

# Welcome to your free **Mettle** session

Mettle is a ground-breaking resource for 14-18s. Mettle means courage, spirit and character and the resource exists to build these characteristics in the lives of older teenagers. Mettle is about giving young people the foundations for the rest of their lives, covering the fundamental truths of the Bible and exploring the most relevant issues in an ever-changing world. But it is also about inspiring and equipping them to change the world. Mettle recognises that we learn to be disciples of Jesus by doing what Jesus does and challenges young people to make a difference in the lives of their friends by being good news and sharing good news with them. Choice and flexibility are foundational to Mettle. You can choose the subjects and activities which best meet the needs of your young people, creating a programme tailored for them. Mettle's flexibility makes it adaptable to all sorts of settings, including school Christian Unions, as well as Sunday youth groups.



# Introduction

## WORKING WITH 14-18 YEAR OLDS

The Mettle material will add energy and creativity to your youth programme. It will also make a big difference to your preparation time. Use the time you save getting to know your young people, or just take a break!

### RELATIONSHIP

Healthy friendships and positive role models are vital to older teenagers. It's crucial to provide a 'safe place' where your young people can develop these relationships and feel secure to be themselves.

### DISCUSSION

Older teens usually respond well when there is room for discussion. Some may have well-formed opinions while others are still working out what they think, but they will always appreciate the opportunity to express themselves.

### CHALLENGE

14-18s want to be challenged, physically and mentally. Try to create a culture of spiritual challenge too, prompting your young people to get serious about God and put their faith into action. Mettle gives them a cause to fight for.

## HOW IT WORKS

### STRONG RELATIONSHIPS

There is a famous youthwork saying that states it takes one significant adult to change a young person's worldview, morality and lifestyle forever. A relationship with a significant adult can have a huge impact on a teenager's life. Mettle is designed to help build this kind of relationship.

### RELEVANT TEACHING

While some issues stay the same across generations, in many ways teenage culture is ever-changing. Mettle stays at the cutting edge of the issues relevant to young people and helps them explore important issues in an innovative way and make godly choices.

### MISSIONAL EMPHASIS

One of the main ways in which Jesus taught his youth group was through helping them to learn while doing. We are far more likely to remember something if we experience it for ourselves and put it into action. We also passionately believe that the best way to reach a generation of young people is through young people. Mettle dares you to put this into practice as the outcome of each session is a challenge for group members to reach their friends and foster a missional lifestyle that makes a massive difference in the world.

### ADAPTABILITY

Every youth group is different. Mettle provides enough material for you to tailor each session to your group. Choose activities which fit your young people's needs and tastes. The Mettle session builder even contains the functionality to create your own session outlines.

### FUN

Games and laughter don't go out of the window when you reach 15. Mettle provides age-relevant activities to give groups a great time as they explore the issues.

## 6 KEY PRINCIPLES

### INTRODUCING THE THEME

Providing a way into the session's topic, often using games and creative activities.

### SETTING THE SCENE

Discussion starters, bringing the theme into focus.

### THE BIG PICTURE

Exploring the biblical context in a creative way and stimulating more discussion.

### WHAT'S IT TO ME?

Reflecting on how this should affect us, as individuals and as a group.

### THE CHALLENGE

Steps for a practical response. olds. In partnership with YFC nationally, Lumen links you into a network of groups across the country, and provides access to residentials, events, support and training.



# DNA



## AIM

To explore what the goals and expectations are for the group for the coming academic year.

To build relationships within the group, particularly if there are new people to the group.

To explore who God made us to be, and His expectations for us.

## DESCRIPTION

This session aims to start off the term with a bang! At the start of the new year, there may be new faces, and new friendships within your youth group. This session aims to explore the 'DNA' of the group. It aims to explore what the group stands for, and what the goals or expectations may be for the year ahead. The session will also aim to explore identity, as individuals. God made us uniquely, but what does that mean in a group context. Alongside that, the session is a great chance for your young people to bond, and to build relationships at the start of a new year.

## PRAYER

God, Thank you that you created us, in all our individuality. Please help us as we start a new year, to grow in our friendships, and to grow in love for you. Amen.



### **Stack em' up**

**Time: 5 min**

#### **Materials:**

- **chairs**

### **Game**

- Set out one chair per person, in a circle. Have everyone in your group sit on one of the chairs.
- Read out statements (see below for examples, feel free to make up some of your own as well). If a young person agrees with the statement, then they should move one chair to the left.
- If the person to the left of them, does not agree with the statement, they should remain seated, and have the moving person sit on them.
- After giving time for moving, if the young people want to they can say more about the statement, and then you can read out the next statement in your list.
- If the person at the bottom of the pile (or in the middle!) agrees with the statement, then the whole 'stack' of people above them, should move with them, to the seat to the left of them.
- If the person at the top of the stack agrees with the statement, but everyone below them does not, then it is only the person at the top who should move.

### **Statements:**

- I have a brother
- I have a sister
- This is my first time to youth club
- I went abroad this summer
- I love watching YouTube videos
- I am starting in a new school this year
- My favourite colour is blue
- I love pizza
- I prefer savoury foods over sweet foods
- I am scared of spiders

### **Say**

Welcome to youth club! At the start of this new school year, we might have some new faces in our schools, friendship groups, and even here at youth! Some of us may be excited for the year ahead, some of us might be a little more nervous. This session, we will be looking at the DNA of our group and us as individuals, who we are and what we stand for. We are also going to be having lots of fun!



### Firestarter

**Time:** 5 min

**Materials:**

- matches
- Buckets of water
- Or string

**Leader's note:** If you are worried about the flame aspect, cut up pieces of string, and get the young people to wind the string around a finger, whilst they talk. They should stop talking when there is no string left to wind.

**Preparation:** Put some water into a bucket of water, which should be passed round the circle, for each young person to put their match into.

#### Game

- Get your young people to sit in a circle.
- Give the first person in your group the bucket of water to put at their feet, and a box of matches.
- The first young person should light a match from the box, and has the time from being lit, to going out/being blown out, to tell the rest of the group who they are, and some interesting facts about themselves.
- Ensure all the young people put the matches into the bucket of water.
- If the group all know each other, they can use this time to tell the rest of the group what the most interesting thing was that they did over the summer holidays.



### Getting to know you

**Time:** 10 min

**Materials:**

- 20 Plastic cups
- two ping pong balls
- table

**Preparation:** Split the cups into two groups of 10 and write on the bottom of the cups so that the cups are numbered from cup 1 -10. Set each of the 10 cups up at either end of the table in a pyramid with four cups on the back row (nearest to the edge of the table), then a row of three, then two and then one with the base of the cup on the table so that the numbers aren't showing.

#### Game

- Select two members of the group to come and play first and have them stand at either end of the table behind the cups, then give each of these young people a ping pong ball.
- Explain to them that they need to bounce their ping pong ball on the table and try to land it in one of the cups at their opponents' end of the table.
- If they successfully land the ball in a cup the leader should turn the cup over and check the number.
- They should then ask that young person a question from the list below corresponding with that number, eg. if it lands in cup 4 then their opponent should answer question 4.

- Once they have answered a question they should then try bouncing the ball from their end to land in a cup at the opposite end of the table.
- Depending on the size of your group you could let the young people have a couple of goes each before swapping other young people in, or you could swap a new young person in each time someone has finished answering a question.

*The list of questions could be as follows:*

- Do you have any secret hobbies that we might not know about?
- What character have you played in your primary schools productions?
- What is your favourite verse in the Bible and why?
- Give us your top three tips for surviving a Zombie apocalypse
- What is your favourite event at a school sports day?
- What is your most precious possession?
- What do you hope to be doing in 10 years' time?
- If you could only shop in one shop for the rest of your life, which one would you choose?
- Do you prefer dogs or cats and why?
- What is your favourite thing about this youth group?



**in it together**

**Time: 5 min**

**Materials:**

- **Rolls of toilet paper**

### Game

- Get your group to line up, shoulders touching.
- Give the person at both ends a roll of toilet paper.
- Explain that the aim of the game is to have the rolls of toilet paper unrolled, and wrapped around the whole team, without it breaking.
- The group should pass the toilet paper around, so that the whole team ends up wrapped together.
- Time the team to see how long it takes.

### Say

In that activity people will have taken on different roles as that activity unfolded, some people will have taken charge, some will have just gotten on with the task at hand and some will have been as helpful as they can to make the group succeed. Each of us has completely different characters. Who we are is completely different to anyone around us. There might be a few similarities, and even within this group, I'm sure there are lots of similarities, but we are all made individually. In Isaiah 64, it says 'We're the clay and God is our potter: All of us are what He made us. This means that no matter how we see ourselves, what we put our identity in, it is God who defines who we are. After all, he is the one who made us. We will be exploring this a little more throughout the session.



### Name game

**Time: 10 min**

**Materials:**

- paper
- pens
- counters or pennies

### Say

Not only are we going to be exploring who we are individually, we are also going to be exploring who we are as a group.

**Leader's note:** If you haven't got a group name already, this is a good opportunity to get the young people involved in finding a group name.

### Activity

- Split your group into smaller teams of 3-4 people.
- Give each group a piece of paper, and some pens.
- Give them a few minutes to come up with some name suggestions for the group.
- After they have had some thinking time, hold a 'name auction'.
- For this, the groups have to pick their favourite name, and will each have a minute to explain to the rest of the group why they think the group should be named it.
- As a leader, you may also choose to put in a suggested name. But you too must come up a reason why!
- At the end of the explaining time, give each team 5 counters, or pennies.
- Have each of the chosen names written out onto pieces of paper.
- The teams now can choose where to put their counters.
- They must not put all 5 onto their own chosen name.
- The name with the most counters on it becomes the group name.



### Group goals and expectations

**Time: 8 min**

**Materials:**

- Flip Chart Paper
- pens
- Bibles

### Activity

- Lay out two pieces of flipchart paper in the middle of the circle, and give everyone a pen.
- In the middle of the first piece of paper, write 'group goals' but split this page into two, for this activity just fill out one half of the page, we will come back to this activity later in the session.



- On the second write 'group expectations'.
- Encourage your young people to come up ideas for what they think the 'group expectations' are for the group.
- What behaviour is allowed? What isn't? What rules do they think should apply in group time? Eg, be kind, share, encourage each other.
- On the 'group goals' piece of paper, encourage the young people to think of what they want to achieve in the year.
- What goals do they want to aim for as a group? What do they want to do as a group this year?
- Write this on one of the halves of the paper.

## Read

Once they have finished writing read out Hebrews 10:24-25

## Questions

- Having heard one of the things that God wants for this group, is there anything you want to add to the 'group goals' or the 'group expectations'?
- In the 'group expectations', what ways can we 'spur each other on to love and good deeds'?
- From the things we wrote down, on either of the pages, are there any that you find difficult, and that you might need encouragement from the rest of the group for?



**moto madness**

**Time: 8 min**

**Materials:**

- **paper from 'group goals and expectations' module**
- **pens**
- **paper**

## Say

Motos are phrases that companies, businesses and even individuals say, as a way of defining themselves, and showing the rest of the world who they are. Let's see if we can guess a few.

## Game

- Split your group into 3-4s, and get each group to decide on a 'buzzer' sound that they should make when they think they know the answer. Eg. Mooooo!
- Read out the mottos (found below) one by one.
- Each of the groups should discuss amongst themselves, and make their buzzer sound, when they think they know which company or individual has the motto that you have just read out.
- The first to make their buzzer sound can be the first to guess.
- If they are wrong, let the group who made their buzzer sound second have a guess.
- Give teams points for each correct guess.



**Mottos (the answers are in italics)**

- Think different - *Apple computer*
- Just do it- *Nike*
- The happiest place on earth -*Disney World*
- Because you're worth it - *L'Oreal*
- Eat fresh - *Subway*
- We're behind you every step of the way -*Huggies*
- Every little helps - *Tesco*
- Taste the rainbow - *Skittles*
- What's the worst that could happen? -*Dr Pepper*
- Vorsprung durch Technik - *Audi*
- Don't be evil - *Google*

**Activity**

- As a group, come up with your own group motto.
- You may want to use the things written down from the 'group goals and expectations' module as inspiration.
- Get your group to write it down on a big sheet of paper, and spend some time decorating it.

**Identity myths****Time:15 min****Materials:**

- **Laptop with internet**
- **projector**
- **speakers**
- **or clip downloaded**

**Watch**

Play the following film to your young people:

[www.youtube.com/watch?v=o8I01BJ2bDQ](https://www.youtube.com/watch?v=o8I01BJ2bDQ) until 9.00

The 4 Identity Myths (Jon Jorgenson)

**Discuss**

Get your young people to get into pairs, to talk about the following questions:

- Which of the 4 myths do you think you believe the most?
- Which myths have you fallen for?
- When asked, 'who are you' what is your answer?
- Do you believe the story that God has given you?

- Do you believe that you are enough?



### Who I am in Christ

**Time:**12 min

#### **Materials:**

- **group goals paper from 'Group goals and expectations' module**
- **Bibles**
- **paper**
- **pens**
- **post it notes.**

### Say

Before we spend time thinking about who we are as a group, it is important that we know who we are as individuals. We are going to be spending some time now looking at who God says we are. If he is the potter, and we are the clay, then He created us intentionally in a specific way. We are going to be exploring this now:

### Activity

- Split your group into 5 smaller groups, and assign each group one of the following Bible passages:
  - Ephesians 1:3-6
  - Colossians 3:12
  - 1 Corinthians 1: 2
  - Ephesians 2:10
  - 1 Peter 2:9
- In their groups, get the young people to write down on pieces of paper, who God says we are, taken from the words in the passage they are given.
- Take time to share these thoughts at the end.
- Give each person a post it note, and get them to choose one word or phrase about who God says we are, that stood out to them, or that they hadn't realised before.
- Get them to write this onto the post it note, and to stick it onto the 'group goals' paper from the earlier module in the half that you left empty under 'Group goals and expectations'.
- As they stick it on, encourage them to add this to their personal goals for the year.
- If God says that we are this, then we should live like it is true.
- Also ask them to reflect on how they can help each other to become these things and reach these goals, you may want to add some additional things to your paper off of the back of this.



### Who we are- DNA

**Time:**10 min

#### **Materials:**

- **Flip Chart Paper**
- **pens**

**Preparation:** write the 4 following phrases onto different sheets of large paper.

A-Action

- How they can use their gifts and what they have to bless others

G-God

- How they can learn about Him, and how they can share about him with others.

C-Community

- How they can work together, to grow, and how they can strengthen their relationships

T-Thanksgiving

- What they are thankful for in the group

**Say**

DNA is the complex chemical in all of us, that makes up the genetic material of who we are. Parts of our DNA can define who we are, and even what we do sometimes. There are 4 parts that make up DNA, and these are called bases. The 4 names for these bases are adenine (A), guanine (G), Cytosine (C) and thymine (T). We are going to be spending some time now, looking at what the DNA is of our group, using the 4 bases as a guide.

**Activity**

- Give each young person a pen.
- Explain that they are going to be spending some time thinking about the different aspects of their group, and what they want to grow in, as a group in the future.
- Get them to go round the room, and write down some ideas on each of the pieces of paper.



**someone new to you**

**Time: 7 min**

**Materials:**

**Say**

A core part of who we need to be as a group, is to be supportive, and to put others first. In Philippians 2:3-4 it says 'In humility, value others above yourselves, not looking to your own interests but each of you to the interests of others'. We are going to be spending some time doing just that.

## Activity

- Get your young people to pair up with someone new, or someone that they don't often hang out with or don't know very well.
- In pairs, encourage them to share about themselves, their family, which school they go to and what they enjoy doing.
- When answering the question, also encourage them to think about aspects of their character that are individual to them.
- Get them to tell a bit of their life story if they feel comfortable.
- Once each person has shared a little more about themselves, encourage them to ask each other if there is anything that the other wants prayer for, for the coming day, week and year!
- Spend some time, getting the young people to pray for each other.



## Proclaim it out

**Time: 5 min**

## Materials:

- **Bibles**

## Say

Earlier on in the session, one of the groups looked at the passage in 1 Peter 2:9. We are going to be spending some time looking at what as a group we are called to be doing, as part of our DNA and who we are.

## Read

1 Peter 2:9

## Say

A massive part of who we are, as individuals, but also as a group, is that we are chosen to proclaim the wonderful acts of God. A way to do that, is to simply share who God says we are, and the story that He has given us.

## Challenge

Go round the circle, asking the group to answer the question 'What is one thing that you have learnt about who God says you are?'. After everyone has said something, encourage them all to think of a friend who isn't a Christian, and in pairs get them to think of a way that they can share this with that friend this week.

*And*

## Challenge

Challenge your group to get to know someone new this week, whether this is in youth club, in Church, or in school, this might be the same person that they want to encourage. As an additional challenge they may even want to invite that new friend along to youth club the next week.

If this resource has been helpful and you would like to know more about YFC Ireland's resource subscription please get in touch.



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