

Season 2 Episode 2 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 - GiveUp FillUp. You will need:

- Two Cups
- Print out from resource section
- Scissors
- Items to decorate the cups

Suggested Overview:

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

Zoom Game (Optional): FIVE STARS

- There are 5 Amazon reviews with three different options to what each product being reviewed could be. You can flash the review up and have your group guess which one they think it is by just holding up their fingers. Each review slide will have three options. After the students have guessed which option is correct, change the slide to reveal the answer. Have your group keep track of their own score in the chat after each review. Click on the link for “Game Slides” to access the slides.
- [Game Slides](#)

Video Outline:

- Episode Intro
- Episode Focus: Fasting. What is Fasting?
- Evidence (Scripture passage): What does Jesus say about prayer? Matthew 6: 16-18
- **Pause Video (at min 3:56). It seems like fasting is all about becoming less distracted so that God can go do work in you. What is something that takes up a lot of your time?**
- Rock Solid News
- Gadget Ger: Sword of Elimination. You can use this to cut away things you don't need in your life to become closer to God.
- **Pause Video (at min 6:26): Optional-Ask: Is there anything you can think of that you would need help cutting away if you were going to try giving it up for a time? For me, I'd LOVE to cut down my time spent on Insta to only an hour a day, but I would absolutely need help with that.**
- Colin Cooks
- Crafting with Claire (give up and fill up cups):
 - Pause Video (at min 10:07): If you want, you and the young people can create the give up and fill up cups. You can also cut up the slips of paper found in this episode's extra resource section.
 - Say: You can take these cups home and do your own fast for one week (or however long you want). All you do is draw one strip of paper from each cup every day. One of the cups has something you will give up. But fasting isn't only about giving things up; it's about filling that space with something you do to fill up with God. So the other cup has something you can do to fill up with God and grow closer to Him.
- Witness (How does fasting help you?): According to our witness, fasting helps you reconnect with God and realise how much time you actually have.
- Prayer with Liam
- 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: Today we talked about fasting and how it helps us to free up some time so that we can grow closer to God. Fasting doesn't have to be giving up food. It can be something like video games for an hour a day, or not going on your phone for an hour. It's important too that we then fill up that time with something that connects us to God, like praying, reading the Bible, or journaling. Really anything that makes us feel like we're spending time with God. For example, I am going to spend five mins everyday praying before I go onto Insta. That's me fasting for five mins everyday. I can make that time longer the next week and keep building until I get to 30 mins a day! What is one thing you can think of that you could fast from (give an example of how you as a leader will practice fasting for the next week/month and encourage your young people to do the same). What will you do during that time instead?

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