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**Preparing a Sample Session**

As part of the application process to be a Shine writer, you will need to prepare a sample session. As we read your session, we will be noting your use of the template, writing style, theological reflection on the Bible text, and your creativity.

You will be writing for youth in grades 9–12. Use the Session Plan Template in this document to write a session plan for a teacher to follow. **Note**: there are two options to choose from: Honoring God with Our Bodies (Psalm 139:13–16; 1 Corinthians 6:19–20) and God’s Righteousness and Justice (Amos 5:14–24; Micah 6:1–8). The Bible texts and key ideas for the two options are in the templates. You can delete the template for the option you do not choose.

There are five major sections: Prepare, Enter, Engage, Explore, and Empower (see session layouts at the end of this document). Each section contains several items for you to write. Be sure to write out the activities and instructions clearly and succinctly, paying attention to the specified word count. Be creative in your approach, while remembering that teachers are busy and often don’t have a lot of preparation time. Strive to make each item age-appropriate and engaging for a range of youth. If a hand-out is needed for an activity, you are free to include plans for it with your session.

When you are finished, please delete the instructions in italics and [brackets].

In addition to the session plan, you will also need to create simple text messages that teachers can send to youth and/or parents to extend learning and reflection during the week. This is described in detail at the end of the template.

**Session Plan Template – Option #1**

Session Title: **Honoring God with Our Bodies**

Scripture Texts: **Psalm 139:13–16; 1 Corinthians 6:19–20**

Faith Reminders for Youth:

* **God made us and knows us fully.**
* **God’s spirit lives within us.**

NOTE: This session is one in a six-week unit focusing on spiritual practices.

**[PAGE 1]**

**Prepare**

**Session Title:** Honoring God with Our Bodies

**Scripture Texts:** Psalm 139:13–16; 1 Corinthians 6:19–20

**Faith Reminders:**

* God made us and knows us fully.
* God’s Spirit lives within us.

**Story Summary:**

The psalmist spoke of being fully known by God. Wherever we are, throughout all space and time, God is there. There is no place too high, too low, or too dark for God’s presence to find us. We are wonderfully made. The psalmist told of God’s hands knitting us together even before birth. Paul reminded the church in Corinth that God’s Spirit lives in us, so we should honor God with our bodies.

**Story Connections** *[275 words maximum - What’s important about this story for youth? Provide context that will help youth connect to the biblical text. Include at least one developmental insight that will help teachers as they facilitate discussion about this text with youth.]*

**[PAGE 2]**

**Enter** *[400-word maximum. Provide an opening question or activity to help youth transition from where they’ve been to become present to God and to one another.]*

**GATHERING QUESTION** *[Include a question or activity that will gather the group and build relationships.]*

**PRAYER** *[Introduce a spiritual practice that the youth and teacher can do together. The goal is for youth to* ***experience*** *the practice, rather than just learn about it. This practice should relate in some way to the session or themes within the text or overall unit.]*

**[PAGE 3]**

**Engage**

*[400-word maximum. Provide background for the Bible text and a plan for how the teacher can share the biblical texts in an age-appropriate way.]*

**DIG DEEPER** *[4-5 discussion questions that help youth explore the Bible text more fully. This section is about theological reflection, pondering possibilities, and entering the biblical narrative.]*

**[PAGE 4]**

**Explore** *[350-word maximum.]*

**MEDIA CONNECTIONS** *[List 3 or 4 books, websites, music, art, or other resources to supplement the session.]*



*[Provide one hands-on or active response idea and one individual reflective response idea. These may or may not make use of items listed in Media Connections.]*

*[Title for Activity Prompt #1]*

*[Title for Activity Prompt #2]*

**Empower** *[100-word maximum]*

*[Provide a scripted challenge, blessing, or prayer (or suggest a way the group can pray together).]*

**Additional Content** *[Write content for a text message or short email for youth that can be sent by the teacher mid-week. It should be related to the session’s content and include affirmation, encouragement, or a challenge. This content will be collated at the end of the leader guide and does not factor into the word count for this page.]*

**Session Plan Template – Option #2**

Session Title: **God’s Justice and Righteousness**

Scripture Texts: **Amos 5:14–24; Micah 6:1–8**

Faith Reminders for Youth:

* **God calls us to live justly and humbly.**

NOTE: This session is the first of a six-week unit featuring several male and female prophets sent to help people understand how to follow God’s ways of justice and righteousness.

**[PAGE 1]**

**Prepare**

**Session Title:** God’s Justice and Righteousness

**Scripture Texts:** Amos 5:14–24; Micah 6:1–8

**Faith Reminders:**

* God calls us to live justly and humbly.

**Story Summary:**

Amos and Micah were prophets sent to help people understand how to follow God’s ways. Amos warned against ignoring the needs of the poor and against the outward show of religious rituals. Amos yearned for a time when justice and righteousness would be like the waters of an ever-flowing stream. Micah said that God does not want extravagant sacrifices and instead calls people to do justice, love kindness, and walk humbly with God.

**Story Connections** *[275 words maximum - What’s important about this story for youth? Provide context that will help youth connect to the biblical text. Include at least one developmental insight that will help teachers as they facilitate discussion about this text with youth.]*

**[PAGE 2]**

**Enter** *[400-word maximum. Provide an opening question or activity to help youth transition from where they’ve been to become present to God and to one another.]*

**GATHERING QUESTION** *[Include a question or activity that will gather the group and build relationships.]*

**PRAYER** *[Introduce a spiritual practice that the youth and teacher can do together. The goal is for youth to* ***experience*** *the practice, rather than just learn about it. This practice should relate in some way to the session or themes within the text or overall unit.]*

**[PAGE 3]**

**Engage**

*[400-word maximum. Provide background for the Bible text and a plan for how the teacher can share the biblical texts in an age-appropriate way.]*

**DIG DEEPER** *[4-5 discussion questions that help youth explore the Bible text more fully. This section is about theological reflection, pondering possibilities, and entering the biblical narrative.]*

**[PAGE 4]**

**Explore** *[350-word maximum.]*

**MEDIA CONNECTIONS** *[List 3 or 4 books, websites, music, art, or other resources to supplement the session.]*



[*Provide one hands-on or active response idea and one individual reflective response idea. These may or may not make use of items listed in Media Connections.]*

*[Title for Activity Prompt #1]*

*[Title for Activity Prompt #]*

**Empower** *[100-word maximum]*

*[Provide a scripted challenge, blessing, or prayer (or suggest a way the group can pray together).]*

**Additional Content** *[Write content for a text message or short email for youth that can be sent by the teacher mid-week. It should be related to the session’s content and include affirmation, encouragement, or a challenge. This content will be collated at the end of the leader guide and does not factor into the word count for this page.]*