

THE4POINTS COURSE

MESSAGE IN PRISONS
LESSON PLANS

FACILITATOR GUIDE





Session 1

GOD LOVES ME

The outreach worker will need:

- a laptop and/or projector for the video content
- a flipchart or whiteboard
- 2 truths and 1 lie about themselves prepared
- enough Bibles for the whole group (or Bible verse printouts if little access to physical Bibles)

INTRODUCTION

Host introduces themselves, the team, the course and today's specific session: 'God loves me'.

Go around the group and share names (alternatively, have sticky labels at the ready).

ICE-BREAKER

Group leaders share 2 truths and 1 lie about themselves. Everyone else has to discern which 'fact' isn't true. Make them interesting! If the group is fairly small, get them to think up some facts about themselves too.

Alternatively, challenge people to think of an example of something they love and share with the group (group leader to go first).

VIDEO 0:00-02:25

0:00 – 02:25 ('...God is my father in heaven')

GROUP DISCUSSION

Who is God (brainstorm on flipchart)? Stress that there are no right or wrong answers at present.

Do you agree/disagree with any of the answers on the film?

Why or why not?

VIDEO 02:25-05:55

02:25 ('We all have different experiences of fathers' love...') – 05:55 ('...because he first loved us, and his love is perfect.')

GROUP DISCUSSION

The video has been talking about what God's love is. How can we know this on a personal level?

Read the following verses and ask the group their thoughts and how they make them feel:

- **Romans 8:38–39**
- **John 3:16**

Group leader and/or facilitators (time dependent) to share testimony of how they have experienced God's fatherly love in their lives.

Here's Sarah's story of how coming to know God's love dramatically impacted her life...

TESTIMONY VIDEO (SARAH'S STORY) 05:56–09:14

05:56 ('Growing up, I was very much my parents' daughter...') – 09:14 ('And that's how I know I'm loved and I'm fulfilled in life')

GROUP DISCUSSION

Sarah talked about how God's love has shown her what her true value and identity is; let's read some passages from the Bible that talk about this...

Ask two members of the group to find and read out the following scriptures (alternatively, have them marked or printed so as not to discourage those who don't know how to navigate the Bible):

- **Psalm 139: 13–18**
- **Luke 12:24–28**

What do we think of these verses? How do they make you feel?

VIDEO 09:15–12:41

09:15 ('What does God's love mean to you? God's love to me means I'm accepted...') – 12:41 (finish)

TO FINISH

Ask whether anyone has any questions they'd like to discuss before you wrap up.

Does everyone have access to a Bible? If they don't, make sure they don't leave without taking one with them. Explain how to navigate to specific parts of the Bible (books, chapters, verses) – don't assume they know how.

Suggest that the group start reading through the book of Mark to learn more about Jesus, if they want a starting point.

Ask the group whether anyone wants to chat or pray about anything that's come up in the session today. Point out the group facilitators as people who are happy to do this, and are a safe space for this also.

ADDITIONAL RESOURCES TO HAND OUT IF DESIRED

- God's love letter
- Footprints in the sand poem

NEXT TIME

We will be looking at the topic 'I have sinned' or 'I've made mistakes'. Encourage them to come back to the next session to find out more.



Session 2

I HAVE MADE MISTAKES

The outreach worker will need:

- a laptop and/or projector for the video content
- a flipchart or whiteboard
- individual paper 'sins' printed and cut up (sins listed in 'Group Activity')
- enough Bibles for the whole group (or Bible verse printouts if little access to physical Bibles)

INTRODUCTION

Host reintroduces themselves, the team, and the course.

Recap the previous week and introduce today's specific session: 'I have made mistakes'.

ICE-BREAKER: 'GOOD WEEK, BAD WEEK'

Go around the group and ask them to share one good thing from their week and one bad thing. Allow conversation around these before moving on to the session content.

GROUP DISCUSSION

What is sin (brainstorm on flipchart)? Stress that there are no right or wrong answers at present.

VIDEO 0:00-03:03

0:00 – 03:03 ('...for his created people')

FURTHER DISCUSSION QUESTIONS

Do you agree/disagree with any of the answers on the film?

Why or why not?

SO WHAT'S THE PROBLEM WITH SIN?

Briefly explain the 'sin problem'.

e.g. Because God is perfect and we're not, our connection with him has been broken and this leads to separation. We are unworthy of being in the presence of God. That's the sin problem.

GROUP DISCUSSION

What is the standard God calls us to live up to?

- The ten commandments? Can you name them?
- Sermon on the Mount – Have someone read out **Matthew 5:27-29**

These are strong words – what is your response to them? What do they stir in you?

VIDEO 03:03-06:18

03:03 ('How have we all made mistakes?') – 06:18 ('...has an effect on our real everyday life as well')

GROUP ACTIVITY

Are some sins worse than others? Have discussion in group.

Sin print outs – have group 'rank' sins in order from least to worst. Alternatively, write them on your flipchart.

- Manslaughter
- Forgetting to pray
- Car theft
- Getting drunk
- Tax fraud
- Sex before marriage
- Gossiping
- Arson
- Murder
- Telling lies

GROUP DISCUSSION

How did it make you feel to put these sins in order? Did it challenge anything in you?

Read **Romans 3:23** and discuss the importance of 'all have sinned'.

VIDEO 06:19-11:37

06:19 ('The Bible tells us that the first people to sin...') – 11:37 ('...and these are my passions')

GROUP DISCUSSION

What can sin lead to (brainstorm on flipchart)?

If appropriate, ask participants to talk about what they've seen sin lead to in their own lives.

VIDEO 11:38-15:13

11:38 ('Not only have we all sinned...') – 15:13 (finish)

GROUP DISCUSSION

Explain that through Jesus' life, death and resurrection, God solved the 'sin problem' and made a way for us to be made clean and forgiven.

Have you ever experienced forgiveness when you've wronged someone?

How did it make you feel to know that those sins wouldn't be held against you anymore?

TO FINISH

Ask whether anyone has any questions they'd like to discuss before you wrap up.

Does everyone have access to a Bible? If they don't, make sure they don't leave without taking one with them. Explain how to navigate to specific parts of the Bible (books, chapters, verses) – don't assume they know how.

Suggest that the group continue reading through the book of Mark to learn more about Jesus, if they want a starting point. If they've read that, suggest another of the gospels.

Ask the group whether anyone wants to chat or pray about anything that's come up in the session today. Point out the group facilitators as people who are happy to do this, and are a safe space for this also.

NEXT TIME

We will be looking at the topic 'Jesus died and rose again', what this means and how it has a personal impact on us today.

Encourage them to come back to the next session to find out more.



Session 3

JESUS DIED AND ROSE AGAIN

The outreach worker will need:

- a laptop and/or projector for the video content
- a flipchart or whiteboard
- 'Who am I' pub quiz style handout/questions prepared
- different pictures of Jesus (artist representations, characters in film/TV, etc.)
- enough Bibles for the whole group (or Bible verse printouts if little access to physical Bibles)

INTRODUCTION

Host reintroduces themselves, the team, and the course.

Recap the previous week and introduce today's specific session: 'Jesus died and rose again'.

GROUP ACTIVITY

'Pub Quiz' – Who are they, and why are they famous?

Who is Jesus? Brainstorm on flipchart

Why is he famous?

Show pictures of different artist interpretations

VIDEO 0:00-03:05

0:00 – 03:05 ('...what they, at the time, were trying to do.')

GROUP DISCUSSION

Follow on from video: What did Jesus say about himself?

Read [John 14:6](#) and [Luke 22:69](#)

These are big, controversial claims – what do you think of them?

FURTHER DISCUSSION QUESTIONS

Be prepared to offer biblical explanation of why Jesus died.

What do you know about the Christian teaching of why Jesus died?

Why do you think Jesus died?

 **VIDEO** 03:06–06:55

03:06 ('Jesus Christ is the most influential human...') – 06:55 ('...set free from our sinfulness')

GROUP DISCUSSION

Do you think Jesus had a choice?

Do you think he could've avoided his arrest and crucifixion?

Group find and read **Luke 4:29**, **John 7:30**, and **John 10:39**. People had tried to arrest and put Jesus to death previously, but they could not touch him because it was not yet the right time. He could've stopped his arrest and death, but he chose to humble himself and allow it to happen.

 **VIDEO** 06:56–10:27

06:56 ('How did Jesus die?') – 10:27 ('...with your Father in heaven')

GROUP ACTIVITY/ DISCUSSION

Watch torture and crucifixion scenes from 'The Passion of the Christ' or 'The Bible' Series if time allows, and if available.

If unavailable, read **John 19** as a group and take time to reflect on the weight of what you've read.

DON'T RUSH ON FROM HERE AS THIS MAY TRIGGER CERTAIN PARTICIPANTS.

Be sure to offer conversation, prayer, etc. if anyone has been affected by what they've seen/read.

Explain that even though Jesus died for each one of us, he didn't stay dead.

Three days after his crucifixion, Jesus rose again. Jesus is alive!

He is alive today and he calls each one of us to turn from the way we've been living, receive his forgiveness, and step into relationship with him.

 **VIDEO** 10:28–18:25

10:28 ('What is the resurrection?') – 18:25 (finish)

TO FINISH

Ask whether anyone has any questions they'd like to discuss before you wrap up.

Does everyone have access to a Bible? If they don't, make sure

they don't leave without taking one with them. Explain how to navigate to specific parts of the Bible (books, chapters, verses) – don't assume they know how.

Suggest that the group continue reading through the book of Mark to learn more about Jesus, if they want a starting point. If they've read that, suggest another of the gospels.

Ask the group whether anyone wants to chat or pray about anything that's come up in the session today. Point out the group facilitators as people who are happy to do this and are a safe space for this also.

Be prepared to refer anyone to a supportive chaplain, or similar service, if they have been affected by any of the discussion around Jesus' death.

NEXT TIME

We will be looking at the topic 'I have a choice to make'.

Encourage them to come back to the next session to find out more.



Session 4

I HAVE A CHOICE TO MAKE

The outreach worker will need:

- a laptop and/or projector for the video content
- a flipchart or whiteboard
- 'Would you rather?' questions prepared
- enough Bibles for the whole group (or Bible verse printouts if little access to physical Bibles)

INTRODUCTION

Host reintroduces themselves, the team, and the course.

Recap the previous week and introduce today's specific session: 'Jesus died and rose again'.

GROUP DISCUSSION

Can you remember what the four points are?

Ask group to pick out/recap key points from sessions.

GROUP ACTIVITY

'Would you rather' quiz (print out)

Highlight that whilst these are silly choices, we all make choices all the time.

VIDEO 0:00-01:57

0:00 – 01:57 ('...to come to life, truly, for the first time.')

GROUP DISCUSSION

Why didn't God just make us love him?

What are some reasons you can think of that a relationship could be better if built on choice?

Read **Romans 10:9-10** together.

Emphasise the condition to 'believe in your heart' and that this has to be your decision; no one can force you to believe something.

VIDEO 01:58-06:35

01:58 ('What is forgiveness?') – 06:35 ('...by your son's death and resurrection.')

GROUP DISCUSSION

Read these verses as a group.

The video talked about what it means to be a Christian, unpack the following further.

Matthew 5:11 – Life isn't promised to get easier

1 **John 1:9** – God promises to forgive us our sins but doesn't say we'll never be tempted or sin again – emphasise that we cannot abuse God's grace and carry on living how we always have.

VIDEO 6:36-16:32

06:36 ('Mo's story') – 16:32 ('...encourage each other to live out our faith.')

GROUP DISCUSSION

The video talks of how life changes when you come to Jesus.

Ask the group to think about whether there are things in their lives they need to let go of, and whether there are new things they want to introduce as part of their faith journey.

If appropriate, ask them to share.

VIDEO 16:32-21:09

16:32 ('Jesus says that his followers will...') – 21:09 ('...so the world can come alive, also.')

GROUP ACTIVITY

Read the story of the Prodigal Son together (**Luke 15:11-32**) after listening to the retelling on the video.

Discuss thoughts on the story.

Can you relate to any of the characters? Why?

VIDEO 21:10-22:20

21:10 ('Why is it important to share your faith?') – 22:20 ('...it's our job to tell people.')

GROUP DISCUSSION

Why do you think Christians should share their faith with others?

Has anyone shared their faith with you? How did it make you feel?

Challenge the group to think of people they could share with.

Wherever they are in their faith journey, they can share what they've learned so far.

VIDEO 22:21-23:17

22:21 ('We all make choices every single day...') – 23:17 (finish)

TO FINISH

Ask the question, 'What's your choice?'

Create a space and summarise the four points/the Gospel and invite the group to make a decision to accept Jesus and start living for him.

Invite them to pray this prayer, or a similar declaration of faith and repentance.

Dear God,

Thank you so much for sending your son to die on the cross for me. Thank you that he rose again, so that I can know you, and live with you forever.

I'm sorry for the times I have turned my back on you, the times that I have gone my own way. I pray that you will forgive me, for all the things I have done wrong in my life.

Please come into my life, and fill me with your Holy Spirit, so that I can live a life worthy of you, from this day on.

Amen

WHAT'S NEXT?

Ask whether anyone has any questions they'd like to discuss before you wrap up.

Be sure to engage with every member of the group, regardless of whether they've made a response.

Direct them to further services or groups where they can continue to journey through their faith.

Ensure every member leaves with a Bible if they haven't already taken one.



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