

# Masks Off

## PURPOSE

This activity provides an opportunity for one to reflect over what they and others say about them and pray that they would accept and internalize what God says about them.

## MATERIALS

- Paper Masks (a mask template is provided below)
- Scissors
- Pens

## PREPARATION

1. Consider how many people you desire to interact with and print enough mask for them to complete the activity.
2. Cut out the masks you will use for the activity.

**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 your pre-cut masks and pens.
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 an activity with people called "Masks Off." Do you have a moment to do this interactive activity with me?"

5. For people willing to do the activity, give them a mask and share the instructions. For example: "This mask will help you reflect over things about yourself. On the back (inside) of the mask, write down some things you or others have said about you or you believe about yourself that you tend to hide. On the front of the mask, write down some things you believe God would say about you or has said about you (through something like scripture)."
6. Give them time to interact through conversation with the items they listed both sides of the mask. Some example questions:
  - Ask them which items listed on the back do they tend to hide and why.
  - Ask them which items on the back are really not true about them and that they need to release.
  - Ask them which items on the back are hidden, but need to be more visible because of their beauty.
  - Ask them how often do they display the items they listed on the front of their mask.
  - Ask them how they can begin to walk unmasked displaying the beautiful parts of them.
7. Close out the conversation by emphasizing God's desire for them to walk in the truths God has said about them. Ask them if there is any way you can pray with them so they may live their life unmasked and walking in God's truth. 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 walking unmasked in God's truth 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.

**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

