

TECHNOLOGY

LIFE



in this series

HEALTHY RELATIONSHIPS

• •

KEEPING IT REAL

• •

WHERE'S YOUR HEART AT?

• •

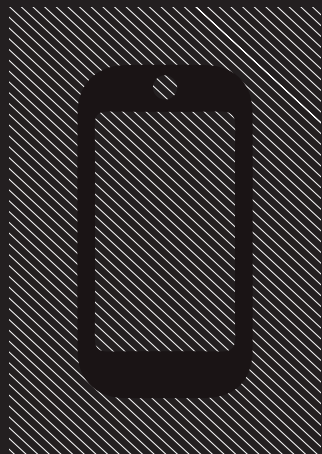
STAYING PURE

• •

**GROWING AS A DISCIPLE
OF JESUS**



TECHNOLOGY



more LIFE resources available at
toolkit.salvos.org.au/youthandkids



1/5

HEALTHY RELATIONSHIPS



What would you say are the top 3 characteristics of a healthy friendship?

THIS WEEK'S READINGS

Proverbs 13:20
Proverbs 18:24
Ecclesiastes 4:9-10

How will you use technology in a healthy way, to help build healthy relationships?

2/5

KEEPING IT REAL



Do you think the online persona you see of people is the same as their real persona?

THIS WEEK'S READINGS

Colossians 3:9-10
Ephesians 4:25
Proverbs 12:22

What is ONE way this week that you will make sure you 'keep it real' online?

»

⌘

⚡

⌚

..

NOTES

What is one safe-guard you will put in place this week to remain pure online?

Galatians 5:16-21
1 John 1:8-2:2
Romans 14:12-19

THIS WEEK'S READINGS

What are the opportunities to sin that the online world provides for us?

»

⌘

⚡

⌚

..

STAYING PURE

4/5

What is a new app, or technology item that you will start using to help you grow as a disciple of Jesus?

2 Timothy 3:16-17
Colossians 4:2
James 5:6
Hebrews 1:1-25

THIS WEEK'S READINGS

What is a helpful way you currently use technology to help grow as a disciple?

»

⌘

⚡

⌚

..

GROWING AS A
DISCIPLE OF JESUS

5/5

God cares about the motivation of our hearts as we post and interact online - what is something that you will change this week so that God can be pleased with your heart?

1 Samuel 16:1-7
1 Thessalonians 2:3-8

THIS WEEK'S READINGS

What do you think motivates people to post things online?

»

⌘

⚡

⌚

..

WHERE'S YOUR HEART AT?

3/5

1/5

HEALTHY RELATIONSHIPS

• •



summary

Healthy relationships are important to our well-being as humans.

This week we'll look at how we can make sure our online relationships are healthy ones!



you will need

- One printed copy of *appendix 1* for each pair in your group
- One pen for each pair in your group
- One set of the Bible verses from *appendix 2* printed & cut up

keep in mind

- It can be easy to imply that all online relationships are inherently bad. Try to avoid this.
It is true that some online relationships can be unhealthy, but for some young people they can also be incredibly positive and helpful!



CONNECT



To help your group connect on a relaxed level, spend some time discussing the following:

- » Would you rather have no elbows or have no knees?
- » Would you rather be attacked by a horse-sized duck or 100 duck-sized horses? Why?
- » Would you rather only be able to communicate online or never be able to communicate online? Why?

INVOLVE



Explain that we are about to look at some differences between healthy relationships and unhealthy relationships.

Give a copy of *appendix 1* and a pen to each pair.

Allow for some time in pairs to fill in the missing gaps.

As a group, discuss what you put in the gaps and why.

- » What other differences between healthy and unhealthy relationships can you think of?

DISCUSS



Scatter the printed Bible verses from *appendix 2* on the table/floor so that everyone can see. Have each group member pick up and read one or two verses out loud.

('Discuss' questions continue on the next page).



- » Based on these verses, what makes a friendship 'healthy'?
- » Do you think healthy relationships are important? Why?
- » Do these verses match up with the table you completed?
Based on these verses, what qualities would you add to the 'healthy friendship' table?
- » In what ways can technology promote unhealthy relationships?
Can you give some examples?
- » Do you think online relationships can be healthy? Why/why not?
- » Have you ever had a relationship that was made stronger or healthier through technology? How did this happen?
- » If you could never talk to your friends online again what would happen to your relationships? Do you think your friendships would get healthier or less healthy? Would any of your friendships cease to exist?



Read Hebrews 10:24-25 again

- » Do you think we can do what this verse is telling us to without ever meeting in person? Why/why not?

Look back at the table you filled out earlier.

- » Which qualities on the 'healthy' list do you find it most difficult to live out? Why do you think you find that particular quality challenging?
- » Which of the qualities on the 'unhealthy' list do you see in your online friendships? Where do you see them?

APPLY



What is one thing you will do differently this week based on what we've talked about during LIFE group?

AND/OR

What is one practical change you will make this week to make your friendships healthier?



LEADER NOTES

- Example of *appendix 1*, completed

| HEALTHY RELATIONSHIPS | UNHEALTHY RELATIONSHIPS |
|---|--|
| <i>Let's you see the good, the bad and the ugly</i> | Only let you see 'the good bits' of their life |
| Tells you the truth | <i>Lies to you</i> |
| <i>Focused on how the relationship really is</i> | Focused on how the relationship appears to others |
| Helps you in hard times | <i>Disappears when you go through tough times</i> |
| <i>Has taken the time to get to know you well</i> | Knows very little about you |
| Spends quality time together | <i>Never actually spend time together</i> |
| <i>Bring out the best in you</i> | Have a negative influence on you |
| Will forgive each other | <i>Will become hateful or seek revenge if hurt</i> |

FOLLOW UP

About 3 days after your group has met, follow up all your group members and encourage them about what they learnt in LIFE group.
You could ask them:

How have you been going this week at having healthy relationships?
What is one thing you have done to improve the health of your relationships?



APPENDIX 1



| HEALTHY RELATIONSHIPS | | UNHEALTHY RELATIONSHIPS | |
|------------------------------|--|---|--|
| | | Only let you see 'the good bits' of their life | |
| Tells you the truth | | | |
| | | Focused on how the relationship appears to others | |
| Helps you in hard times | | | |
| | | Knows very little about you | |
| Spends quality time together | | | |
| | | Have a negative influence on you | |
| Will forgive each other | | | |



APPENDIX 2



Proverbs 18:24 (CEV)

Some friends don't help, but a true friend is closer than your own family.

Ecclesiastes 4:9-10 (CEV)

You are better off to have a friend than to be all alone, because then you will get more enjoyment out of what you earn. If you fall, your friend can help you up. But if you fall without having a friend nearby, you are really in trouble.

Proverbs 13:20 (CEV)

Wise friends make you wise, but you hurt yourself by going around with fools

Proverbs 17:17a (TLB)

A friend is always loyal.

Ephesians 4:2-3 (CEV)

Always be humble and gentle. Patiently put up with each other and love each other. Try your best to let God's Spirit keep your hearts united. Do this by living at peace.

Hebrews 10:24-25 (NLT)

Let us think of ways to motivate one another to acts of love and good works. And let us not neglect our meeting together, as some people do, but encourage one another, especially now that the day of his return is drawing near.



2/5

KEEPING IT REAL



summary

We can learn all about people through technology.

Or can we?

Is what we see about other people online real?

Do YOU portray the truth about yourself online or is it all a lie?

This week in our LIFE group time we look at what it means to "keep it real" online.



you will need

- YouTube Clip – “Dove Beauty Campaign”
- YouTube Clip – “Girl Convinced Family That She Was Traveling The World... From Her Bedroom”
OR

If you would prefer there is an article about this story.

Links to the clips and article above can be found in Leader Notes.

- (Optional) Reflective music for “Involve”

keep in mind

- We are not trying to encourage young people to give everyone a full picture of themselves all of the time online, this is close to impossible and not helpful. We would like them to be challenged to be truthful in what they present.
- This topic can be just as challenging for us as leaders as it can be for the people in our group. Sharing honestly about your struggles and challenges can help your group members to feel like they too can open up and share.



CONNECT



To help your group connect on a relaxed level, spend some time discussing the following:

- » If you could choose one celebrity and ask them one question, who would it be? And what would you ask them?
- » Would you rather only be allowed to drink one cup of water for the whole day, or have to drink 1 litre of water every hour?
- » What is one thing (apart from living for Jesus) that you would say you stand for?

RECAP



Share with the group a practical change you made last week to help make your online friendships healthier?

DISCUSS



- » Do you think you can ever get a true picture of what someone's life is like by looking online? Why/why not?
- » In what ways do the internet and technology make it easier for people to present a fake/untrue version of themselves?

Watch YouTube Clip of Dove Beauty Campaign



- » We know that a lot of professional images have been heavily photoshopped but do you think the selfies your friends post show what they really look like? How can people make themselves look better than they really are in pictures?

Watch the YouTube clip of the girl who faked her holiday to Asia.

OR

Read the article about it.



Please note that there is one censored swear word in the clip. You might prefer to read the article instead.

- » What point do you think the girl was trying to make by faking her trip?
- » Do you ever find yourself being envious of the great experiences people are having? Do you think what they are presenting is always accurate?
- » How do you think people who follow you on social media would describe your life? What misperceptions might they have about you as a person? Can you give some examples?

read the bible



Ask volunteers in your group to read:

Colossians 3:9-10
Ephesians 4:25

Proverbs 12:22
Proverbs 19:1

- » What do you think these passages are saying about what we share with others?
- » Do you think these verses only apply to the words we speak when we are physically present with people? Why or why not?
- » Would you find it easier to lie to someone face-to-face or via text message? Why do you think this is?
- » When you post a warped or exaggerated depiction of the reality of your life, do you feel like you are lying? Why or why not?
- » Do you think "keeping it real" online means we need to share everything that is going on in our lives or post about every moment of our day?



INVOLVE



Being part of Christian community means confessing our sins, keeping each other accountable and praying for one another.

Invite each person to share one particular space in life where they would like to be more honest with how they portray themselves.

Sit in a circle and have every person pray for the person on their right.

If the individual is nervous about praying they might want to pray something like:

"Dear Heavenly Father, I pray for _____ (name), please help them with _____ (space they shared) as they want to live more for you in this space. Give them your power to resist being fake and help them to be honest. Amen."



You could play some reflective music during this time (a suggestion: "If We're Honest" - Francesca Battistelli)



Remind your group that LIFE Group is a safe space and that we will treat each other with love, respect and grace.

APPLY



What is one thing you will do differently this week based on what we've talked about during LIFE group?

OR

What is one thing you will stop or start doing this week to be more truthful in what you portray online?



LEADER NOTES

- Link to "Dove Beauty Campaign" (YouTube): <https://www.youtube.com/watch?v=iYhCnOjf46U>
- Link to "Girl's Fake Holiday" (YouTube): <https://www.youtube.com/watch?v=55JtgjtCP8Y>
- Link to "Girl's Fake Holiday" (article): http://www.dailymail.co.uk/travel/travel_news/article-2749306/What-scam-Student-boasts-friends-trekking-Asia-visiting-stunning-beaches-tasting-local-cuisine-meeting-Buddhist-monks-using-FAKE-photos-taken-home-town.html

FOLLOW UP

About 3 days after your group has met, follow up all your group members and encourage them about what they learnt in LIFE group.
You could ask them:

How have you been going at:
[insert here the thing they wanted
to stop or start doing]?



3/5

WHERE'S YOUR HEART AT?

• •



summary

People can make all kinds of judgements about our character based on how we appear online.

But at the end of the day, what really matters is our heart.

This week we will look at where our hearts are really at.

keep in mind

- The word “heart” in Scripture refers not just to your emotions. It also includes your mind and will.



RECAP



What did you do last week to "keep it real" when using technology?

CONNECT



To help your group connect on a relaxed level, spend some time discussing the following:

- » Give your week so far a score out-of-5. Why did you give it that score?
- » Would you rather time-travel into the future or the past?
- » If you had to give a million dollars to a charity of your choice, who would you give it to? Why?

AND

Read out the following Facebook status updates to the group and ask the group members to guess what the author's motivation was when they wrote it.

- » "I had the privilege today of helping carry an old lady's groceries for her #blessed."
- » "So humbled to come first in the state finals, we're such an awesome team!"
- » "Supposed to be cramming for exams but on Facebook instead"
- » "Ugh – I'm having an ugly day!"
Feel so gross!"
- » "Maybe I should just stop trying"
- » "Had the best time ever with my friends today.
I have the best friends in the universe."
- » "I've lost 10kg so far this year! #fitness"



This activity is just meant to be a fun introduction to today's topic. We certainly do not want to encourage young people to be judgemental!



Some might guess that the author was feeling thankful. Others might guess that they were feeling proud and were boasting.



DISCUSS



- » Have you had someone misjudge your character? What happened? How did it feel? Did you get a chance to clear things up?
- » Do you think we can accurately guess what someone's heart or character is like based on what they share online? Why/why not?
- » Sometimes people will admire us for the seemingly godly things we post on Facebook. Do you think it's possible to post something positive about God and have it come from an unhealthy place? How?
- » Have you ever intentionally posted something to make people think a certain way about you? What was it?
- » What do you think is meant by the term 'false humility'? Have you ever been guilty of this online?

We are going to read about a time when God was choosing a new king to lead His people.

read the bible



Ask a volunteer in your group to read:

1 Samuel 16:1-7

- » When we are interacting online, most people (including ourselves) are interested in how we appear. According to this verse, what does God care about?
- » Imagine that God is looking right now at the heart behind what you have shared online recently.
 - What is one thing you think He would be pleased with?
 - What is one thing you think He would want you to change?

("Discuss" continues over the page)



read the bible



Ask a volunteer in your group to read:

1 Thessalonians 2:3-8

- » Paul, who wrote this letter to the Thessalonian church, says he was only concerned with pleasing God who knew where his heart was really at. What is one thing you would start or stop doing if you were exclusively concerned with pleasing God?

INVOLVE



Spend time independently reading Psalm 139:23-24.

Reflect on this passage and ask God to point out anything in your heart that offends Him.

Ask God to lead you in His ways.



If your group struggle to read independently, read together and then reflect independently.

APPLY



What is one thing you will do differently this week based on what we've talked about during LIFE group?

AND/OR

Commit to pray the words of Psalm 139:23-24 every day this week.



LEADER NOTES

- As leaders we can't ask our group members to analyse their hearts without first having done it ourselves. We don't want to be hypocrites. Don't be afraid to share honestly with your group any struggles you have in this area.
- This topic might be confronting for some kids as they look at their heart. Remember to remind them that God is a God of grace and they should take comfort in this.

FOLLOW UP

About 3 days after your group has met, follow up all your group members and encourage them about what they learnt in LIFE group.
You could also ask them:

Have you been keeping a check on your
motivations this week as you have posted online?
What have you noticed about your heart?



4/5

STAYING PURE



summary

The development of technology and the online world has created new spaces for temptation and sin.

This week's guide will give group members the opportunity to talk about these spaces and consider how they can stay pure.



you will need

- (Optional) At least 30 Dominoes for "Connect"
- (Optional) One copy of *appendix 1* for each member of your group
- 5 large pieces of butcher's paper
- One strip of blu tac
- One pen or texta for each member of your group
- 1 packet of post-it notes

keep in mind

- It's important to keep the emphasis on God's grace and forgiveness. Remember we can start afresh because of what Jesus achieved by dying for all our sins on the cross.
- Remind your group that LIFE is a safe space to share and that what is shared should stay within the group.
- Wikipedia defines the 'Domino Effect' as "the cumulative effect produced when one event sets off a chain of similar events". This will be helpful for the "Discuss" section.
- Statistics suggest that 93% of boys and 62% of girls have been exposed to pornography before the age of 18. (CovenantEyes research, 2010)



CONNECT



To help your group connect on a relaxed level, spend some time discussing the following:

- » What was the highlight of last weekend for you?
- » If you could only wear one colour for the rest of your life, which would you choose?
- » Who is the most interesting person you know? What is it about them that you find so interesting?

AND/OR

Domino Challenge

Take turns setting up the dominoes in different creative patterns and knocking them down.

You could add a competitive element to this if it will help to engage your group more! (e.g. allow 60 seconds to set up as many dominoes as possible).

RECAP



Did much change last week as you checked your motivations for posting online?



DISCUSS



read the bible



Ask a volunteer to read aloud:

Galatians 5:16-21

- » These verses mention a lot of different sins. Do you think that being online puts us at increased risk of any of these? Why?
- » Do you think online sin is different to 'real life' sin? Why/why not?
- » Has anyone heard of the phrase the "Domino Effect" before? What do you think it means?
- » Do you think our online temptation can ever have a domino effect or chain reaction in our lives? How?
- » Do you think there's any harm in Christians viewing violence online? Why/why not? Can anyone draw on personal experience?
- » Do you think there is harm in Christians viewing pornography? How harmful do you think pornography really is? Do you think viewing pornography now will have any impact on your future husband/wife? Why/why not?
- » Do you know anyone who has ever experienced cyber bullying? What happened? Do you think cyber bullying is sin? Why/why not?
 - What responsibility do you think we have as Christians if we know that someone is being bullied in this way?



These questions talk about different online issues (viewing violence, pornography and cyber bullying). You could pick one of these to discuss in depth or discuss multiple, depending on your group.



Your group may not know the definition of "pornography". A clear definition is: "printed or visual material containing the explicit description or display of sexual organs or activity, intended to stimulate sexual excitement."





Ask a volunteer to read aloud:

Romans 14:12-19

- » What do you think this verse is saying? What does this say to you about how you should act online?
- » Do you think it is okay to post images of you in your swimwear? Why/why not?
- » According to the verses we read from Galatians, how do we overcome temptation and sin?



If needs be, your group could re-read Galatians 5:16-21.

INVOLVE



Ask a volunteer to read aloud:

1 John 1:8-2:2

- » What assurances do these verse give us?

Stick up the 5 pieces of butcher's paper, using the blu tac.

Across the top of each sheet, write the name of a particular online space. For example, you might have: 'Texting', 'Facebook', 'Instagram', 'Gaming', 'Snapchat' or 'Google'.

Give every group member some post-it notes and pens and allow some time for them to write down the various ways that we can fall into sin or be tempted in each space.

They should write one example on each post-it note.

Once you have finished, invite each person to write their name next to two ways that they have been sinning or have been tempted to sin online.

Take time to pray for each person.



You could play some music in the background while this activity is being completed



You might want to lay hands on each person as you pray for them, but first check they are comfortable with you doing this.



APPLY



What is one thing you will *start* doing and one thing you will *stop* doing in light of what we talked about this week?

OR

Which of the 15 ideas about staying pure in *appendix 1* will you implement this week?

LEADER NOTES

For further information on being 'cyber smart', go to www.cybersmart.gov.au.

FOLLOW UP

About 3 days after your group has met, follow up all your group members and encourage them about what they learnt in LIFE group.

You could ask them:

What have you put into practice this week that has helped you to stay pure online?



APPENDIX 1



15 tips to help you remain pure online:

1. If someone is sending me inappropriate content, I will block or 'un-friend' them.
2. I will find someone to keep me accountable about my online habits.
3. I will regularly ask myself the question 'What would Grandma think if she looked over my shoulder right now?'
4. If I am about to write a post or message that may not be helpful to someone else, I will consider these questions first; 'Would I say this to their face? Is this helpful for them to read?'
5. If I see a picture of someone that makes me think sexually about them – I will delete it, or choose not to view the picture again.
6. Before I post a photo I will ask "Am I comfortable with anyone and everyone seeing this photo of me?"
7. I will print out a "Stop" sign to stick next to my computer, or a sticker for my phone that is a visual reminder when I am tempted to sin to 'stop' and go and do a different activity (like go for a skate, ride my bike, go bake a cake, ring a friend and have a chat).
8. I will install software that keeps me accountable on my devices (suggestions; Covenant Eyes, XXX Church etc).
9. I will delete photos that I have saved that are not appropriate to keep my mind pure.
10. I will ask myself before posting an image/caption etc on Facebook, Instagram "Will this affect my family or my family's reputation?"
11. I will consider who I am representing (or seen to be representing) when posting (i.e. my school community, my church family or family)
12. If I am unsure if this is appropriate I will seek advice from my leader or someone I trust (I will get in the habit of asking/seeking opinions rather than assuming it is the right thing to do).
13. If I have a second thought or have to question anything I am about to say online I will determine that it is probably wise not to press send or post it.
14. I will set my accounts to private to ensure I am only sharing things with people I know and who know me.
15. I will not respond to, get involved in or 'Like' anything I believe to be inappropriate (e.g. Facebook conversations or forum posts).



5/5

GROWING AS A DISCIPLE OF JESUS

• •



summary

Technology often gets a bad rap. The dangers of technology are well-publicised but what about its advantages?

This week we will look at how we can use technology to help us grow as disciples of Jesus.



you will need

- Group members to bring a smart phone or device if they have one
- *Appendix 1* printed and cut up.
- (Optional) Printed copies of *appendix 2* as a take-home handout for group members

keep in mind

- Keep in mind that the youth probably know more about technology than you do! Familiarise yourself with settings, apps and sites that we are discussing today. Be willing to learn from them too!



CONNECT



To help your group connect on a relaxed level, spend some time discussing the following:

- » If you could have any super power, what would you pick? Why?
- » If you had to be stuck in a TV show for a month, which show would you pick? And which character would you be?
- » What is the most helpful thing you have read in the Bible lately?

OR

Game: Charades down the line

This game is a combination of Chinese Whispers and Charades.

Ask your group members to stand in a line, all facing away from you.

Tap the first person on the shoulder to signal that they are to turn around and face you. Have them read the words: 'catching a fish'.

The first person then taps the next person in the line (who turns around). Then using Charades rules (no talking or noises) they act out the action to the second person in line. That person must then tap the third person on the shoulder and act it out for them and so on until the end of the line is reached. The last person in line must then guess the activity.

For other rounds you could try: 'cat cleaning itself' or 'clown entertaining a crowd', or even make up your own.

RECAP



What practical thing did you start doing last week to stay pure when using technology?



DISCUSS



There is a complete table in the Leader Notes to help you.

Lay the cut out squares from *appendix 1* in front of everyone.

Work together to match the Scripture Verse (bold text) with the Way to Grow (italic text) - look up the verses together as you go. The spend time matching the Tools (plain text) to the "verse" and "way to grow" combination.

There are two tools for each.



Even if group members already know what a certain verse says, ask them to read it out loud and share what it means.

Read the verse first before you try and link the "way to grow" and the "tools" to it.

- » Has anyone used any of the listed tools? Which one?
How did you find using it?
- » Have you ever used an online or phone-based tool (that we haven't spoken about) that is designed to help people grow as Christians?
What was it? What did it do?
- » Pull out and take a look at your phone or electronic device.
Can you see anything that:
 - Has the potential to hinder your spiritual growth?
 - Enhances your spiritual growth?
- » Who do you think controls the influence technology has on us?
- » What is one 'way to grow' that you are already doing through technology?
- » What is one 'way to grow' that you will try out this week?



INVOLVE



Ask each group member to look up one of the 'tools' on their phone or device. Give each person 5 minutes to browse and then have them share a 'sales pitch' back to the group on why it is worth using.

AND

Sit in a circle. Invite each person to hold their phone or device in their hand. Ask them each to pray a prayer (out loud) to ask God to help keep them use their devices to grow as a disciple.



If your group is small you could do two rounds of this.

APPLY



What is one thing you will do differently this week based on what we've talked about during LIFE group?

OR

What is one app/website/setting that you will start using this week to help you grow as a disciple of Jesus?



LEADER NOTES

This is the completed table for the activity in "Discuss".

| SCRIPTURE VERSE | WAY TO GROW | TOOLS |
|--------------------|--|--|
| 2 Timothy 3:16-17 | Study the Bible | » YouBible App » Bible In One Year App |
| Colossians 4:2 | Pray | » PrayerMate App » Setting your phone alarm |
| James 5:16 | Confess your sins and have someone keep you accountable | » Covenant Eyes Program » XXX Church Software |
| Hebrews 10:25 | Meet with Christians for encouragement | » Simple Mentoring Guide App » Private Facebook group for your LIFE group |
| Philippians 4:8 | Listen to inspiring teaching or thoughts from other Christians | » Blog - Devoted Generation » Thegospelcoalition.org |

FOLLOW UP

About 3 days after your group has met, follow up all your group members and encourage them about what they learnt in LIFE group.

You could ask them:

How have you gone using any of the apps, blogs or social media pages we spoke about to grow as a disciples of Jesus?



APPENDIX 1



2 TIMOTHY 3:16-17

Pray

COLOSSIANS 4:2

Study the Bible

HEBREWS 10:25

*Confess your sins
and have someone
keep you accountable*

PHILIPPIANS 4:8

*Meet with Christians for
encouragement*

JAMES 5:16

*Listen to inspiring
teaching or thoughts from
other Christians*



APPENDIX 1



PrayerMate App

XXX Church Software

Setting your phone
alarm as a reminder

Blog -
Devoted Generation

YouBible App

Thegospelcoalition.org

Bible In One Year App

Simple Mentoring
Guide App

Covenant Eyes Program

Private facebook
group for your
LIFE group



APPENDIX 2



Different apps, settings and technological ideas to help you grow as a disciple.



Phone settings/Alarm - Set an alarm to remind you to have a devotional time. Then turn you phone to aeroplane mode so that you don't get interrupted with notifications or calls whilst you are spending time with God.



Simple Mentoring Guide - This is an amazing tool for anyone who has a mentoring relationship! The 'Simple Mentoring Guide' is pocket-sized resource designed to help facilitate a mentoring session. It helps makes mentoring simple and accessible for all youth leaders, regardless of training or experience. It will guide you during your session with key focus areas and appropriate questions. If you have a mentor, suggest this app to them to keep track of what you discuss and how to best follow up. You can use the physical copy (simply order one from <https://my.salvos.org.au/toolkit/resource/simple-mentoring-guide/41/> or download the app from the app store/play store).



Two Ways to Live - The Two Ways to Live app is a helpful tool that goes through the gospel outline. It explains the gospel of Jesus Christ in the context of the story of the whole Bible, giving the non-Christian hearer or reader all the information they need to grasp the real significance of Jesus' death and resurrection. It provides all the foundations a non-Christian needs to know in order to become a Christian. This app is a great tool to introduce people to the story of Jesus. You can use it to share the gospel with someone or to refresh your own memory.



Encouraging Texts - Texting is such a simple thing to do – most of us do it many times a day! Why not send someone an encouraging text, or share your favourite bible verse. This can also be a great way to share what you have been learning through your devotions and keep each other accountable.



APPENDIX 2



PrayerMate - Organise your prayer life with this straightforward and distraction-free app. Every day, PrayerMate selects people or topics that you've entered from each of your main categories (perhaps "My family" or "My small group at church" or "Praying for the World") and show them to you as a series of index cards - then just swipe between them to pray. You can even set the reminders to suit yourself, and how frequently you pray for each topic.



Covenant Eyes/XXX Church Software - Internet accountability software such as Covenant Eyes or XXX Church Software is helpful in keeping yourself and your family accountable for your online activity, and encourages healthy online habits. This tracking software notes sites visited, videos downloaded and search terms used to create healthy internet usage. This is an amazing tool to guard yourself from temptation and keep your online habits in-line with the way we should live as Christians.



Sermon Podcasts - A podcast is a digital recording or radio broadcast that can be downloaded through a computer or digital device. There are so many podcasts on the web by influential Christian pastors, scientists and commentators. These are easy to download and a lot of them are free. Search online or through your podcast app to see what's available to suit your interests. There are sermons, bible studies, group discussions and humorous speakers. This is a great way to use your computer or device to access advice on Christian living, general life and wellbeing, and clean content. Your church may even record their sermons for downloading to listen to again.



Private Facebook groups - Why not create a private facebook group for your LIFE group or your group of friends at church. Use the group to share encouragement, bible verses, prayer points and what you have been learning. Use the privacy settings to ensure that your information is kept private and only shared with those you authorise to access it. Posting positive images and videos or motivational pictures is also a great way to boost involvement in these sharing groups.



APPENDIX 2



Blog or Website subscriptions - You can sign up to some great blogs to read and be encouraged in your Christian walk. Some great options are: The Gospel Coalition, Desiring God, Devoted Generation and Fervr.net.



Hashtags - Go searching for some positive Christian hashtags on twitter or Instagram – you will be surprised what you find! Follow some of your pages or hashtags of choice to see what is being posted. Block anything that is not life affirming and get on board with only things that help you grow and encourage you to live your life the way God intended.



What's App - You can use this 'data-app' to send private messages to a group for free. It can function similarly to the private message Facebook group.



YouBible - This is a Bible software app for your mobile device (phone or table) that allows you to have the entire Bible on your phone! We carry our phones with us everywhere – why not put the most important book you could ever read on your device so you can carry it with you too.



Bible in One Year App - This app helps you with daily reading plans and devotion to work through the Bible. It is free and has been developed and maintained by Nicky and Pippa Gumbel – the pioneers of Alpha.





This is a free resource produced by
The Salvation Army Australia Territory.
More LIFE Series and other free resources available at
toolkit.salvos.org.au/youthandkids

Scripture quotations marked (NLT) are taken from
the Holy Bible, New Living Translation, copyright © 1996,
2004,2007,2013 by Tyndale House Foundation.
Used by permission of Tyndale House Publishers, Inc.,
Carol Stream, Illinois 60188. All rights reserved.

Scripture quotations marked (TLB) are taken from
The Living Bible copyright © 1971. Used by permission of
Tyndale House Publishers, Inc., Carol Stream, Illinois 60188.
All rights reserved.

Contemporary English Version ©Copyright© 1995
American Bible Society. All rights reserved.
Bible Text from the Contemporary English Version (CEV) is
not to be reproduced in copies or otherwise by any means
except as permitted in writing by American Bible Society, 1865
Broadway, New York, NY 10023 (www.americanbible.org)