

Christian Union Planning Sheet

Theme / Topic

You are... CHOSEN - *Part 3 of the 'You Are ...' 4-part series*

Bible Passage

Ephesians 1:3-6 'Long before he laid down the earth's foundation, he had us in mind, had settled on us as the focus of his love, to be made whole and holy in his love. Long, long ago he decided to adopt us into his family through Jesus Christ.' (The Message Translation)

Time Allocation

30 minutes

Aim

The young people will learn that they have been chosen by God for who they are, not because of what they have done.

Introduction

Choices Game

What would you choose? Have a few different things to choose between, to start a conversation

i.e.: heroes or celebrations, running or the gym, summer or winter

What do you think when you hear the word chosen? Do you think about this positively or negatively?

Teaching

Do you ever feel like God hasn't chosen you, that maybe God feels like he has been stuck with you? Sometimes we bring what the world says about us into our relationship with God. The Bible tells us that He has chosen us and that we have been adopted into his family.

Watch the video 'You are chosen Part 3 of 3'

You can find the video here:

https://www.youtube.com/watch?v=WYgaU5_FiW0&feature=youtu.be

Application, Reflection and/or Activity

Look up God's promises over you in the Bible using this resource from Joyce Meyer to help you

<https://joycemeyer.org/en-GB/everydayanswers/ea-teachings/knowing-who-i-am-in-christ>

How does it make you feel to know that God chose you before he created the earth's foundations?

Memory Verse

Jesus said 'You didn't choose me, remember; I chose you, and put you in the world to bear fruit, fruit that won't spoil.' - John 15:6; The Message Translation

Resources

Vitalise Video

Copy of knowing who I am in Christ

Bibles available in case young people would like to look up Bible references