations." Jeremiah 1:5. This bible passage says a lot on how God views us. He thinks that we are so important and special that He made every one of us in His image and likeness. He loves every one of us so much that he made us all special in our own different ways. When we take care of our bodies and respect ourselves for how and who we are, we are thanking God for the great gifts he presented us with, but when we disrespect our bodies by using alcohol and other drugs we aren't living up to the full potential God gave us. If we have made mistakes by not caring for ourselves in the past God is all forgiving and He will forgive us and give us a second chance to show Him how grateful we are for the wonderful abilities He has blessed us with. Even if sometimes we think we aren't good enough, in God's eyes we are and once we accept the fact that we are we will live life to its full potential and we will believe that God has made us beautiful no matter what others think.