

# LIFE Meeting

## Breaking Out of Your Shell

### May 7, 2014

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## Icebreaker

### Ships and Sailors

[http://www.teampedia.net/wiki/index.php?title=Captain%27s\\_Coming!](http://www.teampedia.net/wiki/index.php?title=Captain%27s_Coming!)

Assign one person to be the "Captain." The role of the Captain is call out the actions and dismiss the players who don't do the actions quick enough or who break from character. Once the captain calls an action, each player has 3-4 seconds to start performing the action. If they don't find a group fast enough or perform the right action, they are out of the game.

Here is an explanation of each of the actions...

- **Captain's Coming!**: Everyone stands at "attention" (in a salute), and they can't move from this position until the caller says, "At Ease!" If they laugh or break from the attention, they are dismissed.
- **Ships**: Players run to the right.
- **Sailors**: Players run to the left.
- **Man Overboard!**: One person drops to one knee the other stands behind them, puts one foot on their back. Both scan the ocean for the overboard man
- **Mermaid!**: each player individually thrust out right hip, places right hand on that hip, takes left hand and makes a big exaggerated wave and yells out "howdy sailor!" (this one is basically for your own entertainment as it looks hilarious and it gets the participants laughing)
- **3 men rowing**: 3 players. Get in a line and pretend to row a boat while singing "row row row your boat".
- **5 men eating**: 5 players. Get in a circle and pretend to eat.
- **Hit the deck!**: fall to the floor on your stomach

## Opening Prayer

Matt Kearney

Runaway

<https://www.youtube.com/watch?v=BXwZRNFLlcs>

Tonight you're letting go, under the burning  
glow

We're too young to hold this all on our own  
All that came and went riding them by the  
winds

Blowing through the trees, she could feel it  
on her skin

Walking the lost streets, no one ever shares  
Cry yourself to sleep, waiting on a little  
prayer

Bags are by the door, hearts are on the floor  
There's a bottle of tears on the dresser  
drawer

Nobody knows the trouble we've seen  
Nobody knows the price of this dream  
And nobody knows what it took to believe  
Nobody

She wants to be free, like a runaway, ay ay  
ay

Trying to believe, gonna find a way, ay ay  
ay ay

We got just one life, tonight we're running all  
the lights

Trying to break free, like a runaway ay ay ay  
ay ay

The road below our wheels, all that we  
fought to heal

You close your eyes and cry, dying for the  
right to feel

I hear it coming down, oh the sweetest  
sound

Of forgotten tears falling on the solid ground

Nobody knows the trouble we've seen  
Nobody knows the price of this dream  
And nobody knows what it took to believe  
Nobody

She wants to be free, like a runaway ay ay  
ay

Trying to believe, gonna find a way ay ay ay  
ay

We got just one life, tonight we're running all  
the lights

Trying to break free, like a runaway ay ay ay

ay ay

Oh oh oh oh

Oh oh oh oh

We're singing "How did we get this far riding  
on a shooting star? "

It's like flying on the wings of God

She wants to be free

Like a runaway ay ay ay

Trying to believe, gonna find a way ay ay ay  
ay

We got just on life, tonight we're running all  
the lights

Trying to break free, like a runaway ay ay ay  
ay ay

**Reflection:**

This song highlights the struggles of life. We all have problems, we all face struggles. We all want to be free to some capacity. Facing your struggles can be one of the hardest things to do in life, but it is one of the most important things to do. If you focus on the bad, it will suffocate the good. We allow the hardships to block out the positives, but in actuality there is so much more positive than negative. As I look around the room, what I see is beautiful. God made everyone special, and even though we sometimes can't see the beauty in ourselves, I guarantee others see that beauty in you. It is a really hard journey to really see the beauty in yourself, one we are still on. But the joy is in the journey. We become better insurmountably through the struggles we face. We can even start to find the beauty in ourselves. And to me, that's what I think coming out of your shell is really all about; finding the beauty in yourself and sharing it with others.

## Second Large Group

Fear and regret can hold us back in many different ways. Personally, I have dealt with the fear aspect more than anything. Believe it or not, 8th grade and even freshman year I was very shy and introverted. This might surprise someone who didn't know me back then. I may not be the loudest person now, but I have overcome a lot of insecurity and apprehension in social situations.

Maybe some of you who are shyer can relate to me when I say I had a fear of small talk. This may sound kind of weird, but I used to envy kind of person who could speak with anyone and just know what to say. It's not like I didn't have friends, I was just timid about social interaction. My overall nervousness made me quiet and shy. I wasn't one to draw attention to myself or stand out. Perfect qualities of a cheerleader, right?

Well actually, in 8th grade when it was time for cheer tryouts for the next year I was too scared to come. I made a deal with my mom and sister, who were so supportive of my future cheer career, even if I wasn't totally on board yet. I would rather have been a stage hand in the plays, somewhere where I could blend in. We made a deal that I would try cheer freshman year on JV. If I didn't like it, I wouldn't have to continue.

I accepted the fact that cheer was a go, so I made a decision that I would go all in. Before freshman year I thought about who I wanted to be in high school. I wanted to be a people person. I wanted to have a great group of friends. I wanted to remember this time in my life. I was determined to get over that initial awkwardness with people and just *talk*. It got easier and easier, and before I knew it, I wasn't so intimidated. I got over my fears and developed my social skills a huge amount from freshman year until now.

I couldn't be happier about where I am. I probably would've laughed freshman year if you told me I would be the president. The other day, Nikki Ketchmark wrote on the little senior picture she gave me "I'm so glad you're not quiet little Sarah anymore." And I'm so glad too. Now I love cheer, student council, pastoral council, and all the other activities I'm involved in. I didn't let my fears hold me back, and I'm so thrilled that I didn't. Breaking out of my shell eliminated all of the fears I had.

## Second Small Group

1. When has been a time that you have broken out of your shell?
2. What gave you the courage to do so?
3. Seniors share what they are going to do to break out of their shell in college.
4. Think of what you want to do next year to break out of your shell in school.
5. Get an egg and share what your challenge is and write down the one you came up with yourself.

## Closing Prayer

Breakaway

Kelly Clarkson

<https://www.youtube.com/watch?v=4soDuYY465U>

Da da da'd da da  
Da da da'd da da  
Da da da'd da da da da

Grew up in a small town  
And when the rain would fall down  
I'd just stare out my window  
Dreamin' of what could be  
And if I'd end up happy  
I would pray

Trying hard to reach out  
But when I tried to speak out  
Felt like no one could hear me  
Wanted to belong here  
But something felt so wrong here  
So I prayed I could breakaway

I'll spread my wings and I'll learn how to fly  
I'll do what it takes till I touch the sky  
And I'll make a wish, take a chance, make a  
change  
And breakaway  
Out of the darkness and into the sun  
But I won't forget all the ones that I love  
I'll take a risk, take a chance, make a change  
And breakaway

Da da da'd da da  
Da da da'd da da  
Da da da'd da da da da

Wanna feel the warm breeze  
Sleep under a palm tree  
Feel the rush of the ocean  
Get on board a fast train  
Travel on a jetplane, far away  
And breakaway

I'll spread my wings and I'll learn how to fly  
I'll do what it takes till I touch the sky  
And I'll make a wish, take a chance, make a  
change  
And breakaway  
Out of the darkness and into the sun  
I won't forget all the ones that I love  
I gotta take a risk, take a chance, make a  
change  
And breakaway

Buildings with a hundred floors  
Swinging round revolving doors  
Maybe I don't know where they'll take me  
But, gotta keep moving on, moving on  
Fly away, breakaway

I'll spread my wings and I'll learn how to fly  
Though it's not easy to tell you goodbye, gotta  
Take a risk, take a chance, make a change  
And breakaway  
Out of the darkness and into the sun  
But I won't forget the place I come from  
I gotta take a risk, take a chance, make a  
change  
And breakaway

Breakaway  
Breakaway...

Breaking away and out of your shell can be as easy as talking to new people or moving out for college. Yes, it is going to be uncomfortable because it's unfamiliar and it's new but breaking out helps you learn new things and try new experiences. It's a part of growing up. Spreading your wings and fly is the main message of this song. If you put your trust in God and break out to something new, you might realize what you have been missing, of course, like anything, there will be some rough patches here and there, but come to the realization that God has a plan for you so set free, find adventure, and soar.