

Throw it in the Trash-ket

PURPOSE

This activity provides an opportunity to let go of negative behaviors and to pray for God's help and power to let go of those things as one takes on positive behaviors in return.

MATERIALS

- Small Trash Can (or basket)
- Printed Sheet with Scripture
- Sheets of Paper
- Pens

PREPARATION

1. Print the scripture on a piece of paper and tape it to the small trash can/basket.

Ephesians 4:31-32

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. **32** Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

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 your labeled trash can/basket, sheets of paper, 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 a prayer activity with people called "Throw it in the Trash-ket." 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 "Ephesians 4:31-32" with them.
6. Hold out the labeled trash can/basket, give them a sheet of paper with a pen, and share the instructions. For example: "Do you have any negative behaviors like those in the scripture that you want or need to let go of? Write them down so we can pray about them. Afterwards, you can throw them in."
7. Give them time to write their behaviors, invite them to pray about them (or pray with them if they feel comfortable, then have them throw the paper into the labeled trash can.
8. Converse with them about what they wrote and what positive behaviors they could turn to in return.

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 prayer 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
<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