

MOVIE: “Frozen”**Sub Topic Theme:**

Life – It’s a Balancing Act

Lesson Objective:

To bring a deeper understanding of the importance of a healthy balanced life by demonstrating the consequences of being off balance.

Through dedication to their growth and obedience to God, students can begin to have more resilience when life becomes overwhelming. Rather than being weak and ill-equipped to handle life’s challenges, balanced kids will find themselves capable and empowered when things become overwhelming.

**Intro to the Movie:**

Frozen

Trailer: http://www.youtube.com/watch?v=TbQm5doF_Uc

According to imdb.com:

Anna, a fearless optimist, sets off on an epic journey - teaming up with rugged mountain man Kristoff and his loyal reindeer Sven - to find her sister Elsa, whose icy powers have trapped the kingdom of Arendelle in eternal winter. Encountering Everest-like conditions, mystical trolls and a hilarious snowman named Olaf, Anna and Kristoff battle the elements in a race to save the kingdom. From the outside, Anna's sister Elsa looks poised, regal and reserved; but in reality, she fears she's becoming a monster and that no one, not even her sister, can help her.

The 3D Lenses

Keep SPIES in mind (Social, Physical, Intellectual, Emotional and Spiritual – the 5 areas of our lives where we need a healthy balance of growth). While you watch *Frozen*, pay close attention to the parts of characters that are out of balance or undernourished. Watch what they do to grow or how they suffer from having a neglected area of their character.

Discussion Group Questions:

1. Who do you think struggled the most to find balance in their life?
2. What things did you see go badly because their life was out of balance?

3. What sort of things did you see people do to compensate or balance out their life?

Group Input:

Leader-solicited responses from the large group on reactions to some of the questions. Gathering of ideas and themes recognized in the discussion groups with a focus on guiding the audience toward the main objective:

*To bring a deeper understanding of the importance of **a healthy balanced life** by demonstrating the consequences and benefits of each choice. Through **dedication** to their growth and **obedience** to God, students can begin to have more **resilience** when life becomes overwhelming. Rather than being weak and ill-equipped to handle life's challenges, balanced kids will find themselves **capable and empowered** when things become overwhelming.*

Bullet Objective:

We are made in God's image as human beings; and among other things, that means that we are lovingly made to be whole people. We can find in the Bible that this consists of five areas that we can make into an easy-to-remember acronym. It's called S.P.I.E.S, and it stands for Spiritual, Physical, Intellectual, Emotional, and Social. When these five areas of our lives are balanced, then we are more resilient and healthy; but when these areas in our lives are not balanced, we can get overwhelmed pretty easily.

We watched Elsa struggle a lot with being out of balance. The other characters had one or two things that they needed to balance out, but Elsa was out of whack across the board! And sometimes, she even made one area worse in an attempt to make another better! Like running off to live alone, which created a huge imbalance in her social life and her health as well because she was working so hard to control herself physically. This resulted in a lot of pain and confusion for herself and others. I'd say things got a bit overwhelming in her unbalanced life!

Often we can feel very similar to Elsa in our own lives. Life can be such a struggle! Sometimes it can seem like life is just too overwhelming and finding a balance can help, but even that seems impossible sometimes. If you feel yourself spinning in circles, wondering which problem to fix first, Then stop, take a breath, and use this advice from Paul to figure out what to do next.

Philippians 4:1 & 5-9

So then, my friends, how dear you are to me and how I miss you! How happy you make me, and how proud I am of you!—this, dear friends, is how you should stand firm in your life in the Lord.

...

Show a gentle attitude toward everyone. The Lord is coming soon. Don't worry about anything, but in all your prayers ask God for what you need, always asking him with a thankful heart. And God's peace, which is far beyond human understanding, will keep your hearts and minds safe in union with Christ Jesus.

In conclusion, my friends, fill your minds with those things that are good and that deserve praise: things that are true, noble, right, pure, lovely, and honorable. Put into practice what you learned and received from me, both from my words and from my actions. And the God who gives us peace will be with you.

Challenge:

Leaders, this week craft a challenge for your youth group before the event. Spend some time brainstorming and praying, and finding something specific for your kids and their development. I would encourage you to use this time to check-in with each other too and honestly evaluate your balance individually and as a team as you strive to minister to the youth in your community.

Pray for God's purpose and love to put it into action and transform lives. Remind them of the online personal journey at ReZilient Life for further involvement with this topic of Life It's a Balancing Act!