

Compliments to Self

PURPOSE

This activity provides an opportunity for one to reflect on their own beauty and what God sees as worthy in His sight.

MATERIALS

- Mirrors
- Dry Erase Markers
- Paper Towel or Eraser

PREPARATION

1. Write the scripture on a piece of paper to introduce the activity.

1 Peter 3:3-4

3 *Your beauty should not come from outward adornment, such as elaborate hairstyles and the wearing of gold jewelry or fine clothes. 4* *Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God's sight.*

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. Take time to pray for your activity time before you begin.
2. 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.
3. 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 an activity with people called "Compliments to Self." Do you have a moment to complete this interactive activity with me?

4. For people willing to do the activity, read (or release the executer(s) to read) the scripture "1 Peter 3:3-4" with them.
5. Give them a mirror and marker and share the instructions. For example: "Write a compliment to yourself on the mirror. Pick up the mirror and say it out loud three times."
6. Converse with them about what they wrote and how it made them feel after repeating it to themselves.
7. Connect the activity to the scripture by emphasizing their worth in God's eyes. Ask them if there is any way you can pray with them so they may leave knowing their worth. Close your time together in prayer.

CLOSING

1. Release the closer(s) to thank them for completing the activity.
2. Ask them for feedback about doing the activity.
3. Share how speaking positively over yourself because you know your worth in God's eyes 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. Because students might not have access to a dry erase marker or a mirror, have the students use a piece of paper to symbolize writing the statements on the mirror and use their phones to see their reflections as they read the statements. 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.

7:00pm - 7:15pm	Welcome/Engaging Opening Question/Icebreaker/Prayer
7:15pm - 7:20pm	Outreach Introduction
7:20pm - 7:40pm	Engage in Outreach Activity with Students Present
	<i>*Utilize large space, breakout rooms, google docs, etc. as needed</i>
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