

Change  
HAPPENS  
WHEN WE  
ALL WORK  
together

Inspiring session ideas for  
young people including:

- activities
- Bible studies
- guided discussions
- ideas for taking action
- prayers

[allwecan.org.uk](http://allwecan.org.uk)

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ALL  
WE  
CAN

## Welcome to *Change happens when we all work together* youth group resources

All We Can is an international development and emergency relief organisation. All We Can helps find solutions to poverty by engaging with local people and organisations in some of the world's poorest communities to end the suffering caused by inequality and injustice.

This resource engages with communities in Cameroon, particularly widows facing poverty and injustice, who with the support from All We Can, are overcoming their struggles. These communities represent the kind of difference All We Can is making across the world, which we hope will inspire young people in churches and communities, giving them ways to join with others to make a practical difference.

**Please feel free to adapt the materials to suit your situation. The following is an example of a session plan:**

| Session plan (1 hour)  |         |
|------------------------|---------|
| Introduction / Welcome | 5 mins  |
| Energiser game         | 10 mins |
| Bible focus            | 15 mins |
| Community story        | 10 mins |
| Activities             | 15 mins |
| Prayers / Close        | 5 mins  |

Order and download  
resources at  
[allwecan.org.uk/3gen](http://allwecan.org.uk/3gen)



## Energiser games

Choose one or more of the games below

### What will you choose?

**What you need:** Different sized boxes, a variety of wrapping up paper and decorations, items to put in the box such as a £5 note, washing up liquid, sugar, flour, bread etc.

**Method:** Prepare a number of boxes, some more fancily decorated than others and of different sizes. In the smallest, least decorated box put in a £5 note, in the other boxes put in other objects that are less valuable but heavier such as sugar, washing up liquid, flour, bread etc. Invite the young people to look at the different boxes, to feel them and lift them up and to decide which box they would like to have. They can do this as individuals or as a group. Explain that often looks can be deceiving. It is easy to package ourselves up to be something that we are not, where what's 'inside', the person we are, really does matter.

### Revel in the revels

**What you need:** A packet of Revels or other foods such as Bean Boozled jelly beans, where the outside doesn't communicate what it tastes like

**Method:** Hand out a chocolate to each young person; they have to guess what they think it will taste like before they eat it. The idea of the game is to get the young people to consider how it is not always possible to guess from the outside what something is like inside.

### Ring on the string

**What you need:** String and a key ring

**Method:** Invite the young people to sit in a circle, with one person in the middle. Cut a piece of string that is long enough for all of the young people to hold and place a ring on it before tying. The young people move their hands on the string and pass the ring between them whilst trying not to get seen by the person in the middle. If they are 'caught', they switch positions and become the one in the middle. The idea of the game is to get the young people to consider how it is not always possible to see a situation clearly, even when we are a part of it.

## Bible focus

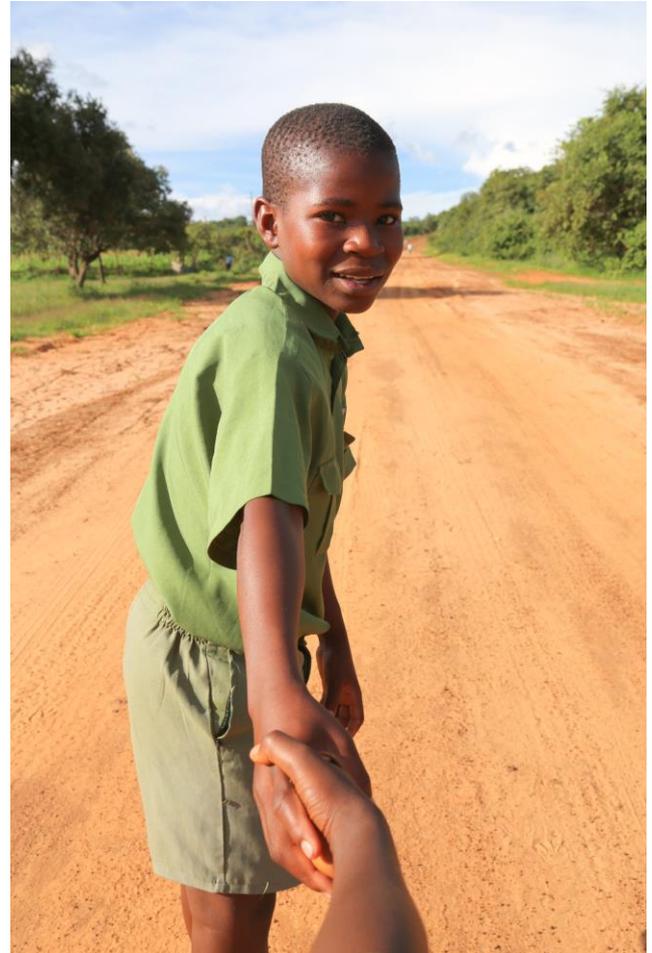
**Bible reading:** Isaiah 58:1-9

**Explain:** Here we find the Lord really having a go at the Israelites. They're doing their best to serve him. They were praying and fasting regularly. On the face of it, they seemed completely committed to their God. However, they were missing out a huge part of what the Lord required from those he was in relationship with. God is interested in how we treat other people, to being just and fair, an inward sign of who we are not just outward signs of worship to him like prayer and fasting.

### Questions:

- Why was God angry with the Israelites?
- What part of their relationship with God was letting them down?
- Do you ever think of justice as being a spiritual issue?
- Can you really worship God by living a life of justice?

**Conclude:** The passage ends positively by saying that if you take acting justly as seriously as doing other activities like praying, fasting and worship, then God will reveal himself to you.



## Community focus

**Explain:** While legally in Cameroon extended family members do not have the right to take property away from a family when the husband has died, in practice, many widows often lose everything. This is because...

1. Tradition in many tribes in Cameroon dictates that items and property are passed to nephews and sometimes brothers – not wives and children. There is also a lot of stigma attached to being a widow in Cameroon – you are meant to go into a period of mourning which for some women is seen to mean months of public and private grief (e.g. sleeping on the floor and sitting in a room on your own).
2. Many of the women All We Can, a charity supported by people in the UK, are working with cannot read and write and may have married without proper legal documentation. Some have also signed divorce papers without properly understanding what these mean.
3. Many women are simply unable to fight a legal battle/cannot afford to hire a lawyer/are unaware of their legal right to their own land. A lack of education is a major contributing factor.

This means that there are many widows in Cameroon living in poverty.

**Watch:** Play Gladys' film available to download from [allwecan.org.uk/3gen](http://allwecan.org.uk/3gen)

### Questions:

- What struggles did Gladys and her son Otto face?
- How was Gladys supported by All We Can?
- What difference did people's kindness make to them?
- This is just one injustice occurring in our world, what other injustices are there both locally and globally? [Think about climate change, distribution of wealth, fair trade, discrimination.]

**Conclude:** It is clear that simple acts can make a great difference to people facing poverty and injustice.



## Activities

Choose one or more of the activities below

### 100 ways to change the world

**What you need:** The list of 100 ways to change the world is available to download from [allwecan.org.uk/3gen](http://allwecan.org.uk/3gen)

**Method:** Invite the young people to select three activities from the list, at least one of these they should do as a group. Over the coming weeks, you could come back to the list and continue to take small steps to change the world.

### Shout about it

**What you need:** Smart phones, tablets or computer

**Method:** Invite the young people to share the film of Gladys on social media, with a short message to encourage people to watch it and to pursue justice. The film can be found on [allwecan.org.uk/3gen](http://allwecan.org.uk/3gen) and they should include [#3gen](https://twitter.com/3gen)

### Quick quids

**Method:** Use this time to plan an event to fundraise for All We Can – the activities could be linked to Gladys' story such as by distributing bacon and sausage buns for donations, getting sponsored to live in temporary shelter (such as on the church floor), auctioning their acts of service to friends and family to show how much they appreciate them.

### Video / Art / photography

**What you need:** Phones with a camera for filming and photography, pens, paints, paper, crafts etc.

**Method:** Invite the young people to create a short film, art or photography. They can reflect on what they have been considering and decide what they want to communicate. The film, art or photography can be shown and displayed for their friends and families and in church, to encourage others to respond. They could raise money by asking people to donate to enter.

## Prayers

Choose one or more of the ideas below

### God of justice

**What you need:** The song, God of Justice, by Tim Hughes

**Method:** Play the song and invite the young people to reflect on the words and pray.

### Friendship

**What you need:** Pens and paper

**Method:** Invite the young people to share what they think are the good characteristics of a great friend. Invite them to ask God to help show them how they can be a good friend to their global neighbours. They can write down what they feel God may be suggesting.

### Togetherness

**Method:** Instruct the young people to stand in a circle. In turn, each young person should say a prayer, considering what they have heard in the session. As they do they should put their hand in the middle, placing it on top of the hand of the person who prayed before them. At the end comment on the importance of seeing ourselves in relation to each other, that all of our actions add up to make a great difference in our world.



## Change happens when we all work together – Donation form

Thank you for doing fundraising activities for All We Can. Please complete this form and send it with the money you raised to All We Can at the address below. Donations will be used where they are most needed.

Title:..... First Name:.....Surname:.....

Address:.....Postcode:.....

Tel:..... Email:.....

Please tick if you would like to receive communications through email.

Name of church/group:.....

Type of event:.....

We raised £\_\_\_\_\_ for All We Can through our *Change happens when we all work together* activity and:

I enclose a cheque payable to **All We Can** or

I would like you to debit the following card (circle type): Visa Maestro MasterCard Solo

Card number: \_\_\_\_\_

Expiry date: ..... Valid from (Maestro): .....

Security code: ..... Issue number (Maestro): .....

We will never sell or pass on your personal details to other organisations. We will use your details to provide you with occasional communications, including opportunities to support our work.  Please tick if you would like to opt out of further communications from All We Can.

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All We Can is the operating name of the Methodist Relief and Development Fund, a charity registered in England and Wales, number 291691.