

Welcome to your free **Rock Solid** session

Rock Solid is an amazing evangelistic resource that equips you with the ideas and structures to regularly provide a fun environment in which you communicate the good news of Jesus in a creative and relevant way. Hundreds of churches use Rock Solid and its combination of games, interactive activities, discussions, short talks, media and more to see transformation in the lives of 11-14s as they encounter God. Rock Solid explores a life issue from a Christian perspective, helps you build life-changing relationships and gives young people a brilliant time, wherever they are at on their journey of faith. A Rock Solid session provides a structure of approximately 60 minutes' worth of activities, but is flexible enough to be shortened, lengthened or adapted to fit the needs of your young people. Using Rock Solid will make a huge difference to your planning time. It will enable you to spend the hours previously taken up by planning youth group sessions in building relationships with your young people or praying for them.



Introduction

THE WORLD OF 11-14 YEAR OLDS

Our young people are being forced to grow up very quickly which means we need to help them prepare for a healthy adulthood. At this stage of life a person is in the middle of what could possibly be the most traumatic period of change and development that they will go through physically, socially, mentally, emotionally and spiritually. Understanding some of the changes our young people are going through will help us to support them. As YFC we are committed to communicating good news in a relevant way. We recognise that in young people's development, the mechanics stay the same but the backdrop is constantly changing. Our resources are developed in a way that take into account all that is going on in the world of a young person.

PHYSICAL DEVELOPMENT

At this age, young people are going through rapid physical changes. They may find this embarrassing and hard to handle.

SOCIAL DEVELOPMENT

Young people are becoming more independent at this age and are testing their boundaries. Peer groups are replacing parents as the primary social unit in their lives.

MENTAL DEVELOPMENT

Your young people will be changing from a concrete way of thinking to a more abstract one. They will be forming their own opinions on a whole range of important issues.

EMOTIONAL DEVELOPMENT

Identity is a massive issue for this age group. Young teenagers are asking profound questions about who they are and where they belong. They may look to their peers or adult role models for affirmation.

SPIRITUAL DEVELOPMENT

Alongside their mental and emotional development, your young people will be forming their views on all things spiritual. They are likely to be very open to new ideas, so now is an excellent time to share the good news with them.

HOW IT WORKS

EVANGELISATION

Rock Solid aims to communicate the good news of Jesus in a fun and relevant way, dealing with the issues that young people face today from a biblical perspective. Each session is far from merely entertainment and is packed with biblical insight on topics profoundly relevant to this age group.

MISSIONALLY FOCUSED

Shane Claiborne has said that if we lose this generation it won't be because we failed to entertain them, but because we failed to dare them. Rock Solid challenges young people to live radical lives that attract their friends to Jesus and stirs them to live out and share their faith with their friends.

ENERGY

God delights in his children having fun and each session is packed with activities and games that are fast paced and give young people a great time, whilst communicating the message of the session in a creative way.

PARTICIPATION AND REFLECTION

Rock Solid is not a spectator sport but encourages young people to engage with the issues and discuss what is being explored. Guided challenges and reflections also encourage active experience of God to help them apply the teaching to their lives.

TOTAL FLEXIBILITY

Choose the activities which fit best with your young people and your venue.

6 KEY PRINCIPLES

FUN AND EXCITEMENT

Rock Solid is designed to be fast moving, fresh and challenging. It is a fantastic time-saving, idea-generating resource that leaves plenty of scope for leaders to be creative in meeting the individual needs of their group.

RELATIONSHIP BUILDING

Dr Tony Campolo has said, "There are many reasons why people go to church, but there'll be one main reason why they'll stay: if they build relationships there." Rock Solid enables young people to connect with each other through small groups, discussions, and socialising all within the programme.

LIFE SKILLS

It is vital that we deal with the issues that 11-14s are facing. Each week is based around one issue which is drawn out, discussed and focused on creatively as the session progresses.

PRESENTING THE GOOD NEWS

The Good News is Jesus and Rock Solid aims that every young person who engages with it leaves fascinated and captivated by the person of Christ. The aim is not just that they understand the Good News but learn to live out and communicate the Christian message in their lives.

MOBILISING LEADERS

We dream of seeing thousands more Christians serving the 11-14 age group. And building a strong team is essential for the health of your group.

PARTNERSHIP

To be effective, Rock Solid needs to become part of your local church's vision to 11-14 year olds. In partnership with YFC nationally, Rock Solid links you into a network of groups across the country, and provides access to residential, events, support and training.



STATUS UPDATE



AIM

To think about how the world we live in judges status

To think about how our outward status is different from how we really feel

To think about what the Bible says about status and how we should view others

DESCRIPTION

Young people love to update their statuses and post updates about what they're doing and where they've been – posting quotes and pictures to their online mates. But what about real life status? Popularity and status are issues that young people face almost daily – feeling like they and others are placed somewhere on a pecking order. Does status matter? What do we do to try and boost our status? It's easy to update statuses online and make everything look the way we want it to, but what's the deal in real life? And most importantly, how does this affect our friendships? Do we make or ditch friends based on status? What did Jesus think about status?

PRAYER

Dear Lord, in a part of the world so wrapped up in status and appearance, it's hard not to be overcome by pressure of how we should look, talk and act. Help us to realise that you love us and accept us as we are, and you desire to give us a new status as your children. Amen



Food Chain

Time: 9 min

Materials:

- chairs

Game

Set out enough chairs for everyone in the middle of the room as a horseshoe.

Get everyone to sit down on the chairs. Label the chair at one end of the horseshoe as the lowest ranked chair and the one at the other end as the highest ranked chair.

Label each of the chairs with an animal on a scale on the food chain. For example, the lowest rank chair could be amoeba, next could be plankton. Use some of these names as examples:

Amoeba

Plankton

Ant

Worm

Bird

Cat

Horse

Leopard

Lion

Human

Make sure there are enough animals for every chair in the group.

The game starts with the Amoeba saying the word 'Amoeba' then another name of an animal in the Horseshoe.

The person with that animal must then say the name of their animal then the name of another.

The twist is that everyone's teeth must be concealed at all times during the game.

If you can see a young person's teeth or someone makes a mistake or hesitates too long, they are then demoted to the Amoeba seat and everyone else moves up accordingly.

This game doesn't have a specific finish, so play for as much time as you see fit. When you call the game to a halt, whoever is sat in the human's seat is the winner as they are top of the food chain!



The Champions of Weird Stuff

Time: 14 min

Materials:

- **Tin foil laurels**

Preparation

Make some laurel wreaths out of tin foil to award to the winner of each mini tournament. You will need 4.

Game

This game is a selection of a few mini tournaments that you can run to find out who is the ultimate champion of weird stuff.

Game 1

"Weak arm wrestling." Divide the group into pairs and run a tournament for people to wrestle with their weak arm.

It is possible for someone with a weak right arm and a weak left arm to arm wrestle. They have to be on the same side and lock hands whilst being side to side.

Game 2

"Weak hand thumb wars." Again divide the room into pairs and play a tournament similar to the weak arm tournament.

Again, it is possible for people with different weak hands to play against each other!

Game 3

"The gurning competition." This is a judged panel.

All the young people should line up in a row and basically pull the ugliest faces they can and be judged.

Game 4

“The best impressions competition.”

Everyone should take it in turns to do an impression of a celebrity or person in the room. The best impression wins the round.

Award a laurel to the winner of each game, to be worn with pride for the rest of the session.



Ranking

Time: 5 min

Materials:

Chat Room

As a group, rank some of the following items from best to worst. Let disagreement happen, but the decision has to be majority!

If you have a lot of young people, split the group into smaller groups to better manage this activity.

Chocolates: Mars bar, milky way, dairy milk (plain), twix, milky bar, galaxy caramel, snickers, twirl, crunchie, toffee crisp

Crisp flavours: Ready salted, prawn cocktail, smoky bacon, salt and vinegar, cheese and onion, marmite, worcester sauce, roast chicken, pickled onion, Thai sweet chilli

Drink flavours: orange, summer fruits, apple and blackcurrant, fruit and barley, lemon, tropical, orange and passionfruit, lime, apple and mango, strawberry

Vegetables: carrots, broccoli, peas, runner beans, sweetcorn, sprouts, cauliflower, cucumber, tomato, cabbage

Deserts: banoffee pie, chocolate sponge, treacle sponge, ice lolly, fruit salad, apple pie, eton mess, lemon meringue pie, trifle

Say

It's easy for us to rank things we like in life. It's important to have favourites. The problem comes when we start ranking people. It's important to have close friends, and different types of friends. But have we ever been guilty of ordering specific people or types of people higher or lower than others?

Maybe there's a few people in your class that you find a bit odd so you subconsciously rank them lower. Or people on the street that seem strange to you.

We are all desperate for status, yet we live in a part of the world which divides people into the 'haves' and the 'have

notes'. How do we make sure we don't become part of this structure, so we don't rate or rank people on what they have or don't have?



Status Update

Time: 8 min

Materials:

Chat room

As a group, discuss how your young people's friends would react if you posted some of the following statuses off of a social media account:

I have an ape called George who lives under my bed

I will give £50 to the first person to reply to this

- I've just cut all my hair off!
- I'm moving to Australia to become a Kangaroo trainer
- Sometimes I like to lick paper – it tastes nice
- I've started dating you know who!

Discuss

What reaction do you think you would get?

Would people like or comment on the status?

Do you think it would affect what people think of you?



Celebrity first tweets

Time: 5 min

Materials:

- **Attachment**
- **scissors**

Preparation

Print out a few copies of the attachment. On the attachment, the answers are currently next to the tweets, so you may want to keep a copy for the answers.

Cut out the names and the tweets and muddle them up

Game

Split your group into groups of 2 or 3.

Hand out a bunch of the cut out tweets and names to each group.

The groups have 3 minutes to match the celebrity to their first ever tweet on twitter.

The group with the most correct answers win.



Verified

Time: 8 min

Materials:

- **Attachment**
- **blue tac**
- **sellotape**

Game

Print out the attachment and stick it to a wall.

This is a darts-type accuracy challenge to help your young people get verified!

Hand out small lengths of sellotape for the young people to screw up into balls, trying to get the sticky side on the outside.

One by one, have the young people stand about a few feet away and aim their sellotape darts at the verified sign.

Say

Being verified is a big deal on social media, it shows status, people know you, people like you. For many people, being verified is THE goal in life. To be recognised, to be valued, to be loved.



Decisions, Decisions

Time: 8 min

Materials:

- **Attachment**
- **blue tac**
- **sticky notes**

- pens
- scissors

Preparation

Print out a copy of the attachment, cut out the pictures and stick them with blue tac around your venue.

Do

Hand out 3 post it notes and a pen to all the young people. Have them number these notes 1,2 and 3.

Give 2 or 3 minutes for the young people to travel round the room and stick there sticky notes on the different professions based on the top 3 professions they'd most like to have when they're older.

Discuss

So why did you choose these people?

Why did you not choose some of the other ones? Is there a problem with being these things?



Decisions, Decisions (Again!)

Time:12 min

Materials:

Discuss

Imagine you are on a boat that's sinking. You're a strong swimmer so have the ability to save 2 of your fellow travellers. The people you are on the boat with are:

A famous footballer

An old nun

A homeless man

A school bully

A rich business woman

A fork lift truck operator

The prime minister

Who do you save?

You then find out some of the backstories of some of these characters:

The famous footballer was involved with tax fraud and stole millions of pounds from the government.

The old nun had set up a school where hundreds and hundreds of previously poor kids had gotten an education.

The homeless man was homeless because he had chosen to give all his money to charity.

The school bully would grow up to be the next prime minister.

The rich business woman amassed all her money from the black market, dealing in weapons trades.

The fork lift truck operator had once saved 5 people's lives during an accident at work.

The prime minister said that if you saved them they would get the queen to give you a knighthood.

Discuss

Did the revelations about who these people were change your view of them?

Did it make you more or less likely to save them?

What does this show about what really matters?



First = Last

Time: 8 min

Materials:

- **2 scooters or 2 bikes or 2 space hoppers**

Game

Select two volunteers to the front.

Give them either a scooter or bike or space hopper (depending on what you have to hand!)

The aim of the game is for the player to make it round the room and complete a race course.

The challenge is that it's the person who finishes the slowest that wins.

However, they must always be moving, they can't just stop. If they stop, the other player wins.

Play a couple of rounds of this game with anyone else who wants to play.

Read

Matthew 20:23-30

Discuss

What does it mean in verse 30 when Jesus says whoever is first shall be last and whoever is last shall be first?

What does it mean to be last in our lives? Can it be seen as a good thing?



Mask-erade

Time: 10 min

Materials:

- white masks
- coloured pens

Preparation

Buy some white masks. These will be available from most art and craft shops and are quite cheap. Alternatively you could make or get your young people to make some simple ones.

Activity

Hand out a mask and some pens to everyone in the group.

On the outside of the mask, write what you want people to think of you/what you portray or tell people: your outward status.

Then, on the inside, write how you really feel and think about yourself.

Have everyone hold their masks up as you share the next thought.

Say

In reality, we all put on a bit of a mask. Even celebrities we idolize do it. No one is quite as together as their Facebook profiles would have you believe. We all have bits of brokenness. But when we are on social media we tend to show the best and leave the rest, fooling others into thinking everything is fine with us. If only we realised that every single person in the world struggles with issues of identity, status and purpose.



Minus to Plus

Time:10 min

Materials:

- **Attachment**
- **pens**
- **Bibles**

Say

Often times, we base our sense of status and worth on how we feel. We see on social media lots of posts about people feeling a bit tired, or down, or even worthless. Our sense of identity gets caught up on how we felt in the moment. With God though, there are truths spoken over us that are greater than how we feel, we're going to reflect on some of those truths now.

Thought

Print out enough attachments for everyone in the group to have one.

Give out an attachment and a pen to everyone in the group.

Give a couple of minutes for people to look over the statements and circle any of them that particularly resonate with them.

Hand out a Bible for the young people to search for the passages that correspond to how they may be feeling (the passages are on the attachment but we think it's a good idea for young people to search in the Bibles).

If appropriate for your group, give a further moment of silence for people to ask God to make those passages real in their lives.



The Bible and status

Time:7 min

Materials:

- **Bibles**

Read

James 2: 1-5

Discuss

What does this passage tell us about status?

How should we view other people who are maybe in a lower position than we are?

Is this a challenge? Why?



Use your status

Time: 5 min

Materials:

Say

We all have status. We are all recognised and admired by some people, even if we don't realise it. We have influence, we can use this influence to make a positive change.

We also need to remember that often times people aren't as they appear on the outside. Everyone, the people we get on with, the bullies, the unpopular kids, they all have struggles that everyone can relate to. So taking time to speak well into their lives could make a huge difference.

Challenge

Get your young people into pairs and have them as a pair, come up with one idea of a way they could use their status for good this week.

It might be to help or speak well to someone specifically, it could be online. Whatever it is, have them agree on how they can help each other do it.

Pray to close.

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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