

CHOOSE TO LOSE

YOUTH/SMALL GROUP SESSION OUTLINE

Use this session outline to introduce your group to those who choose to give it all for Jesus and challenge them to join the Choose to Lose Challenge and give up something they love for a short time. You can order free Choose to Lose fundraising packs for each member of your group here: opendoorsyouth.org/choosetolose

ICEBREAKER

What do you love? Split your group into pairs - try and put people who know each well together. Make sure each person has a pen and some paper. Now ask each pair to answer the following questions, writing down what they think their partner would say.

- What is their favourite chocolate bar?
- Who is their favourite band or musician?
- What is their favourite TV show?
- What is their favourite fast food?
- What is their favourite colour?

Get people to share their answers - one point for each correct answer. Which pair had the most correct answers?

Explain: If we know people well, we'll know the things they love. Often we find some serious value and identity in the things we choose to love. This session will look at what we value and introduce us to people who challenge us to find our identity not in things, but in God - the source of true value and love.

WATCH

Soy's story: <https://www.youtube.com/watch?v=3y0tYBz36y8>

Explain: Soy and her family left their former tribal religion to follow Jesus. This upset their neighbours, who worried the local spirits they worshiped would be angered because Soy and her family refused to take part in traditional religious rituals. As a result, Soy and her lost their reputation, safety and security.

Let's think about this story from Laos. In your head, think about the answers to these questions. Put yourselves in the shoes of those young Christians from Laos.

Ask

- How would you feel if your neighbours turned on you because they found out you were a Christian? Would you do what they wanted?
- Soy and other members of her church were prepared to lose their freedom and go to prison for their faith in Jesus. Why do you think that was so important to them? What would you do if this meeting was stopped by the police and you were threatened with arrest?
- Soy and the rest of the small church were given a choice: lose their faith and keep their freedom, or lose their freedom and keep believing in Jesus. What would you choose?

Explain: This all happened to Soy when she was 14. Amazingly, instead of giving up her faith, she was imprisoned (illegally) for a week - and even then, she and her auntie spoke to other prisoners about Jesus. She knew just how much Jesus loved her - and that a relationship with Him was worth giving everything up for.

Ask:

Soy knew there would be a cost to being known as a Christian. But she was prepared to give up her freedom and safety for a relationship with Jesus.

- Has following Jesus ever cost you anything?

Poh was committed to not giving up on Jesus - he must really know God in an incredible way!

- What do you know of God. Is that worth everything you have?



BIBLE:

Have someone read: Luke 18:18-30

Jesus answers the question of a young man who seems really holy by pointing to the one thing he couldn't give up: money.

- What are the things Jesus would call out in our lives? Spend a while writing down a few things that you'd find really hard to live without (home, family, money, music, fast food, social media, phone, Xbox etc).
- Could we give these things up if God asked?



CHALLENGE:

Could your group join the Choose to Lose Challenge and chose to lose the things they love? Ask them to think of one thing they love, something important to them - that they would be prepared to give up. Get each person to write out the following statement, filling in the blanks:

I'm giving up _____, something I really love,
for _____, (how long)
from _____, (when)
to raise money and prayer for those who have given up home,
security, freedom and more because of their faith in Jesus.

As a group, see if you can agree on the same starting date for your challenge and together set a fundraising target (have a look at opendoorsyouth.org/choosetolose to see what your money could achieve).

Encourage people to visit opendoorsyouth.org/choosetolose, to sign up to get a Choose to Lose fundraising pack (we'll then send them an awesome pack in the post with tips on fundraising, gathering sponsors and also a bunch of stories and actions to help them pray and reflect during their challenge).



PRAY

Close the session by having someone pray this prayer:

Father God, thank You for Soy and those around the world who are prepared to lose out because of You. Thank You that they are determined to not give up. Give courage and hope to those who have lost family, home, safety and freedom. Let them know Your presence and comfort. Help me put You first, before anything else in my life. Amen.