



aspire

[13-18s]
experience the challenge

Approaching Easter channel

the **GIRLS'**
BRIGADE
ENGLAND & WALES



Approaching Easter channel

Why use this channel?

This channel is overflowing with challenges to help you explore the events of Easter. You'll be inspired as you journey through Lent, the drama of the crucifixion, and the joy of the risen Lord. It will challenge you to grow your understanding of the Christian faith.

How do I use it?

The channel is split into five programmes. Each one should take four to six hours or (if you wish to make it into a massive double point challenge) 10 to 12 hours to complete. This will depend upon what you decide to do.

You could also choose to do one small action from each of the five programmes, as long as it adds up to the correct amount of time. Remember that with any activity you'll need to take into account social distancing and GB's COVID-19 guidance.

Here are some websites which might be useful as you look at this channel:

<https://www.google.co.uk/imgres?imgurl=https://i.pinimg.com/originals/a5/d2/99/a5d29911a3888f874e38bc6582b80573.jpg&imgrefurl=https://www.pinterest.com/pin/552957660491805659/&tbnid=O0nZm3xHCxmUjM&vet=1&docid=YSEX23nLg8KN8M&w=5120&h=5120&hl=en-gb&source=sh/xlim>

https://www.google.co.uk/imgres?imgurl=https://i.pinimg.com/originals/89/c9/fb/89c9fb9367c46173792b490b138ac51.png&imgrefurl=https://www.pinterest.com/pin/64563329655512042/&tbnid=ZhyQqyNGZ_SzBM&vet=1&docid=pS8VCeHkR20XrM&w=735&h=1102&hl=en-gb&source=sh/xlim

<https://lifehopeandtruth.com/god/prayer-fasting-and-meditation/how-to-pray/>

<https://www.thykingdomcome.global/resources/praying-young-people>

<https://www.girlsbrigadeministries.org.uk/kokolive-got-your-back-a-film-about-friendship>

<https://youtu.be/IGV5IU6O4B4>

<https://goodnewsuk.com/>

The programmes:

MY FRIEND GOD (What does it mean to be a friend of God?)

CHATTING TO MY FRIEND (How can I pray?)

MY FRIEND'S PRECIOUS BOOK (How can I read the Bible?)

MY FRIEND LOVES ME (What does God's forgiveness mean?)

SHARING MY FRIEND (What can I tell my friends about God?)

Each programme presents you with a challenge. Here are the five challenges from the Approaching Easter channel:

Your challenge:	MY FRIEND GOD (What does it mean to be a friend of God?) A friend is someone who you enjoy spending time with, trust and care about. Friendship is a personal relationship that enriches our lives. To have God as our friend is a privilege that's open to us all. Discover how you're God's friend.
Your challenge:	CHATTING TO MY FRIEND (How can I pray?) Prayer is the centre of our relationship with God, it allows us to talk to Him and also to take time to listen. Easter is the most important event in the Christian calendar. Your challenge is to produce creative prayers for use during Holy Week.
Your challenge:	MY FRIEND'S PRECIOUS BOOK (How can I read the Bible?) Reading the Bible is essential to grow as a Christian and to learn more about God and His love for us. In it are stories of all kinds: deception, romance, action, history and comedy. The Easter story is one of the most dramatic stories. Explore the story with fresh eyes to see the real meaning of Easter.
Your challenge:	MY FRIEND LOVES ME (What does God's forgiveness mean?) God sent His only Son to die on the cross so that God could forgive us, what a sacrifice! The ability to forgive people who have caused us pain is not an easy one. Explore the positive effects of being forgiven.
Your challenge:	SHARING MY FRIEND (What can I tell my friends about God?) Sharing the amazing stories of God is exciting and an honour to be able to serve Him in this way. The great commission, which came from Jesus, is for us to reach all people with the good news. Investigate how you could share this good news and see your friends' lives transformed.

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Your challenge:

MY FRIEND GOD (What does it mean to be a friend of God?)

A friend is someone who you enjoy spending time with, trust and care about. Friendship is a personal relationship that enriches our lives. To have God as our friend is a privilege that's open to us all. Discover how you're God's friend.

N: *Notions (who)*

These notions/ideas suggest ways in which you might explore God's friendship, but you may do it in any way you like. You could:

- Look at your friends, what makes them friends? Look at Jesus' friends, why did Jesus choose them?
- Using the acrostic 'Friendship' list the qualities, good or challenging, of friendship
- Investigate the importance of having a friend
- Interview a Christian about their friendship with God.

S: *Set the scene (what)*

Think/talk through what the challenge is about and how you can discover God as your friend. The following may help you:

- Draw a spider diagram showing the friendship qualities that God shows us, and highlight the qualities that we show as a friend
- Ask yourselves: Do you know God as a true friend? How much time do you spend with Him? Do we show God the qualities He shows us?
- Consider the benefits of God's friendship
- Look at the effect having God as a friend has on others and those around them.

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
What? What special equipment/space/advice do you need to complete the challenge?
How much? What costs might be involved and how will this funding be found?
When? Are there any dates or timescales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what the Bible teaches us about being a friend of God's.

- Read Matthew Ch.4:1-11. What qualities of being a friend of God did Jesus show, when and how are we encouraged to show these qualities? Follow the example of Jesus this Lent.
- Jesus journeyed into Jerusalem knowing that He would be facing death, death on the cross. He did this out of obedience to God. God, as our friend, is always with us through the tough times and the easy times. We may have challenges to face and question why things are happening to us, but these are the times we need to trust in God as our friend who'd never let us face anything alone.
- Jesus valued His friends, the disciples, greatly. He chose them very carefully from various backgrounds and loved them dearly. He trusted them and shared with them. He taught them and it was His special friends that He appeared to before His ascension into heaven. It's this friendship that we have with God.

r:

Respond (do it!)

Make it happen! Put your plan into action and complete the challenge.

e:

Evaluate (so)

Think through how successful you've been with this challenge. Consider:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
- How has this challenge given you a Christian perspective on the things you encounter in everyday life?

Approaching Easter channel

Your challenge:

CHATTING TO MY FRIEND (How can I pray?)

Prayer is the centre of our relationship with God, it allows us to talk to Him and also to take time to listen. Easter is the most important event in the Christian calendar. Your challenge is to produce creative prayers for use during Holy Week.

N: *Notions (who)*

These notions/ideas suggest ways in which you might explore prayer, in the context of the Easter story, and produce creative prayers for use during Holy Week, but you may do it any way you like. You could:

- Create a timeline of the events of Holy Week starting with Jesus' journey into Jerusalem and ending with Jesus' ascension
- Investigate the different types of prayer and different ways to pray
- Invite someone from the church leadership team to share who they think would appreciate Holy Week prayers.

S: *Set the scene (what)*

Think/talk through what the challenge is about and what you could do. The following may help you:

- What are the significant events during Holy Week, and why are they important?
- Consider the people who you're producing the prayer guide for. How will you make it suitable for them?
- What media will you use? Could it be a daily email/text? Remember it would have to be sent from a GB leader.
- What useful skills do you, and your group, have to help produce the prayers?

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
- What?** What special equipment/space/advice do you need to complete the challenge?
- How much?** What costs might be involved and how will this funding be found?
- When?** Are there any dates or timescales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what prayer is, and why and how to pray, through finding out what the Bible/other Christians say.

- Prayer is having a conversation with God, Our Heavenly Father. He's ready for us to talk to Him at any time, He'll listen and answer. It's good to talk.
- Take a look at Matthew Ch.6: 5-15, in which Jesus teaches us how to pray and also what to pray. Can you see the different parts to the prayer? Is the prayer still relevant to us today? What's the passage saying to you about prayer?
- Prayer is mentioned over 650 times in the Bible, and one of the most important times was when Jesus was praying in Gethsemane just before He was betrayed by Judas with a kiss. This was the most unselfish prayer and shows God's love for us. You can read it in Matthew Ch.26:36-56. How does that make you feel?
- Read 1 Thessalonians Ch.5:16-18 and know that when we pray we're making God happy.

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

Think through how successful you've been with this challenge. Consider:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
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Approaching Easter channel

Your challenge:

MY FRIEND'S PRECIOUS BOOK (How can I read the Bible?)

Reading the Bible is essential to grow as a Christian and to learn more about God and His love for us. In it are stories of all kinds: deception, romance, action, history and comedy. The Easter story is one of the most dramatic stories. Explore the story with fresh eyes to see the real meaning of Easter.

Note to leaders/parents/carers:

If you don't have their own Bible, GB-crested New Testaments are available for free for GB members across England and Wales from Good News for Everyone, formerly Gideons UK. Good News for Everyone branches can deliver a box to a GB Team Leader to reduce the risk of any of the Testaments being handled – your Team Leader can contact them via <https://goodnewsuk.com>.

N: *Notions (who)*

These notions/ideas suggest ways in which you might explore the Easter story in the Bible but you may do it any way you like. You could:

- Look at different versions of the Bible to find one that's easy for you to read and understand
- Find an app for daily Bible readings that has a commentary to help develop your understanding of the passages
- Look at how you're going to study the Easter story differently. Are you going to study it weekly? As a group? Could you study daily and then discuss in your group?
- Create a poster of the Easter events and the characters involved. What was their role? How did they feel?
- Read Matthew Ch.26:69-75 and Ch.27:11-26. This is a very dramatic time for Jesus and the disciples. What jumps out at you from the passages? Why did this catch your attention?

S: *Set the scene (what)*

Think/talk through what the challenge is about and how to explore the Easter story in the Bible. The following may help you:

- What do you already know about Holy Week and the Easter story in the Bible?
- What are your feelings about the characters and their actions?
- What barriers are stopping you reading the Bible every day?
- Look at what's already available such as apps, daily reading guides, or your church may produce guides.

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
What? What special equipment/space/advice do you need to complete the challenge?
How much? What costs might be involved and how will this funding be found?
When? Are there any dates or timescales you must set in order to ensure you meet your deadlines?

I: *Investigate the Christian perspective (why)*

Use this opportunity to explore why reading the Bible is so important and what the Bible/Christian people have to say about it.

- The Bible is God's message to us, giving us guidelines to live a life to honour Him. It's spoken to people through the decades, reaching all generations. The Old Testament is God speaking directly to His people, the New Testament is the recount of the son of God's life and the young church. Psalm Ch.119:105 says 'Your word is like a lamp for my feet and a light on my path.' (NIV). When we're faced with difficult decisions reading the Bible alongside prayer can guide us in our decisions.
- Read the Easter story in each of the gospels, note the differences but how they all tell of God's love for us.
- Read John Ch.20:30-31. What does this say to you about reading the Bible?

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

Think through how successful you've been with this challenge. Consider:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
- Did your project have an impact on other people and did it help them?
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Your challenge:

MY FRIEND LOVES ME (What does God's forgiveness mean?)

God sent His only Son to die on the cross so that God could forgive us, what a sacrifice! The ability to forgive people who have caused us pain is not an easy one. Explore the positive effects of being forgiven.

N: *Notions (who)*

These notions/ideas suggest ways in which you might determine the effects of forgiveness but you may do it any way you like. You could:

- List the pros and cons of forgiveness
- Research people who've been forgiven, such as parents forgiving their children's killers. Discuss if you could have forgiven them
- Produce a news story based on forgiveness.

S: *Set the scene (what)*

Think/talk through what the challenge is about and what you could do to forgive. The following may help you:

- What experience have you had of giving/receiving forgiveness?
- What opportunities to forgive have you missed? How can these be addressed?
- What are the barriers to forgiveness?
- What useful skills/contacts do you/your group have to help with this challenge?

P: *Pin it down (how)*

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
What? What special equipment/space/advice do you need to complete the challenge?
How much? What costs might be involved and how will this funding be found?
When? Are there any dates or timescales you must set in order to ensure you meet your deadlines?

i: *Investigate the Christian perspective (why)*

Use this opportunity to explore what forgiveness is, and why and how it can be shared, through finding out what the Bible/other Christians say.

- Matthew Ch.18:21-22 tells us that we are to forgive over and over again. God forgives us without counting the number of times.
- Forgiveness is mentioned on many occasion in both the Old and the New Testaments. Read Matthew Ch.26:26-30, the story of the Last Supper. Jesus is talking to His disciples about His death. He died so that God could forgive us for our wrong doings, called sins. God forgave us so that we could have eternal life, life in heaven with Him.
- Read Luke Ch.23:32-34, Ephesians Ch.4:32, and Acts Ch.10:43. What can we learn from these readings?

R: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

Think through how successful you've been with this challenge. Consider:

- What do you think you've learnt through working on this challenge?
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Your challenge:

SHARING MY FRIEND (What can I tell my friends about God?)

Sharing the amazing stories of God is exciting and an honour to be able to serve Him in this way. The great commission, which came from Jesus, is for us to reach all people with the good news. Investigate how you could share this good news and see your friends' lives transformed.

n: Notions (who)

These notions/ideas suggest ways in which you might show God's love to others, but you could do it any way you like. You could:

- Create a thought shower of God's actions that shows His love for us that could be displayed somewhere for others to see
- Produce a video clip about God's love
- Discuss different ways you could share God's love with your friends and what it means to be one of His followers
- Discuss actions of others that have shown God's love to you
- Interview a Christian and determine their understanding of God's love for us. Notice how they share their story.

s: Set the scene (what)

Think/talk through what the challenge is about and what you could do to tell people of God's love. You could:

- Consider including the resurrection story to show how God loved us and sent His son to die for us
- What useful skills/contacts do you/members of your group possess to help with this challenge?
- Show it to your other GB members within your group/to your church
- Post it on social media ensuring all guidelines are adhered to.

p: Pin it down (how)

Study some of the information you've gathered and consider how you'll complete the challenge.

- Who?** Do you need anyone to help/train/supervise/advise you?
What? What special equipment/space/advice do you need to complete the challenge?
How much? What costs might be involved and how will this funding be found?
When? Are there any dates or timescales you must set in order to ensure you meet your deadlines?

i: Investigate the Christian perspective (why)

Use this opportunity to explore sharing what God's love for us means, and why and how it can be shared, through finding out what the Bible/other Christians say.

- Read Matthew Ch.28:18-20, Mark Ch.16:15 and Mark Ch.16:19-20. What do these readings all have in common?
- The greatest gift we have is God's love for us. He showed this by sending Jesus to die on the cross at Easter so that we could have eternal life. It's our privilege to be able to share this with others although it may be difficult at times. Faith is very personal and to talk about it with those who are yet to find God's love can make us feel uncomfortable. This is only natural but we pray that God will give us the words and strength we need so all our friends may come to faith, as described in Ephesians Ch.3:17-19.

r: *Respond (do it!)*

Make it happen! Put your plan into action and complete the challenge.

e: *Evaluate (so)*

Think through how successful you've been with this challenge. Consider:

- What do you think you've learnt through working on this challenge?
- Which skills, talents or abilities did you use in your involvement in this project?
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Your chosen challenge:

n: *Notions*

Outline your idea.

S: *Set the scene*

Jot down your initial thoughts/questions.

P: *Pin it down*

Consider who will be involved, when it will happen, what you will need and how much it will cost etc.

Who?

What?

How much?

When?

i: *Investigate the Christian perspective*

Outline how you will find out what the Bible/other Christians say about this topic.

Will you have a specified time every week or one whole evening focused on this aspect of your challenge?

Will it be led by visitors/your leader/your chaplain/members of your group?

r: *Respond*

Now use the challenge plan on the next page to help you to make it happen!

Work out what will happen each week.

Identify who you will need to help you/who is inviting them/who is leading/who will be involved in each activity etc.

Ensure you will have the resources you will need.

Record the time you are involved each week to keep track of your progress.

e: *Evaluate*

Think through how successful you have been by considering the evaluation questions.

Record your story in your My n:spire journal.

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Challenge plan

DATE	ACTIVITY What will you do this week?	WHO Who will support you to facilitate this session?	WHAT What equipment is needed?
Week/step 1 Date: Time:			
Week/step 2 Date: Time:			
Week/step 3 Date: Time:			
Week/step 4 Date: Time:			
Week/step 5 Date: Time:			
Week/step 6 Date: Time:			
Week/step 7 Date: Time:			
Week/step 8 Date: Time:			
Week/step 9 Date: Time:			
Week/step 10 Date: Time:			

Copy for additional weeks as required.

Why use this channel?

This channel is overflowing with challenges to help you explore the events of Easter. You'll be inspired as you journey through Lent, the drama of the crucifixion, and the joy of the risen Lord. It will challenge you to grow your understanding of the Christian faith.

The programmes:

- MY FRIEND GOD** (What does it mean to be a friend of God?)
- CHATTING TO MY FRIEND** (How can I pray?)
- MY FRIEND'S PRECIOUS BOOK** (How can I read the Bible?)
- MY FRIEND LOVES ME** (What does God's forgiveness mean?)
- SHARING MY FRIEND** (What can I tell my friends about God?)



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