

# Break Every Chain

## PURPOSE

This activity provides an opportunity for one to consider areas of bondage (i.e. anger, depression, etc.) in their life and break those “chains”.

## MATERIALS

- Construction Paper
- Scissors
- Pens
- Tape

## PREPARATION

1. Take sheets of construction paper and cut the paper into several strips about an inch wide.
2. Consider how many people you desire to interact with and cut enough strips for each person who does the activity has 3-5 strips.
3. Write the scriptures below on a piece of paper to introduce the activity.

### John 8:34-36

**34** Jesus replied, “I tell you the truth, everyone who sins is a slave of sin. **35** A slave is not a permanent member of the family, but a son is part of the family forever. **36** So if the Son sets you free, you are truly free.

**Note:** If you will setup a display, some additional materials you may need include an InterVarsity tablecloth, information about InterVarsity, and a table. If you will do this activity as a group, pick a time where you can do the outreach together either in an open area or at an assigned table. If you will do this alone, make sure to pick a time when you can interact with the most people.

## ACTIVITY

1. Gather all of the pre-cut strips and pens/pencils.
2. Take time to pray for your activity time before you begin.
3. If you will complete this activity as an outreach with others, divide into various roles and rotate roles throughout the outreach.

- Gatherer: Those who gather people to do the activity.
  - Executer: Those who complete the activity with others.
  - Closer: Those who collect contact information and share about InterVarsity.
4. Connect with people from your network (or release the gatherer(s)) to make invitations to do the activity with you. For example: "Hi my name is \_\_\_\_\_. Today I am taking some time to do a prayer activity with people called "Break Every Chain." Do you have a moment to pray through this interactive activity with me?"
  5. For people willing to do the activity, read (or release the executer(s) to read) the scripture "John 8:34-36" with them.
  6. Give them 5 strips of paper and share the instructions. For example: "Write down things you struggle with on the strips of paper like maybe anger issues or depression. If you need more strips or you don't need all the strips, let me know. When you are done, tape them together to create a chain link."
  7. Give them time to write their struggles and create their chain link.
  8. When complete, have them pray over the chain and invite them to close the prayer by ripping the chain. Feel free to also pray with them if they feel comfortable.

## CLOSING

1. Release the closer(s) to thank them for completing the activity.
2. Ask them for feedback about using the activity to pray.
3. Share how accepting the freedom you have in Christ to not live bounded by sin has personally impacted your life.
4. If they are open, invite them to take a spiritual next step with you. For example, you can invite them to prayer together again, to connect over a spiritual conversation, or to join you for the next Bible Study.

## MAKING IT VIRTUAL

Any outreach can be made virtual by using applications like Zoom and reserving a time where students can come to this virtual space and bring friends. Below is a sample 1 hour and 15 minute virtual outreach space for Black Students. For the purpose of this example, I am using the meeting time of 7:00pm - 8:15pm.

<b>7:00pm - 7:15pm</b>	Welcome/Engaging Opening Question/Icebreaker/Prayer
<b>7:15pm - 7:20pm</b>	Outreach Introduction
<b>7:20pm - 7:40pm</b>	Engage in Outreach Activity with Students Present

\*Utilize large space, breakout rooms, google docs, etc. as needed

**7:40pm - 8:00pm** Release Students to Do Outreach Activity with a Friend(s)

*\*This portion have the students turn off video and go on mute while they call and/or text friends to do the outreach with them. Depending on where students are, they could also go do the activity during this time in-person if allowed.*

**8:00pm - 8:10pm** Debrief Outreach Time with Students Present

**8:10pm - 8:15pm** Closing Remarks/Prayer