

LIFE Meeting

Achieving Your Dreams

September 9, 2015

1. Ice breaker: Rock, Paper, Scissors Tourney

2. Opening Prayer

Wilson

3. Large Group: Meeting and Topic

Grant

4. Small Group

5. Large Group

Michael

6. Small Group

7. Closing Prayer

Katie

Ice Breaker

Giant Rock, Paper, Scissors Tourney

- To play, first review the rules of rock, paper, scissors, (Rock, Paper, Scissors, shoot!)
- Ask players to spread out and find a partner. Each pair plays a best of three round of Rock, Paper, Scissors. The losing player then stands behind the winning player and enthusiastically cheers for that player.
- This new team then finds another team to play a new round of Rock, Paper, Scissors. Each time a team wins, it collects the other team's players, and they line up behind the unbeaten leader.
- At the end, there will be two large teams, led by the unbeaten leader in front. After the final match, the celebration begins!

Opening Prayer

Walk the Moon - I can Lift a Car

<https://www.youtube.com/watch?v=2AZJmh4BI78>

When I come home	All by myself (All by myself)
When I come home	All by myself (All by myself)
Oh I hear you washing in the shower	I can lift a car up
Mirages of you	all by myself
Mirages of you	So very nice
Even steam pouring through the crack at the floor	So very nice
I won't lose it, I won't lose it, I won't lose it	My grandpa's leather jacket and goggles
I won't lose it, I won't lose it	So you kissed me
Hold it steady, hold it steady, hold it steady,	On the futon
Hold it steady, hold it steady	Oh I hope you like it in Chicago
All by myself (I can lift a car)	Hold it steady, hold it steady, hold it steady,
All by myself (I can lift a car)	Hold it steady, hold it steady
I can lift a car up	I won't lose it, I won't lose it, I won't lose it
all by myself	I won't lose it, I won't lose it

All by myself (I can lift a car)
All by myself (I can lift a car)
I can lift a car up
all by myself
All by myself (All by myself)
All by myself (All by myself)
I can lift a car up
all by myself
Did you did you
Did you know that
I can lift a car up all by myself
Well no misunderstanding
I'm not saying that you came
but you did
I can lift a car up all by myself
I've been going out
And trying to stay fit
Well I met someone who wears your
glasses
She kissed me on
My new futon
And I'm clumsy cause she finds me
attractive
I won't lose it, I won't lose it, I won't lose it
I won't lose it, I won't lose it
All by myself (I can lift a car)
All by myself (I can lift a car)

I can lift a car up
all by myself
All by myself (All by myself)
All by myself (All by myself)
I can lift a car up
all by myself
Did you did you
did you know that?
I can lift a car up all by myself
Well no misunderstanding,
i'm not saying that
you came but you did you
I can lift a car all by myself

Reflection:

The hardest parts, or rather the hardest moments on the road to achieving your dreams are the stretches where no one is there to help you. These moments are a make or break in whether or not you succeed. There are three possible paths to choose from at this point. You can give up like most people, you can rely solely on yourself, or you can seek out help from God. We all know that giving up should never be the answer. Therefore it is most important that we persevere. God is always there for you and He will help you. But there will be times, no matter how hard you try for them not to be, that you will feel that God is not there, even when he is. During these times you have only one person that can help you, and it is YOU. There is no greater person here on earth that is strong enough to push you on than you. It is so important for you to not only rely on others but to also be able to rely on yourself when necessary. Therefore you must strengthen yourself for the sole purpose of you. When you are all alone and when you feel to weak to get up, remember, remember that you are as strong as you let yourself be. You truly can *lift a car all by yourself*.

Large Group

- Explain meeting and topic
- Motivational video by us: <https://www.youtube.com/watch?v=dJscTqtfPvY>
- Tonight's meeting is all about achieving your dreams. Tonight our goal is to help everyone here set a goal and make a plan to achieve that goal. Setting and achieving goals is something that everyone needs to do. Giving yourself high goals and expectations helps us become better people, which in turn, helps us grow closer to God. Here is a video to help guide you to setting and achieving your dream.

Reflection on video:

1. How important is it to have your own "Michael" to help motivate you?
2. Can God be that motivator?
3. Do "naysayers" exist in the world? In high School?
4. What is an example of someone setting a dream and achieving it?
5. How can you help others achieve their dreams?

Philippians 4:13 "I can do all things through Christ who strengthens me." Jesus came to earth to not only save us, but to inspire us. Jesus is our one true motivator that will help us achieve our dreams as long as we put our faith in him. It is very hard to give your faith and yourself completely to Jesus, but if we can do that, nothing will ever be able to stop us. Jesus Christ is not only our Lord and Savior, but also our best friend, and something a best friend does the best is to guide us and help us achieve our dreams.

Small Group

Scripture

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

Proverbs 3:1-6

My son, do not forget my teaching, But let your heart keep my commandments; For length of days and years of life And peace they will add to you. Do not let kindness and truth leave you; Bind them around your neck, Write them on the tablet of your heart. So you will find favor and good repute In the sight of God and man. Trust in the LORD with all your heart And do not lean on your own understanding. In all your ways acknowledge Him, And He will make your paths straight.

Reflection:

Everyone has goals in their life, whether it's career goals, school goals, or life goals. Our dreams give us something to look forward to in life. They don't have to be extravagant, but can be as simple as remembering your locker combination for the whole year. It's not always easy. We need to remember that there are always people there to help us achieve our dreams, including God. God is always there for us and will support us in anything we do. After all our final goal in life should be finding eternal happiness with God in Heaven.

Take a minute to think about your dreams that you have for yourself.

- Write down dreams
- Write down steps to achieve dreams (ask others for help)

**you can only achieve your
dreams when you start
believing in yourself!**

LARGE GROUP

Share what people talked about in small groups

After everyone has shared ask questions:

1. Was there anything said in small groups that really stuck out to you?
2. Did anything make you realize anything about setting goals or achieving your dreams?
3. Would any of you like to share your goals/dreams?

Thank you for sharing . . . now we are going to watch a motivational video that can help us find ways to achieve our dreams

Watch video (4:09 minutes) <https://www.youtube.com/watch?v=AjZOKbJcav0>

This video talks a lot about having confidence and believing in yourself, this is one of the most important aspects of achieving goals. Because if you don't believe that you can do it then you are shooting yourself in the foot right there. Many times it can be hard to be constantly confident in what you are doing especially if you are stretching your limits, but one thing you must always remember is that you can do anything with God on your side. If you give yourself to God and humbly ask Him for help, He will be there every step of the way pushing you to achieve your goal. Faith in God can give you great confidence because through God anything is possible and if you believe this you will realize there is no reason not to be confident in everything you do. This video also talked about focusing on the end result of your hard work. Many of us, when doing a task that will make us better as an end result often focus on what it feels like at that moment. When it is hard we often slack off and don't give our best effort, however those are the times when our greatest effort is needed. So one thing that will help you with your effort to achieving your goals is remembering the reason you are doing it and what you will become or receive after achieving your goal, always remind yourself of this when you are going through those hard times. So just remember; confidence is key, anything is possible through God who strengthens us, and be aware of what you are working for.

1. Would anyone like to add on to what I've said or give their thoughts on the video?
2. How can we have confidence in working to achieve our dreams?

2nd SMALL GROUP

"I used to be afraid of the dark until I learned that I am light and the dark is afraid of me."

□D.R. Silva

Confidence is a huge key factor in achieving your goals. Once you realize how strong you truly are only then can you triumph over obstacles such as darkness. Once you start to succeed all of those things you saw as obstacles and everyone you saw as intimidating will now see you in a new light. And who is better qualified to help you and give you this confidence than God? Deuteronomy 31:6 says, "Be strong and courageous, do not be afraid or tremble at them, for the Lord your God is the one who goes with you. He will not fail you or forsake you."

Make a timeline to achieve dreams and locker prompt (something to keep in your locker to remind you of it) Make a promise to yourself to work as hard as you can to achieve dream

- Use paper and markers to make a timeline as well as a locker prompt that you can keep to help you motivate you to achieve your goal(s).
 - Locker prompts could be a quote, picture, timeline, etc.

Pointers when setting goals:

- Make them personal (they are your goals not someone else's)
- Be flexible
- Set a goal that you want to set for yourself; not because you want to outdo someone else or win someone's attention.
- If you fail; persevere, get up and continue to fight.
- Be specific
- Don't be afraid to be out there or be creative
- Roll with the punches; and when, not if, you are knocked down get up better than you were before.

Identify a **short** term goal: _____

List a few steps to achieve your goal: _____

Why do you want to achieve this goal: _____

Set a time frame: _____

Identify a **long** term goal: _____

List a few steps to achieve your goal: _____

Why do you want to achieve this goal: _____

Set a time frame: _____

Closing Prayer

"The Climb"- Miley Cyrus <https://www.youtube.com/watch?v=QFy3FJCcNTk>

I can almost see it.

That dream I'm dreaming, but

There's a voice inside my head saying

You'll never reach it

Every step I'm takin'

Every move I make

Feels lost with no direction,

My faith is shakin'

But I, I gotta keep tryin'

Gotta keep my head held high

There's always gonna be another mountain

I'm always gonna wanna make it move

Always gonna be an uphill battle

Sometimes I'm gonna have to lose

Ain't about how fast I get there

Ain't about what's waitin' on the other side

It's the climb

The struggles I'm facing

The chances I'm taking

Sometimes might knock me down, but

No I'm not breaking

I may not know it, but

These are the moments that

I'm gonna remember most, yeah

Just gotta keep goin',

And I, I gotta be strong

Just keep pushing on, 'cause

There's always gonna be another mountain

I'm always gonna wanna make it move

Always gonna be an uphill battle

Sometimes I'm gonna have to lose

Ain't about how fast I get there

Ain't about what's waitin' on the other side

It's the climb

Yeah

There's always gonna be another mountain

I'm always gonna wanna make it move

Always gonna be an uphill battle

Somebody's gonna have to lose

Ain't about how fast I get there

Ain't about what's waitin' on the other side

It's the climb

Yeah, yeah yeah

Keep on movin'

Keep climbin'

Keep the faith baby

It's all about, it's all about the climb

Keep the faith, keep your faith, whoa, whoa, oh.

In this song Miley talks about how everything is an uphill battle. Nothing in life is easy and you are going to have to work to achieve your dreams. She says "The struggles I'm facing" and that they "might knock me down". It's not about how hard you get it, it's about how hard you can get hit and keep moving forward. If we put our faith and trust into God anything is possible. It all starts with you here tonight. I hope that this meeting has inspired all of us to go set a goal and achieve it and grow closer to God. In His name we pray, May the Father, the Son, and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary. Amen.

Shia LaBeouf Video <https://www.youtube.com/watch?v=7WzyBl4PgrQ>