

# THEME: CONTROL



Hello! BRAVE content is here to be used in whatever way you think would work best for your group but below is an optional session plan that may help you structure your event.

## **Intro to the evening:**

We all like to feel in control, don't we?! BUT so often life throws things at us that are completely out of control so how do we respond?

This session looks at how we can have a healthy relationship with control and looks at things we can do to help re-gain a sense of control and make ourselves feel better.

## **Intro video- Clawing back control**

Following question- did anything particularly stand out to you from the video, or did you learn something new you didn't know before?

**Game time- The Balance Challenge** (to illustrate that there's often things in life that we just can't control and lighten the mood at start of session!).

**Control Freak- video** (chose shorter version if you have a younger group)

## **Questions to follow the video:**

1. What sort of things do you think of when someone is called a control freak?
2. Why do you think control is seen as a bad thing when it's something we all need?
3. What sort of things can we control?
4. What sort of things can't we control?

5. Taking control of small things in our lives can make us feel so much better (even when we can't change some of the bigger things). From what you've heard about tidying things and ordering things list 5 things you could do this week to make you feel more in control?

Feedback from group around the last question to generate lots of ideas.

### Group Prayer (if appropriate)

Lord,  
We thank you for the ways we are wonderfully and brilliantly made,  
And that you know everything about us down to the smallest detail.  
Our worries, our fears, the thoughts that sometimes keep us awake at night.  
You know the times we feel out of control  
When life feels big, and we're left feeling anxious or worried about things in the future that we just can't control  
Please give us peace in those times and help us to rest in you Lord  
Knowing that you are God and hold all these things in your hands.  
Help us to trust you for each day  
Knowing that you love us and have amazing plans for each of our lives.  
Amen

### Game- The Sticks Game

Takeaway from session, these can be sent out or printed off.

