

# SQUAD GOALS

This lesson is designed to help your group "SQUAD UP" for the year. There is a list of 8 possible group activities for you and your group. They are designed to create some early memories and structure. The activities are suggestions or ideas for bonding, team building, and creating a unified life group. Choose 1 or 3 or all...it's up to you!

## **ACTIVITY 1: TALK THROUGH THE GROUP COMMITMENT CARD**

Spend some time talking through and filling in the "LIFE GROUP COMMITMENT CARD." Cards for each student are included in this packet. Answers to the fill-ins are on the backside of the schedule sheet.

## **ACTIVITY 2: CHOOSE A GROUP VERSE**

Together, choose a verse or 2, or a passage of scripture to be your "GROUP VERSE."

Some suggestions:

Hebrews 10:24-25, Matthew 18:20, Acts 2:42-47, Ephesians 4:15-16, John 13:34-35

Why is this our group verse? What does it mean to us?

*\*Encourage everyone to memorize this verse/passage*

*\*Read it every week at your group*

## **ACTIVITY 3: MAKE A LIST OF "GROUP GUIDELINES"**

Have your students brainstorm a list and then vote on the TOP 5 group rules. Everything from respect, to accountability, to fun can make the list! And don't be afraid to add a few yourself. Help them be a part of the process of deciding on what is important in your life group.

## **ACTIVITY 4: CHOOSE A GROUP NAME**

Give your group a name they can get behind! Create a fun name for your life group. Ask students to give suggestions and then vote on a name!

## **ACTIVITY 5: CREATE A GROUP PLAYLIST**

Create a Spotify playlist with a suggestion or 2 from every student. Be sure to check out SSM WORSHIP for the songs we sing at church on the weekend. Use your playlist as "walk in" music or "settle down" music for your group time each week.

## **ACTIVITY 6: ASK ME ANYTHING**

Allow your students to ask any 3 questions they want to you and your co-leader. They have to agree on each of the questions as a group.

## **ACTIVITY 7: WRITE A LETTER TO THE FUTURE YOU**

Have students write a letter at the beginning of the school year that is then handed to them at your last life group. Maybe give them a few prompts and ideas for what to write. Who are they? What do they love? Who is their best friend? What do they want to get out of life group? What kind of life group friend are they going to be?

## **ACTIVITY 8: HANDS IN COMMITMENT**

A few years back, we had a life group leader who brought a baseball to life group. He talked about team, roles on the team, how the team was meant to function...everything about "team." Then he asked all of the students to sign the ball as a visual for the "life group" team they were forming. There are a lot of different items that could be used in place of the baseball.