

## Volume 2 Episode 1 Lesson Plan

The goal of this document is to provide an outline for what a Rock Solid TV session hosted by you might look like for your young people. It is by no means required you follow this outline word for word; only so much as it is helpful to you and your students.

When you see something highlighted in blue, that's a prompt for you to pause the video. Included are the times at which to pause. On the screen you will see an image of Liam in the right hand corner prompting you to reflect on a question. Note: You do not need to pause the video at these times. You can cover the discussion questions after the video has been completed if you wish.

### Things to Prep:

- If you plan to host this session electronically, ensure you understand the capacity of your platform. If you are using Zoom, it is possible to split participants up into breakout rooms. If you have a large group, it may be advantageous to do so in order to discuss the questions provided. You will need to prep the leaders intending to host a breakout room and ensure your comfortability in utilizing this feature.
  - For a on setting up/using Zoom, please see: [How To Use Zoom Meeting and Video Conferencing \(2020\)](#)
  - For a quick overview on using breakout rooms, see: [Video Breakout Rooms](#)
  - For a more in depth tutorial on breakout rooms setup/usage, see: [How to use Zoom Breakout Rooms - Tutorial for Beginners](#)
- If you plan to begin the session with a Zoom game, take time to read through the “Zoom Games” options found in the “Additional Resources” section of the Rock Solid TV page.
- In order to share the video from your computer, you'll need to enable that feature through Zoom or whatever platform you're using. To see how using Zoom, click: [Sharing Your Screen](#)
- If you wish for your students to participate in the activities for episode 3, ensure each has access to paper and pens/pencils/markers/crayons, plasters. You may want to contact parents ahead of time.

### Craft Prep: Prayer Bracelets. You will need:

- String or twine
- Beads coloured: Blue, White, Black, Brown, Red, Purple

### Suggested Overview:

**Greeting:** Greet each student as they join your meeting, maybe ask them about their week.

### Zoom Game (Optional): FINESSE

- There are 14 different photos of either famous people or common poses. Give your group 15 seconds to look at the pictures and then have them re-create the pose. You as the leader get to choose who the winner is. You can do as many poses as you want, and you can choose who picks the winner as well. It is simply looking at the photos and recreating the pose.
- Slides: [Finesse Slides](#)

**Intro Rock Solid TV:** Explain that you all will be watching together Rock Solid TV. You'll be pausing the video after some sections to do an activity or to talk about what you saw.

### Video Outline:

- Season Intro

- Episode Intro
- Episode Focus: Prayer. How do I talk to God?
- Evidence (Scripture passage): What does Jesus say about prayer? Matthew 6 (the Lord's Prayer)
- **Pause Video (at min 4:32). The most simple prayer is the prayer of thanks. Ask question: What are you thankful for?**
- Rock Solid News
- Gadget Ger: Key to unlock your prayer space.
- Pause Video (at min 6:53): Optional-Ask: Do you have a space where you can go to pray? If not, where could you go?
- Colin Cooks
- Crafting with Claire (what the beads represent):
  - Blue- Dear God: Prayer starts like a letter with addressing who you are talking to. You don't really have to say "Dear God," you can start it with whatever name for God you prefer.
  - White- holiness: God is perfect and deserves our praise, the white bead reminds us to praise God.
  - Black- sin: Where have you fallen short of God's standard? What do you need to tell Him about?
  - Brown- food and shelter: What do you need? God is a loving Father who wants to give you your requests, but we need to ask Him.
  - Red- forgiveness: God forgives us for our sins because of Jesus' shed blood. Likewise, we should forgive those who have sinned against us, is there someone you need to forgive?
  - Purple- God's sovereignty: God is in charge and purple is the color of royalty. Praise God for who He is, and what He has done. Take a moment to thank Him for your many blessings.
- Pause Video (at min 10:07): If you want, you and the young people can create the prayer bracelet!
- Witness (How do you pray?):
- **Pause Video (at min 11:22): Optional if you think your young people would be comfortable answering. Do you use any of the options for praying (Journaling, Using the Bible, Specific Prayer Space, Going for Walks)? How do you pray?**
- Prayer with Liam: P is for Pause; R is for Rejoice; A is for Ask; Y is for Yes-saying yes to God and His ways.
- Dask Comercial: Young people can download the app to anonymously ask questions (make sure they get their parents' okay).

**Wrap Up Your Zoom Meeting:** Say: Prayer doesn't need to be anything complicated. We're going to practice prayer now. NOTE TO LEADER: You could use the prayer bracelets you and the young people made during the video or you could use the format demonstrated by Liam. Liam's format: Pause, Rejoice, Ask, Yes (Yield).

**Leave Meeting Game (optional):** To leave the meeting, have your students play "Rock Paper Scissors" with you on their screen. Everyone is playing against you. If they tie or beat you, they can stay. If they lose, they'll need to leave the meeting. Play until there are only two students left. Then you can end the meeting.

For any questions or clarification, please email Claire Russell at: [resources@yfc.ie](mailto:resources@yfc.ie)