

# LIFE Meeting

## Speak Life

### August 27, 2014

Emcee: Sarah

1. Icebreakers: Mail Call

2. Opening Prayer

Katie

3. Introduction to Core Team Video

Sarah

4. Large Group: This who we are

Tess and Gabby

5. Skit

Core Team

6. Small Group

7. Large Group

Sarah

8. Closing Prayer

Jenna

- Next Meeting: September 10<sup>th</sup>
- Bring Pictures for bulletin board
- Sign up if you want to do something at a meeting

## Meeting Introduction

Today's Life meeting topic is Speak Life. Speaking life means to be genuine and real with people. It means being who you really are, instead of trying to be something you're not. Speaking life means showing other's Jesus through your words and actions. It means not being afraid to speak your mind, but also taking into account other people's points of views and listening to their opinion.

## Icebreaker

**Mail Call:** Have chairs set up in a circle. Someone stands in the center of the circle and says their name and a little fun fact about them then says, "Mail Call for everyone who is wearing red." Then all the people who have red on get up and switch chairs with someone else who had red on. Players cannot sit in a chair immediately beside them or in their own chair. The object is for the person in the middle to get a chair before someone else can. It's similar to musical chairs. The last person standing introduces themselves and then comes up with their own mail call.

## Opening Prayer

Toby Mac  
Speak Life

<https://www.youtube.com/watch?v=7rK6O0YtBRY>

Some days, life feels perfect.  
Other days it just ain't workin.  
The good, the bad, the right, the wrong  
And everything in between.

Though it's crazy, amazing  
We can turn a heart with the words we say.  
Mountains crumble with every syllable.  
Hope can live or die

So speak Life, speak Life.  
To the deadest darkest night.  
Speak life, speak Life.  
When the sun won't shine and you don't know why.  
Look into the eyes of the brokenhearted;  
Watch them come alive as soon as you speak hope,  
You speak love, you speak...  
You speak Life, (oh oh oh oh oh oh) You speak Life. (oh  
oh oh oh oh oh)

Some days the tongue gets twisted;  
Other days my thoughts just fall apart.  
I do, I don't, I will, I won't,  
It's like I'm drowning in the deep.

Well it's crazy to imagine,  
Words from our lips as the arms of compassion,  
Mountains crumble with every syllable.  
Hope can live or die.

So speak Life, speak Life.  
To the deadest darkest night.  
Speak life, speak Life.  
When the sun won't shine and you don't know why.  
Look into the eyes of the brokenhearted;  
Watch them come alive as soon as you speak hope,  
You speak love, you speak...  
You speak Life, (oh oh oh oh oh oh) You speak Life. (oh  
oh oh oh oh oh)

Lift your head a little higher,  
Spread the love like fire,  
Hope will fall like rain,  
When you speak life with the words you say.

Raise your thoughts a little higher,

Use your words to inspire,  
Joy will fall like rain,  
When you speak life with the things you say.

Lift your head a little higher,  
Spread the love like fire,  
Hope will fall like rain,  
When you speak life with the words you say.

So speak Life, speak Life.  
To the deadest darkest night.  
Speak life, speak Life.  
When the sun won't shine and you don't know why.  
Look into the eyes of the brokenhearted;  
Watch them come alive as soon as you speak hope,  
You speak love, you speak...  
You speak Life, (oh oh oh oh oh oh) You speak Life. (oh  
oh oh oh oh oh)

You speak Life, (oh oh oh oh oh oh) You speak Life. (oh  
oh oh oh oh oh)

Some days life feels perfect.

I chose the song Speak Life as opening prayer because it talks about how we should represent ourselves. The way we portray ourselves can affect the people around us in a lot of different ways. Whether we have a good day or a bad day we can “turn a heart with the words we say” just like the song says. All of us have the opportunity to use the talents God gave us to inspire and to bring hope to others or to keep our talents to ourselves.

Lord, please help all of us to use the unique talents You blessed us with and use them to their full potential. Help us to use our gifts to spread Your word and to show Jesus to others through our actions. Please help all of us to grow as a community tonight and show each other what it means to speak life.  
Amen.

## SKIT

Jenna- loud and ditsy

Stephen- genuine and real and super positive

Gabby- quiet and shy

Wes- follows whatever Joe does

Vince- genuine and real

Jason- tries way too hard to be funny

Sarah- know it all

Danielle- know it all

Joe- doesn't care

Tess- core member

Katie- core member

(We're in small groups at a life meeting)

**Katie**- Okay guys this is our small group tonight, let's get in a circle and sit down

(Everybody gets in a circle and sits down and obnoxiously acts like your character)

(Wes makes a scene to make sure to sit next to Joe)

**Tess**- Alright guys, today's life meeting is about speaking life. What does speaking life mean to you?

**Danielle**- I don't know, what does it mean to YOU?!

**Sarah**- (whispers to Danielle) good one!

**Tess**- To me, that means being real with everyone and not trying to be something you're not

**Jenna**- (super loud) SAME! You gotta remember that only God can judge you, and just forget the haters cause somebody loves ya

**Stephen**- PREACH! I love my girl Miley!! (high fives Jenna)

**Sarah**- Well, I think that a lot more people are gonna be judging you than just God..... But I think speaking life means being honest to everybody

**Vince**- I think speaking life means a lot more than just being honest with somebody because being brutally honest can hurt people's feelings

(Stephen and Jenna high five Vince)

**Katie**- Yeah that's a really good point!

(Danielle and Sarah obnoxiously roll eyes at Vince and do other subtle obnoxious things)

**Vince**- I think you have to have a lot of different characteristics like honesty and respect and leadership and you have to take a little bit of each to speak life to others

(Everybody nod head in approval and say stuff like “yeah that's a good point” etc)

**Jason**- I think that to speak life you have to have a good relationship with God.

(pause and everybody nods in agreement)

**Jason**-Cause it doesn't matter if it rains or freezes as long as I got my good friend Jesus! Am I right or am I right?! (laugh at yourself)

(Jenna fake laughs really loud)

(Sarah and Danielle shake heads in disapproval)

**Tess**- Gabby what does speaking life mean to you?

**Gabby**- (act quiet and shy) I don't know

**Tess**- That's alright, Joe, what do you think?

**Joe**- (sigh really loud) I don't know man, I just wanna go home

**Wes**- (obviously trying to act like Joe) Yeah same man, I just wanna go home and sit on my couch and play some Fifa and just be at home, yeah home, that's where it's at

**Joe**- (to Wes) Be cool

**Wes**- I am cool man, I'm cool

**Jason**- I know I'm cool! I'm as cool as a cucumber!! Am I right or am I right?!

(Jenna laughs at his joke loud and obnoxiously)

(Awkwardly say "yeah" and agree with Jason so he doesn't feel bad about his lame jokes)

**Katie**- Alright guys, what do you think is the best way to show others how you speak life?

**Stephen**- You gotta strut your stuff!!! Show everybody who you are and not be afraid to work it!

**Jenna**- Wooo! You work it Stephen!

**Stephen**- You too Jen! You go girl

**Danielle**- I don't think speaking life means being cocky

**Sarah**- Yeah, you don't want to be conceited to people

**Stephen**- I'm not talking about being cocky. I'm saying self-confidence is KEY to speaking life!!

**Jenna**- Wooooo!!! Yeah, self-confidence! YES

(Danielle and Sarah roll eyes)

**Tess**- Self-confidence is an awesome way to speak life to others! But what else do you need to show people when you're speaking life?

**Vince**- I think you have to be understanding and you have to try to figure out where the other people are coming from and try to get their point of view on everything

**Stephen**- VINCE YOU ARE KILLING IT WITH THESE ANSWERS! IT'S SO SWEET, SO SWEET!

**Vince**- Thanks man! You're doing really good too!

**Stephen**- Thank you so much!

**Sarah**- I think that's something that I can work on because I don't really try to understand other people's point of view

**Danielle**- Yeah I could work on that too

(Sarah and Danielle are now speaking life and flashlight flashes on them to symbolize change)

**Katie**- I'm pretty sure that's something that everybody needs to work on and that's really good that you guys noticed that in yourself!

(Everybody say stuff like "yeah" "good job" "good for you" etc)

**Jason**- I think you can speak life to people by being funny and making people laugh. Am I right or am I right?!

**Vince**- I don't know if being funny is always the best thing to do in every circumstance though

**Jason**- I know what you mean, but I think it's better to make people feel happy and laugh for a little bit than be mean and put people down.

(Jason is speaking life now and flashlight flashes on him to symbolize change)

**Vince**- I feel you Jason I feel you

**Jason**- Thanks dude

**Joe-** What time is it?

**Tess-** Don't worry about it, we'll be done with plenty of time left though

(Joe groans in boredom)

**Wes-** (imitate Joe's groan) Time is so boring. Wow time, clocks, numbers, man that's some boring stuff

**Joe-** (to Wes) Dude...

**Wes-** Dude, actually to speak life you got to be yourself! I shouldn't try to be something I'm not! I don't think this is boring right now. I'm having an awesome time!!!

(Wes is speaking life now and flashlight flashes on him to symbolize change)

**Joe-** You know what, I'm actually having a pretty good time too!

(Joe is speaking life now and flashlight flashes on him to symbolize change)

(Everyone say "yeah" and "woo" etc)

**Katie-** Jenna, what do you think is the best way to show others you're speaking life?

**Jenna-** I think Wes is right and you need to be yourself! Woo!!!!

**Tess-** Being yourself is awesome and everything, but what characteristics do you think you need to "be yourself"?

**Jenna-** I guess, you shouldn't worry about other people's approval. You don't always have to follow the crowd

(Jenna is speaking life now and flashlight flashes on her to symbolize change)

(Everybody say "yeah" "good" "that's so true" etc)

**Stephen-** EVERYBODY is giving some really rocking answers wow this is awesome

**Jason-** It's pretty neat

**Tess-** Gabby, what do you think is the best way to show others you're speaking life?

**Gabby-** I don't really know...

(awkward pause)

**Gabby-** I guess I think that what everybody said is true about speaking life, but there's more to it than just that. You have to be able to listen to what other people have to say. God can speak through all of us, and He could try to show Himself to others through you.

(Gabby is speaking life now and flashlight flashes on her to symbolize change)

(Everybody be in awe and say stuff "Woah" "I never thought about it like that" etc)

**Katie-** Okay guys, it's time to go back to the LIFE room now. Great small group

(Everyone cheers and gets up to leave)

THE END!!!!!!!!!!!!!!!

## **REFLECTION:**

Everybody, be quiet, relax, and close your eyes for a reflection on this skit.

God calls us to speak life every day, but as we saw in the skit, people don't always speak life because they aren't acting like themselves. Are you like Jenna or Wes? Do you follow what other people do and not always speak what you really think? Do you change your personality to try to make more people like you? Are you like Danielle or Sarah and correct people's actions? Do you act like you know it all and not take into account what others have to say? Are you like Joe? Do you act like you don't care and not always participate? Are you like Gabby? Do you stay quiet and not state your opinion because you're afraid of what people might think of it? Are you like Jason? Do you try to make people laugh and make them happy instead of getting serious when the time calls for it? Or are you like Stephen and Vince? Do you feel like you act like yourself and

help others? Do feel like you already speak life? I now challenge all of you to speak life in your small groups and to make the most of the time we have together.

## Small Group

### **Scripture**

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

### **Matthew 5:11-16**

Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.

You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot.

You are the light of the world. A town built on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before others, that they may see your good deeds and glorify your Father in heaven.

### **Reflection:**

Sometimes speaking up and saying the right thing isn't the popular thing to do. Many times it is a lot easier to go along with what others are saying or doing, than to voice our own opinion. God knows how difficult it can be and is wants us to take that risk. It is in difficult times that it is easy to lose our character. God doesn't want us to "waste" our character and be thrown out. We should be speaking life so loudly that we lift up all those around us. It can be in simple things like saying hello or picking up a dropped book. They should look at our actions and know that we are Christians.

Go around circle and tell your name, what grade you're in, what grade school you went to, etc

1. What did you think of the skit?
2. Who did you relate to in the skit the most? Why?
3. Why is it hard to be ourselves and to speak life?
4. What does it mean to speak life?

(Number 5 and 6 are the questions from the skit)

5. What does speaking life mean to you?
6. What do you think is the best way to speak life?
7. Do you think speaking life is important? Why?

## Large Group

- Ask a couple discussion questions about small group
- Ask people to bring pics for the board (family, friends, people they love)
- Encourage them to keep coming to LIFE, explain our topic for next month,

## Closing Prayer

John Mayer

Say

<https://www.youtube.com/watch?v=lgDWGaWS4AE>

Take all of your wasted honor  
Every little past frustration  
Take all of your so-called problems,  
Better put 'em in quotations

Say what you need to say [x8]

Walking like a one man army  
Fighting with the shadows in your head  
Living out the same old moment  
Knowing you'd be better off instead,  
If you could only . . .

Say what you need to say [x8]

Have no fear for giving in  
Have no fear for giving over  
You'd better know that in the end  
Its better to say too much  
Then never say what you need to say again

Even if your hands are shaking  
And your faith is broken  
Even as the eyes are closing  
Do it with a heart wide open

Say what you need to say [x24]

**Reflection:**

Say by John Mayer tells us to always to "say what we need to say." We should always remember to tell our loved ones "I love you" because you never know what the next day will bring. We should never hesitate to be ourselves because God created us all in his image and likeness. We should always speak Life until the deadest darkest night.