AFFIRMATION

Program Target: To help youth affirm one another and know that God affirms them.

What to do:
PART ONE: Seat your group in a large circle (if you have more than 20 people, divide into 2 or more groups of less than 20 each, and proceed from there). Give each person an envelope with 20 small slips of paper. Direct each person to write his or her name on the envelope and pass it to the person on their right. When someone gets their neighbor's envelope, they are to write something positive, something they like or admire about that person, on one of the slips of paper and put it back in the envelope, then pass the envelope on. When the envelopes have travelled around the circle back to their owners, each person should have an envelope full of positive statements about him/herself. Give everyone some time to read through their affirmations.

PART TWO: Give each person some poster board and a glue stick and have them create a collage with their affirmations. They should write their names only on the back of the poster. They can also decorate them using markers, etc. Collect the posters, write a number of the front of each one, and put them up around your meeting area. Allow 15-20 minutes for people to go around, look at the posters, and try to guess which numbered poster belongs to each person. Have a prize ready for the person who identifies the most posters correctly.

This activity is valuable on a number of levels. It gives people practice affirming and saying positive things about each other, helps them graciously accept positive things said about themselves, and then allows everyone to view the positive statements people have made about each other.

Preparation Time:
This requires only a little preparation time (about an hour) to get envelopes, slips of paper, pens or pencils, poster board, glue and markers ready. However, you may also want to give the activity some thought based on what you know about your group. If your group contains a lot of younger teens, or many people who are very critical of others, you may want to structure the activity so that you get to preview everyone's envelope briefly before giving it back to them, to make sure no-one has written anything negative. If this is necessary, you can collect the envelopes, fill them time with some singing while you quickly preview them, and hand them back to their owners after the singing.

Bible Text:
Psalm 8:3-5

Song Service:
"I Am A Promise"

Vesper or Closing Thought:
It's important for us to learn to affirm one another, and it's important to learn to accept compliments graciously and learn to think positively about ourselves. But most important is recognizing that we are of great value to God, and He affirms us every day.