

Intergenerational Life Group Guide

Genesis Week 3: Grasping



✦✦✦ Make this week even better by: prepping treats, 2 per person (Bonus Idea) and having paper and pencils or building supplies on hand.

Hi and Lo:

By now you probably know most people's names, so today you can take time to go around and let everyone share one 'hi' (good thing) and one 'lo' (bad thing) from the past week or coming up. The rules are: keep it brief, anyone can say 'pass' if they don't want to share, and everyone quietly listens without interrupting when it's someone else's turn.



Bonus idea: Have two of a small treat for each person ready to go, and hand one out to everyone before the hi and lo. Let everyone know that if they can leave the treat alone until the end, they can have a second treat as well, but if they eat it before the end, that's all they get.

If you do this, take time to talk about it after! What strategies helped avoid that temptation?

Recap:

If not everyone in your group saw the adult message this week, briefly go over the story.

Option 1: Invite a few readers to read **Genesis 3:1-6** out to the group.

Option 2: Invite 4 actors to be Adam, Eve, the Serpent, and God, and act out the passage.

Option 3: Go on Youtube and look up 'Saddleback Kids Adam and Eve Sin' to see an engaging 3 minute video of Genesis 3.



Are you a group that includes a **snack or a meal** in your time together? Consider tying it in to the topic this week:

- Have some fruit, the less familiar the better! We don't know what the fruit was like that Adam and Eve ate, but we know it tasted good! Which fruits do your group like or dislike?
- Consider putting out some more and less tempting snacks, maybe some carrot sticks and some cheesies, to talk about how we sometimes are tempted to things that are less helpful for our bodies and lives.
- Put out some spicy chips, (warn parents.) It looks really good, but has a kick!

Stolen Peace:

What an amazing life Adam and Eve must have lived in the garden before the sinned! Spend some time talking about and seeking peace before you get into the discussion questions on the next page.

Option 1: Let everyone use pencil crayons, crayons, or markers to draw their perfect house or garden. What would they have? A pool? Coffee on tap? Bean bag room? A slide instead of stairs?

Option 2: Do a bit of intentional breathing to get centred before you begin. Check out the attached pages for some ideas.

Discussion Questions: *If you've got a big paper or a screen, make a list for the first question.*

- What are some things that are tempting?
- What makes it easier or harder to resist temptation?
- What does it feel like to be at peace?
- Did God already know what had happened when Adam and Eve sinned? Why did He ask them about it?
- Do you think they thought they could really hide from God? Why do you think they did that?

Gospel Connection:

Read together John 16:30 in which Jesus is speaking: *"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world."*

Talk about it:

- When is it easy or hard for you to remember that this world is a bit broken, it is different than God's best plan?
- What trials and sorrows from Earth are you most excited to be done with in Heaven?

Collaborators

God built a perfect world for humans to enjoy, but we always want to take some of the control away from God and try to do it ourselves. Since we aren't God, the world we make isn't perfect. Try working together on a project to see the impact of having to share the control and vision. If you liked being outside last week, consider taking this part of your meeting outside again!

Option 1: If you have lots of kids in your group, make pairs or groups including adults and kids. Assign building task with whatever materials you have, e.g. make a desert island out of lego, or make an elephant out of playdough. Make sure both adults and kids share creative control.

Option 2: Have everyone pair up, and give each group one sheet of paper and one pencil to share. Have both people hold on to the pencil and try to draw something together, like a peaceful vacation spot.

Option 3: If you are an older group, read together Romans 8:15-25, but have each person in the group read only one word and then pass the Bible to the next person, (or have everyone have their own Bibles.)



Wrap Up: Talk about it: What was it like to have to share control? What made it easier or harder? (If strategies like 'choosing one leader' or 'communicating' come up, you can connect those to God's plans for us.) Since God had a perfect plan for our peace, and we do want to live in peace, how can we give control back to Him to let Him give us the peace that is His good plan?

Pray together

Consider taking a few minutes to do a breathing exercise from one of the attached pages before you pray.

Ask God together to bring peace to this broken and hurting world, and ask Him to show you the ways you can help to bring that peace.

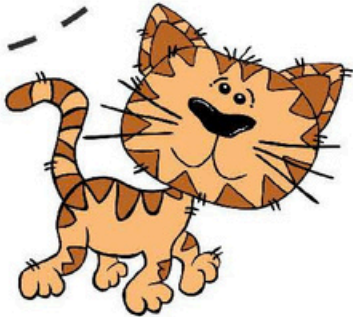




- Go to the floor on all fours
- Take a deep breath through your nose
- Open your mouth as big as you can
- Stick your tongue out / Open eyes wide
- And, ROAR!



- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
- Repeat this breathing sequence for a few minutes



- Kneel on all fours
- Breathe in as you lift your chin and tilt your head back
- Breathe out while you slowly raise your back towards the ceiling and you lower your head



- Place your arms straight in front of you, hands opened, palms facing each other
- Breathe in as you open your arms to form a 180 degrees angle
- Breathe out as they return to their initial position



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

HAND BREATHING

- Trace the shape of the fingers
- Breathe in as you trace the finger up and breathe out as you trace it down.

