

Lesson 1: Getting Started on Your Journey

Lesson Focus: The Powered for Life™ Journey

The goal of this lesson is to help students understand that they have value, are loved by God and that timeless Biblical principles will help them to achieve a healthy, productive life.

Students are here to begin a journey – a journey that will help them find answers to questions like:

- Why am I here?
- What is the purpose of my life?

This journey can help them discover where they want to go in life and what it will take to get there.

The Powered for Life training will use profiles of real-life role models, the Bible and movies to illustrate the challenges that others have faced, and how they overcame them. The stories are a tool to develop the character of students through examples of people who have overcome barriers to succeed in life. These stories transcend time, age, class, race and culture. Students may have come from a variety of faith backgrounds and with different views of God, but the applications are universal.

Sample Class Schedule:

Section	Content	Time
1.1	Welcome and Introduction – DVD “Facing the Giants”	15 minutes
1.2	Drew’s Life Journey	25 minutes
1.3	What is the Powered for Life Journey?	5 minutes
1.4	Powered for Life Benefits and Expectations – DVD “JfL Graduates”	10 minutes
1.5	What is my commitment?	20 minutes
1.6	Marking our Course: Summary	15 minutes
1.7	Homework: My Life Journal	
		90 minutes total

Materials Needed:

- Site leadership and champions
- TV/DVD player
- DVD: Facing the Giants – Scene 11 for section 1.1
- DVD–Jobs for Life Graduates, Segment 1 for section see 1.4
- Student Workbooks – Lesson 1
- Homework – Lesson 1
- Writing board and markers
- Pens and pencils
- Name tags



Do Ahead

- Read Lesson 1 Video Guide
- Prep for DVD: Facing the Giants – Scene 11 for section 1.1
- DVD–Jobs for Life Graduates, Segment 1 for section see 1.4

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Instructor's Guide

Lesson 1 Video Guide

This lesson includes two videos. You will show a clip from the movie "Facing the Giants" in section 1.1 and segment one of "Jobs for Life Graduates" in section 1.4. It is recommended that you preview these clips and set up the TV/DVD player before Lesson 1.



'Facing the Giants'

A football coach who fears losing his job and struggles in his marriage turns to Christ to help him through these tough times. The message of the movie is that while you can't control what happens in life, you must give it your all anyway. He has decided he will do his best in every area of his life and glorify God no matter what.

1.1: Scene 11 (lasts approximately 3 minutes)

The coach is talking to his team in the locker room about their losing season. He asks questions about who won previous seasons to demonstrate that winning brings only fleeting moments of fame and happiness. The players' real purpose is not the game of football, but to live lives that honor God.

Stop at end of locker room scene.

- The purpose of "Facing the Giants" is to show students that our beliefs about ourselves and our abilities affect our performance.
- The movie relates to Lesson 1 by showing that God has a purpose for our lives that gives us meaning and direction.
- Winning a game brings temporary **happiness**, but having faith and living to glorify God is what brings **eternal joy**.

JfL Graduates: 'Life Without Purpose'

Graduates describe their lives before attending the Jobs for Life course. (PfL Graduate Testimonial Dvd) Please find in your toolkit the PfL Graduate Dvd.

1.4: Play Part One

Please note that graduates will refer to sites like Job Alliance where they participated in the Jobs for Life courses.

Instructor's Guide

The purpose of this lesson is to create an exciting, welcoming environment where students will:

- experience community.
- begin to understand their value to God.
- realize the benefits of this training opportunity.

Do Ahead

Cue "Facing the Giants" to scene 11.

1.1 Welcome and Introductions

15 minutes

ACTIVITY

1. Introduce yourself and guests.
2. Ask students to stand and introduce themselves with their name and why they chose to do Powered for Life.
3. List names on flip chart.

Explain what a 'life journey' is, and why we believe God led them here.

Lead into "Facing the Giants" by reading the **NFL statistics** in the box and ask: *Why does this happen?*

Show DVD "Facing the Giants," scene 11; 3 minutes. Stop at the end of locker scene.

Class Discussion

Discussion Keys:

1. The coach of a losing football team realized that his attitude about life and playing football was leading his players in the wrong direction
2. Their purpose was **bigger** than a game
3. Winning a game might bring them **momentary happiness** but not **lasting joy**.

Powered for LIFE

Lesson 1

Getting Started on Your Journey

1.1 Welcome and Introduction

Welcome to your Powered for Life journey. We are excited about the discoveries you will make during this course.

Most people don't realize they have already *been* on a life journey until they look back at the past and see all the places they've already been.



A life journey is determined by the choices we make that either drive us forward or stop our progress. Our choices can lead us toward success, or lead to failure.

You have made a choice to come to this class, and we believe:

- God cares about you and wants you to learn His plan and purpose for your life.
- God has given you this opportunity to learn more about how He has equipped you for that unique purpose in life.

Why is it important to learn your purpose for life?

Read about retired NFL players in the box on the right.

Why do you think these things happen to former players?

Let's see what a coach of a losing team has to say to his players:

- Can you remember who won the Super Bowl 10 years ago? Or even 5 years ago?
- Can you remember who won the state high school championship 5 years ago?
- What point is the coach making?

Did you know?

- 65% of NFL players leave the game with permanent injuries.
- 25% report financial difficulties within the first year of retirement.
- 50% of failed NFL marriages occur in former players' first year of retirement.
- 78% of former NFL players are unemployed, bankrupt, or divorced within two years of retirement.
- The suicide rate for retired NFL players is 6 times greater than the national average.

Source: *Quiet Strength: The Principles, Practices, & Priorities of a Winning Life*, by Tony Dungy

Instructor's Guide

Powered for LIFE Lesson 1

Drew's story shows students that what the world calls success usually only brings temporary happiness. What Drew has found is **joy in life** that will last long beyond his brief NFL career.

1.2 Drew's Life Journey

25 minutes

Read or ask students to read Drew's Life Journey out loud.

1.2 Drew's Life Journey

Drew Coleman was a young man who had many disadvantages. He and his six brothers were raised by their grandmother in the small town of Henderson, Texas. He rarely saw his mother, who struggled with various addictions.

"I played Pop Warner baseball for eight years," Drew said, "but when I got in the eighth grade I wanted to play football. I wanted the scholarships that would come with being good at football."

"The average career in the NFL is only about three years. You have to be prepared for what comes after. That's why college is so important."

—Drew Coleman

ROADBLOCKS to overcome

"A lot of people told me I wouldn't be able to play because I was bow-legged and too small" (5' 9"). But Drew didn't listen to them. "I trained hard and broke the record for the 40-yard dash at my high school," he said." Drew went on to play five positions, including quarterback. After high school, he received scholarships to play football at Trinity Valley Community College and later at Texas Christian University.

More ROADBLOCKS

But Drew had other roadblocks to overcome. "I lost a year as a junior at TCU with a torn ligament," he explained. And soon he faced an even greater challenge: Drew became a father, and he quickly realized that true success would require more than being good at playing a game.

"Success was being able to look into my daughter's eyes and say 'everything's going to be alright,'" he said. Everything had *not* been 'alright' for Drew when he was a child, and he wanted a better life for his little girl.

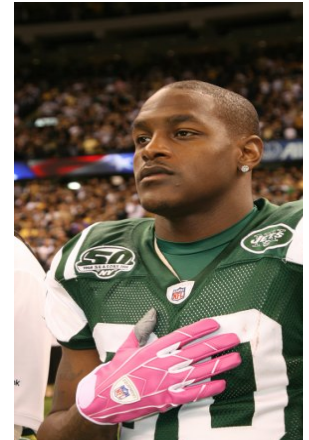
A purpose and a plan

As a college student, Drew worked hard, majoring in Communications. "Football was Plan B for my life," he said. "Getting an education and a career was always Plan A." After graduation, Drew was drafted by the New York Jets, but just getting to that point was a challenge, he said.

"Something that people need to understand...you have to have a good reputation [to get drafted]. They recruit out of college, and you have to have good study habits to be recruited. Everybody's a good athlete in the pros, but you also have to be a good student. You spend time on the field practicing, but you spend more time in the classroom studying. It's a business, and you have to learn it."

In his rookie season, Drew played 16 games, helping propel the Jets to their first playoff season in three years. Today, he is a star player who has already outlasted the average NFL career. Still, Drew doesn't let himself forget that his football career is just one step in his life journey.

He learned this when he found himself sidelined with an injury during his junior year at TCU. Drew realized that, in football, he would always be just one play away from a career-ending injury. He would not gamble his – or his daughter's – future on football, so Drew spent that year focused on his studies and, in the process, realized his **true purpose** in life was not football.



Class Discussion

- What did Drew say was 'success' for him? See 5th paragraph
- Why might this be more important to him than NFL football? Because of his childhood experiences
- Do you think Drew is 'happy' when he wins in sports? What if he loses?
- What happens when you experience disappointment? When things don't go like you planned?
- How do you think Drew overcame his disappointments and setbacks? He has joy that sustains him and faith that drives him through the tough times in his life ...he FOCUSES beyond what will make him temporarily 'happy'
- What do you think brings 'joy' to Drew? When he OVERCOMES his problems; when he sets goals and achieves them ..knowing he can provide for his daughter/family [tell students they'll learn more about Drew in Lesson 2]

1.2 Continued

Review Drew's 'Tips for Success' in the box.

Lead into the small group activity: Powered for Life helps students overcome roadblocks, make good choices and learn God's plan for their lives.

ACTIVITY

'The Power Five'

1. Form teams of 2 – 4 students.
2. Ask teams to think of five words beginning with letters P-O-W-E-R that relate to Drew's life journey.
3. Here are some examples of possible answers:

P – Purposeful – Drew keeps his mind focused on his goals and his plan to achieve them.

O – Optimistic – Drew doesn't listen to discouragement from others and believes he can do what he sets out to do.

W – Winning Character – He overcomes and avoids problems by making the right choices.

E – Energized – Drew worked to make his football career happen; he made a plan and stuck to it!

R – Resourceful – Drew recognized opportunities and took advantage of them.

Instructor's Guide

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"I majored in speech and communications at TCU, and I already have job offers from both TCU and Trinity College for teaching positions," he said. "I want to teach others that they can achieve their dreams, too."

Drew Coleman's TIPS for Success

Winning on the field doesn't make you a winner in life. Drew's tips will help you be a winner during your journey to succeed.

1. Set the RIGHT goals.

"When I was first starting to play football, the 'stats' were against me. I was small and had some disadvantages to overcome. Setting goals helped me get where I am today."

2. Make the RIGHT choices.

"One bad action will mess everything up for you. There are no winners who have taken or dealt drugs...There are no winners for becoming 'gangstas' or for violence. The ways to win are to go to church, to school and to get an education."

3. Choose the RIGHT friends.

"None of my friends went to college. I am the only one who did. But they still supported me. These are your true friends."



SMALL GROUP ACTIVITY: The Power Five

Questions to consider:

- Are you satisfied with the way things are for you now?
- Are you hoping things will get better? How will you make that happen?
- How important is it to you to overcome whatever you're facing right now?
- What COULD it mean to you to have **P-O-W-E-R for Life** like Drew Coleman?

Starting with the letters below, think of five words or phrases to describe how Drew overcomes his challenges and reaches his goals. How does he demonstrate **P-O-W-E-R for Life**?

P – Purpose driven

O – Optimistic

W – Willing team player

E – Excelled in effort

R – Resourceful

Instructor's Guide

The purpose of this section is for students to understand the content and progression Powered for Life.

1.3 What is the Powered for Life Journey?

5 Minutes

1. Introduce the concept of God's unique purpose for each of our lives.

2. Review the four phases of the journey students will walk through in the L-I-F-E Box.

3. Explain that the curriculum is divided into these four phases so they can see the progress they are making on their journey.

4. Emphasize that this is a journey of self-discovery. Only they can determine God's purpose for their lives.

Relate the Powered for Life journey to Matthew 7:7-8: Students will **ask, seek and knock** over and over in the coming weeks. If we don't give up, we will come out knowing what God's purpose is for our lives.

Visualization

2 minutes; optional

Ask students to **visualize** a past success.

What was it? Something they did that they thought they couldn't do? Helped others? Overcame a problem?

How did they feel because of it? How will it feel to set a goal and achieve it?

Powered for LIFE Lesson 1

1.3 What Is The Powered for Life Journey?

Have you ever considered that God has a unique plan for you?

Drew Coleman is a unique individual and so are you. Think about this:

- There are over 6 billion people on this planet, but no two people have the same fingerprints, or the same DNA. Why?
- You were created in a unique way for a unique purpose. And that purpose is important because God created you with skills and talents especially for this purpose.

How do you know what God has purposed for your life?

"For I know the plans I have for you, says the Lord. They are plans for good and not for disaster, to give you a future and a hope." —Jeremiah 29:11



The Powered for L-I-F-E Journey progresses through four phases:

1. **L**-Learning what purpose and success mean for you;
2. **I**-Inspiration through role models and instruction to identify and clarify your purpose;
3. **F**-Focusing on a goal and developing the faith in God to achieve it;
4. **E**-Experiencing success by taking action steps in your 'Game Plan'

Like Drew, you will be developing a game plan for success.

- Our goal is to walk with you through this journey of self-discovery.
- We want to help you learn how to open the doors in your life that were closed to you until now.

"Ask and it shall be given to you; seek and you shall find; knock and it shall be opened to you. For everyone who asks receives, and he who seeks finds, and to him who knocks it shall be opened." —Matthew 7:7-8

How can we learn if we don't ask?

How can we find if we don't seek?

How can we enter if we don't knock?



Powered for LIFE Instructor's Guide

The purpose of this section is for students to understand the benefits of the course.

1.4 Powered for Life Journey Benefits and Expectations

10 minutes

Read “What good is a shiny new car without gas in the engine?” out loud.

Show DVD “JFL Graduates,” segment 1.

After the DVD, read the list in the box, “What can I expect...”

The Powered for Life journey has helped other students:

Understand their unique value.

Explore the gifts and talents that God has given them for their unique purpose.

Learn valuable life skills to achieve the **goals** that they set for themselves.

1.5 What is My Commitment?

20 minutes

Read out loud.

Powered for LIFE Lesson 1

1.4 Powered for Life Benefits and Expectations



What good is a shiny new car without gas in the engine?

Living a life without purpose is like trying to drive a car without gas, which provides power to the engine.

The journey you are about to begin has helped many other students put power to their engines, so they could get where they wanted to go.

Does this really work?

You will meet Journey for Life graduates who will share why they decided to take this journey and how their commitment to finish the course has changed their lives.

What can I expect during my Powered for L-I-F-E Journey?

After graduation, you can expect to be:

- Powered to realize and pursue your God-given purpose.
- Powered to develop better personal relationships.
- Powered with positive communication skills.
- Powered to manage conflict.
- Powered to access business and community resources.
- Powered to earn money for a secure future.
- Powered with a tool kit to enhance your professional image.
- Powered to make the RIGHT choices that lead to success.

1.5 What is My Commitment?

You may have heard of other programs that didn't work or didn't deliver what they promised. Powered for Life is different. We do not claim to teach a “formula” for success, because we don't believe in formulas.

- We believe in **you**.
- We believe you were created by God to do a **special and unique thing** in your life.
- We believe you have certain strengths and gifts that God gave you to **accomplish that special and unique thing**

1.5 Continued

The purpose of this section is for students to understand the need for commitment.

Ask the first question, then call on three different students to read the three bullet points.

Read the second question and the bulleted answers. (If other site leaders or champions are present, ask them to read the answers.)

Read the third question; call on students to read the answers.

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Instructor's Guide

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What are you willing to do to learn what your purpose is, and how to use your gifts to achieve it?

Questions to consider:

1. Eight weeks is a long time. Why should I spend that much time on this course?

- In less than 10 years, this program has expanded to over 200 locations in 43 cities across the nation because of the positive changes our students have made in their lives.
- Whether or not you choose to participate, eight weeks will still go by, and what will you have to show for it?
- Enhanced career opportunities can lead to newer cars, college education, financial independence, homeownership, or even a business of your own.



2. What is our commitment to you?

- We—as site leaders, instructors and volunteers—will commit our time and efforts to lead and assist you in every way possible in this journey.
- We want to be part of your team, your network, your support group.

3. What are you willing to commit to your future?

- The success you experience here depends on the choices and the commitment you make to yourself to complete this program.
- Like an athlete, your commitment to showing up and working is more important than your talent.

Instructor's Guide

The purpose of this section is for students to understand the commitment required to complete and graduate from the program.

The Pfl Student and Site Covenant

A covenant is a binding agreement.

1. Read the student duties and responsibilities.

2 Go over the schedule and:

- the best way to contact the instructor or site leader **before** missing a class;
- what to do if they are unable to reach the instructor or site leader;
- what they will be required to do if they miss a class;
- what "participation in class" means
- how to get help if they are having problems.

3. Read the site leader duties and responsibilities. Explain the effort and partnerships it takes to conduct this class.

4. Lead the way by signing the Covenant Agreement first, then ask students to sign it.

Powered for LIFE Lesson 1

The Powered for Life Student and Site Covenant

Student Agreement - Duties and Responsibilities

As a student I will be responsible for:

1. My attendance by being on-time and/or contacting the Site Leader or Champion BEFORE missing class;
2. Completion of my assignments in class and outside of class;
3. My participation in classroom discussions and activities;
4. My learning experience by asking for help when I need it;
5. Being a team player by encouraging and respecting other students and instructors;
6. Completion of requirements for **graduation**:
 - NO MORE than 2 unexcused absences (make-ups are required).
 - Complete all assignments, including homework from missed classes.
 - Complete and obtain sign-off on my resume and plan to achieve my purpose
 - Obtain a **Ready to Graduate** approval by Site Leader.

CLASS SCHEDULE:

Day(s)	Start Time	End Time

GRADUATION

I agree to meet the requirements for successful graduation from JfL.

Student signature	Date
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Site Leader Agreement - Duties and Responsibilities

We agree to provide facilities for classroom instruction, instructors and advisors, presentations by business and community leaders, child care and other related services through donations and volunteer efforts. Our goal will be to provide every opportunity for an enhanced learning experience while encouraging and supporting student efforts to complete all requirements for graduation.

Site Leader signature	Date
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Powered for LIFE Instructor's Guide

The purpose of this time is to summarize the chapter, introduce students to homework and practice communications skills.

1.6 Marking Our Course

20 minutes

Review the lesson using the points in the box.

Introduce homework:

Students will write in their **Life Journal** at the end of each lesson. **Homework is to be turned in at the next class.** (Classes will often begin with an exercise requiring their completed homework.)

Doing the homework is a **requirement for graduation**, but will be returned to students so they will have a journal of progress through this course.

The more time a student spends on the Life Journal, **the greater the value** of this course. It is intended to help students explore their own personal thoughts and reactions to this course, and to events and choices they made in the past.

Reflection helps us make wise choices in the future.

ACTIVITY

Communications Skills Practice

Ask students to circle up and answer these questions with a classmate:

- What did I learn today?
- What value does it bring to my life?
- How can I apply it to my life today?

Close with prayer.

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Lesson 1

1.6 Marking Our Course: Summary

Lesson 1 - This lesson covered: The Powered for Life Journey

The steps of your Powered for Life journey will include...

- Finding God's purpose for your life and identifying how He has equipped you to achieve it.
- Learning how to have lasting joy...not just temporary happiness.
- Four phases to guide you through a process of self-discovery.
- Learning how to set the right goals to make the right choices.
- Making a commitment to your future journey for life.



COMMUNICATIONS SKILLS PRACTICE: Smiles and firm handshakes

Share with your classmates your answers to these questions:

- What did I learn today?
- What value does it bring to my life?
- How can I apply what I learned to my life today?



Looking Ahead:

The next leg of your journey is to identify the **ROADBLOCKS** that may be keeping you from making progress toward your life dreams and goals.

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1.7 Homework: My L-I-F-E Journal

Name: _____

Let's get started!

List three of your 'likes' below.

What I like to do	Why I like doing this
1.	
2.	
3.	

Describe some events or accomplishments in your life that are important to you. Be ready to explain why in a small group discussion in the next class.

My accomplishments or important events:

Why are these things important to me?