

FINDING MY WAY

Discussion Guide

Introduction

Finding My Way is a 52-minute educational film suitable for teens as they struggle to discover who they are and where they are going in life. Using the film as an entertaining catalyst, the *Finding My Way* learning module is a three-meeting journey of personal discovery. Participating youth will explore issues at the heart of finding a way to mature into productive, ethical and happy adults.

Meeting One – One Hour

First 10 Minutes:

Welcoming - Administrative Issues

Next 30 Minutes:

Setting Up Film

Playing the First Half of the Film

Final 20 Minutes:

Discussion – Initial impressions

Discussion – In What Issues Are You Interested?

Welcoming – Administrative Issues (10 minutes)

Welcome everyone, establish or re-establish relationships, and handle administrative issues.

Setting Up the Film (3 minutes)

Prepare to view the first half of the film. Touch on the following points:

- This movie was designed to inspire teens to live productive, ethical and happy lives.
- The film follows a 13-year-old boy (Jeremy) as he meets with and learns from seven life-masters.
- The life masters are experts in a variety of fields including – the history of Christianity, philosophy, movie-making, music, yoga, coaching, and veterinary medicine.
- In the first part of the film, you will meet Jeremy and each life master. Each expert will introduce topics to explore through the balance of the film.
- Once introductions are complete, Jeremy will talk about his upcoming entry into high school. This will lead into discussion about how to create happiness instead of expecting it to come through external accomplishments.
- The last portion of the film will explore the difference between who you are and the image or images you project to the outside world.

- As you view the film, try to put yourself in Jeremy's shoes and think about how the issues he is facing are similar to your own.
- It is not important at this time whether you agree or disagree with the viewpoints offered. You will create value for yourself by remaining as open as possible and focusing on maintaining an attitude of unbiased discovery.
- Pay attention to what questions arise for you, what advice resonates the most for you and how you might apply what you hear to your life.
- Any questions? OK, here we go!

Playing the First Half of the Film (27 minutes)

Play the film uninterrupted until the 26:44 mark (just after the philosopher talks about "don't get stuck with it.")

Discussion – Initial Impressions (10 minutes)

Invite participants to share their impressions of the film. Ask questions such as: What did you learn so far? Which coach do you enjoy the most? What do you like about the film? What ideas or insights did you gain? Invite participants to share whatever is on their minds. Resist the urge to add too much commentary. Keep the discussion moving.

Discussion – In What Issues Are You Interested? (10 minutes)

During the last 10 minutes of the session, invite participants to think about and share responses to the following question: If you were playing Jeremy's part, what questions would you want to explore with the coaches?

Perhaps they identify with the issues raised in the film. Maybe they have additional issues they want to discuss. Everyone is trying to find his or her way; what are their important questions to which they want clarity? What are their biggest issues as they navigate through school and think about the journey to adulthood?

You only have time to touch on the questions and issues they raise. Hear from as many participants as possible. If participants seem reluctant to share with the whole group, have them choose partners and share one on one. If you choose this model, make sure you monitor their sharing to ensure they stay on task.

In conclusion, invite them to continue reflecting on the questions raised and the lessons learned from the film and from their own sharing during this session. Inform them they are officially on their way to finding THEIR way. Ask them to bring their continuing questions and insights to the next session where they will view the second half of the film.

Meeting Two – One Hour

First 10 Minutes:

Welcoming - Administrative Issues

Next 30 Minutes:

Set Up the Film

Play the Second Half of the Film

Final 20 Minutes:

Discussion – Initial impressions

Discussion - Applications

Welcoming – Administrative Issues (10 minutes)

Welcome everyone, establish or re-establish relationships, and handle issues.

Setting Up the Film (3 minutes)

Prepare to view the second half of the film. Touch on the following points:

- Today we will watch the second half of the film we started last time, *Finding My Way*. We will start right where we left off.
- Remember Jeremy's coaches talked to him about the danger of relying on external accomplishments to make him happy and the importance of separating the real Jeremy from the image he projects.
- This time we will begin with two of the coaches discussing the value of avoiding being stuck in "absolutes" and the power of love for Christians.
- The next section will touch on human mortality and the imperative to make the most of the time we have.
- Next, the movie-director coach will take Jeremy through the metaphor of imagining his life as a movie he creates.
- The last section will focus on inviting Jeremy (and you!) to make a commitment to live life with passion and full self-expression. We will get to see how Jeremy does with his singing at the big party.
- Remember as you are viewing the film to put yourself in Jeremy's shoes and consider how his issues are similar to your own.
- It is not important at this time whether you agree or disagree with any viewpoints offered. You will create value for yourself by remaining as open as possible and focusing on maintaining an attitude of unbiased discovery.
- Pay attention to what questions arise for you, what advice resonates the most for you, and how might you apply what you are hearing to your life.
- Any questions? OK here we go!

Playing the Second Half of the Film (27 minutes)

Play the film uninterrupted starting at the 26:44 mark (just before John Dominic Crossan begins with "To give you a Christian example") through the final credits.

Discussion – Initial Impressions (10 minutes)

Invite participants to share their impressions of the second half of the film. Ask questions such as: What did you learn this time? Which part did you enjoy the most? What ideas or insights did you gain from the film? Invite participants to share whatever is on their minds. Resist the urge to add too much commentary. Keep the discussion moving.

Discussion - Applications

During the last 10 minutes of the session, invite participants to think about and share responses to the following question: How might you apply one or more of the lessons from the film to your life, now and in the future?

Encourage participants to think about the big picture of their life. Now they are concerned with getting through school and having fun. Later they may focus on raising a family and building a career. However, through all phases of their lives, there is the question of WHO they will “be.” At their age, they are creating the patterns of behavior with which they will be comfortable throughout their lives. Bottom line: What kind of life do they want to live?

You only have time to touch on the questions and issues they raise. Hear from as many participants as possible. If participants seem reluctant to share with the whole group, have them choose partners and share one on one. If you choose this model, make sure you monitor their sharing to ensure they stay on task.

In conclusion, invite participants to continue reflecting on the questions raised and the lessons learned from the film and from their own sharing during this session. Ask them to bring their continuing questions and insights to the next session where they will engage in activities designed to assist them further in their journey to find their way.

Meeting Three – One Hour

First 10 Minutes:

Welcoming - Administrative Issues

Next 10 Minutes:

Discussion – About What Have You Been Thinking?

Next 40 Minutes:

Activity – Creating the Movie of Your Life

Welcoming – Administrative Issues (10 minutes)

Welcome everyone, establish or re-establish relationships, and handle administrative issues.

Discussion – About What Have You Been Thinking? (10 minutes)

First, begin by showing the trailer of the *Finding My Way* movie. This will reconnect them to Jeremy's journey and the coaches in the film.

Next, ask participants to reflect on thoughts, questions and insights they've had since the last meeting. Let them know you recognize that as young adults they are focused mainly on immediate concerns. Perhaps their connection to the film over the past week is characterized by only fleeting thoughts and feelings. That's OK. Whatever comes up for them is perfect.

Remind them of the issues covered in the film and invite them to share their thoughts in relation to the issues such as:

- How can you create happiness instead of expecting it to come through external accomplishments?
- What is the difference between who you are and the image or images you project to the outside world?
- What is the value of avoiding being stuck in "absolutes"?
- What is the power of love for Christians?
- Why is or isn't it important to make the most of the time we have?
- Describe the metaphor of imagining life as a movie you get to create.
- Why is or isn't it important to make a strong commitment to live life with passion and full self-expression.?

Gently encourage participants to share their thought process about finding their way in their life.

Activity – Creating the Movie of Your Life (40 minutes)

SET UP (10 minutes)

This can be a creative and fun activity. Give every participant a blank, white poster board and colored pencils and markers. On the poster board, they can plot out the movie of their life. Offer the following directions:

Jeremy got to be the star of a movie. That's great. However, as you saw, his greater challenge will be to create the story of his life. Do you remember the movie director, David, working with Jeremy to imagine his life as a movie he gets to create? Today you get to map out the movie of your life. Of course, we realize your life is not really a movie, but we can have fun with the metaphor.

It is up to you how you represent the things listed on your board, but here are elements to address:

- Who is the writer of this movie? (That is you, isn't it?)
- Who will be the director? (Maybe you. Maybe you will co-direct with your parents and Christ.)
- Who will be the main cast? (Your family? Your friends? Mentors?) Imagine what your spouse will look like. Undoubtedly, he or she will be cute or gorgeous, right?
- What kind of movie will this be? (Action? Adventure? Drama? Comedy?) We certainly don't want horror, do we? Maybe you can show various moments in time from your future life as you envision it.
- Who are the supporting cast and crew? (Think of the teachers and coaches who give you invaluable support. Think of your church being there for support. Does Christ fit here? Maybe a favorite apostle or other figure from the Bible has inspired you?)
- What is the name of this movie? (Make it original and make it so you!)
- What will be the legacy of this movie? Will it inspire others?

OK, that's the idea. Bounce ideas off one another. Assist each other as requested. I'm here to support you as well. Ready? Go!

DRAWING (20 minutes)

Monitor progress and acknowledge creativity. Encourage those who might be stuck.

SHARING (10 minutes)

Invite those who are finished (or finished enough) to stand and tell about their board. Thank them for their efforts. Encourage them to add to the board when they get home. Invite them to share their board with their parents.