

Kick it Off

Kick off this session by giving each student a pen, a small piece of a paper, and an envelope. Have students write down three reasons why they are special. Instruct them to take the envelopes home and find a place outdoors to bury the envelopes. Let them know to dig deep enough in the ground so that the envelopes can't be found. Also, let them know that they can dig up the envelopes only when they need a reminder that they, too, are worthy of God's love.

Harmony is a young woman who had to learn that she was worthy of God's love. Read this story of courage and hope. Harmony's story will let you know the true meaning of being a “*Diamond in the Rough*.”

Key Verse

“Your faith will be like gold that has been tested in a fire. And these trials will prove that your faith is worth much more than gold that can be destroyed.” I Peter 1:7a, CEV

Keep it Real

Small Group Study Pass out the magazine or article to the entire group along with the study sheets. Divide the students into small groups and have students read the article and answer the questions as a group. Let each group know that they have 10 minutes to complete the task. After the ten minutes are up, have one group member from each group share out. Allot 20 minutes for the entire assignment.

or

Whole Group Study Pass out the magazine or article to the entire group along with the study sheets. Have students alternate paragraphs with the Group Leader. For example, Group Leader will choose 6 people to read. The Group Leader will read the first paragraph and then say, “Pick it up, Carol,” After Carol has read her portion, the Group Leader will read another portion and then say “Pick it up....” When the article is completed, give the entire group ten minutes to record their answers to the study sheet questions. Have volunteers share their answers with the group. Allot 20 minutes for this section.

Keep the Faith

(Before the session begins, place several small pieces of rhinestones in a flowerpot with dirt. Then pour a little water on the dirt—if possible, add rocks and other simple objects.) Place the flowerpot in the center of the table (or up front on a table). Have a box of tissue or moist towelettes available. Depending on the size of the group, ask each student to come up and pick one “*diamond*” out of the pot or you may walk around to each student and have each student take one. Ask for a volunteer to give everyone a tissue or towelette. Ask students to examine the “*diamond*” exactly the way they pulled it out of the pot. Next, ask some students to share their observations. After they have shared their responses, have each student clean their “*diamond*” with the moist towelette or tissue. Ask students what is the difference between how the diamond first looked and how it looks now.

Let students know that gold has to go through fire in order to be purified, but diamonds which are beautiful are found in the dirt (in the “rough”) and have to be cleaned, cut and shaped—free from any excess baggage. Many beautiful things or people are found in rough situations as you have seen by reading Harmony's story. Leave students with the sense of never giving up and always having faith in God. Let students know that God will never leave them or forsake them.

Keep it Movin'

Remind yourself every day that you are loved.

Find a local organization that helps youth who have been abused.

Talk to your counselor, pastor, trusted family member or close friend if you have been abused.

Reach out to other youth who have been, or currently are, in abusive situations.

***Close in Prayer** - Pray for young people who are or have been abused. Believe that something good will result.*