

Just Release It

PURPOSE

This activity provides an opportunity for one to give their gifts and talents back to God.

MATERIALS

- Balloons
- Permanent Markers
- Helium Machine

PREPARATION

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

Ephesians 2:10

10 For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

This outreach requires no preparation unless you plan to set-up a table. If you will setup a display, some additional materials you may need include an InterVarsity tablecloth, information about InterVarsity, and a table. **This activity is best done in a group of three or more people.** Pick a time where you can do the outreach together either in an open area or at an assigned table. Make sure to pick a time when you can interact with the most people.

ACTIVITY

1. Take time to pray over the outreach.
2. Complete this activity as an outreach with others, divide into various roles, and rotate roles throughout the outreach.
 - Preparer: Those who blow up the balloons as needed for the activity.
 - 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. Release the gatherer(s) to make invitations to do the activity with. A sample invitation: "Hi my name is _____. Today I am taking some time to do a prayer

activity with people called "Just Release It" Do you have a moment to pray through this interactive activity with me?

4. For people willing to do the activity, read (or release the executer(s) to read) the scripture "Ephesians 2:10" with them.
5. Give them a blown up balloon and invite them to write their gifts with a permanent marker. For example: "Some of the gifts I believe God has given me are (share some of your gifts). What do you believe are some gifts and talents that God has given you? When did you first recognize them to be gifts? I believe God wants us to use the gifts He's given to us to love, serve, and help others for His glory. What would it look like for you to give the gift(s) back to God and ask Him to help you use it for Him and others? I want you to write those gifts on a balloon. Let's pray and thank God for your gifts. When you're ready, you can release the balloon as a sign of giving your gifts back to God."
6. Give them time to write their gifts on the balloons and release them in prayer to God.

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 using your gifts for God 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 helium or a balloon, have the students use a piece of paper in place of the balloon and rip the paper in place of releasing the balloon. 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

**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