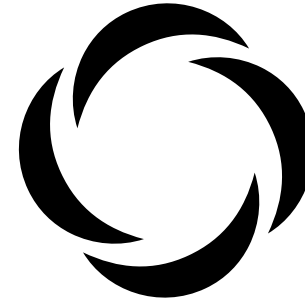


COLOR RUN

A KICK OFF LIFE NIGHT



LIFE TEEN

Leading Teens Closer to Christ

www.LifeTeen.com



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A KICK OFF LIFE NIGHT

GOAL

The goal of this Life Night is to have fun and build community. This Life Night also provides a way for the youth ministry program to connect with teens on social media.

SCRIPTURE

1 Corinthians 9:24-27

HASHTAGS

#LifeTeenColorRun
#SqueakyClean
#COLOR

ABOUT THIS LIFE NIGHT

This Life Night begins with the opportunity to have the teens connect their social media to the youth group's social media. This allows for effective communication throughout the semester. The teens then take a "squeaky-clean" before picture that will be compared to a "COLOR" after picture on social media. Next up, is the Color Run. The teens run a one mile race around the parish grounds in which Core Members throw color at them. There is more than one way to win this race. There are prizes for most colorful, least colorful, best "squeaky-clean" before picture, best "COLOR" after picture, best sport, and winner on the race. The Life Night ends in prayer based on 1 Corinthians 9:24-27, "Run so as to win."

ENVIRONMENT

This Life Night takes time to set up and clean up, but it is worth it!

One-Month Out...

- Go online and order color powder. Get a bulk order of a variety of colors. 12lbs of color for 50 teens is recommended and costs around \$50 - \$75. Search for "bulk color powder" on Amazon.com or another similar site.
- Start advertising. Create a flyer that instructs the teens to come dressed in white and prepared to leave in full color. Put it in the parish bulletin, on Instagram, Facebook, and Twitter. Hand out flyers after Mass. Give flyers to the teens to hand on to friends.

Two Weeks Out...

- Chart the course. Pull up your parish grounds on Google Maps or another similar site and chart a course that is around one mile long. You can do this by playing with the driving directions. Change the "from here" to "to here" options. This will tell you how long the course is and show you the route. While charting the course, be aware of the safety of the neighborhood your teens will be running through.

- Create Color Zones. These are the 20 to 30 yard stretches of the course in which Core Members throw color powder on teens. Each Color Zone has a challenge. For example, as the teens travel through the Purple Zone they are not allowed to run, but must bear crawl. Not only does this add a fun element to the run, but it also slows the teens down so that Core Members can get more color on them. Here are examples of different Color Zone challenges.

- RED ZONE: Hop On One Foot
- GREEN ZONE: Crab Walk
- PINK ZONE: Run Backwards
- ORANGE ZONE: Crawl
- PURPLE ZONE: Bear Crawl

LIFE NIGHT: COLOR RUN

GATHER

Registration (10 min)

As the teens arrive, they make their way through three registration tables. At the first table, the teens are welcomed to the Color Run Life Night and receive the *Ways To Win Handout* found on the last page. This handout describes different ways they can win the Color Run. At the second table, the teens use their phones to sign into their Facebook/ Instagram/ Twitter accounts and join the parishes' youth ministry social media. At the third table, the teens take a before picture that embodies the phrase, "squeaky-clean."

Have fun music on in the background and encourage the Core Members to connect with teens.

PROCLAIM

"Color Run (40 min)

After the teens have made their way through the registration tables, the youth minister gathers them into the main meeting space, welcomes them to the Life Night, and begins in prayer. He or she then hands out the map, reviews the course, and instructs the teens to stay on the course.

The youth minister explains that color powder will be thrown on the teens in the Color Zones and that they are not permitted to run through the Color Zones but must adhere to the Color Zone challenge.

The youth minister then invites a Core Member to the stage to review the Prize Categories and prizes. The Core Member finishes by pumping up the teens for the Color Run and sends them to the starting line.

Remember to send Core Members to the Color Zones before dismissing the teens. Some Core Members should also run with the teens.

BREAK

Awards Ceremony (15 min)

After the run, the teens take an after picture that best embodies the phrase, "COLOR!" They also have time to relax, snack, and drink water. Once all of the teens have finished, begin the Awards Ceremony.

At the Awards Ceremony, thank everyone for their participation, announce the prize winners and give away the gift cards.

SEND

Prayer (10 min)

After the Award Ceremony, close the Life Night with a time of prayer. Lead the teens in the following prayer:

In the name of the Father, and the Son, and the Holy Spirit.

We thank you Lord for the fun we had at the Life Night. For the friends and fellowship. For the wonder of color!

We ask Lord, that you remind us, and continue to remind us, that we are running to win the eternal race. That we are running to win, not a perishable crown, or gift card, but an imperishable one. We pray for the grace and discipline to take this calling to win the eternal race seriously. To not walk aimlessly, but with aim, an aim towards Heaven.

Mother Mary, wrap us in your mantle of love and lead us ever closer to your Son, Jesus.

Hail Mary, full of grace...

Amen.

As the teens leave, hand out the *1 Corinthians 9:24-27 Prayer Card* found on the last page. The teens can take this home with them, read it over, and continue to reflect on it throughout the week.

AFTER THE LIFE NIGHT

Have Core Members go to the Color Zones and sweep up the excess color powder. The color powder is not toxic or permanent and will be fully washed away by the next windy day or rainfall.

Have a Core Member post the “Squeaky-Clean” and “COLOR” pictures on social media. The teens will enjoy seeing their pictures and they are good promotion for the Life Teen program.

Notes: _____



CORE TEAM OVERVIEW

COLOR RUN: A Kick Off Life Night

GOAL: The goal of this Life Night is to have fun and build community. This Life Night also provides a way for the youth ministry program to connect with teens on social media.

GATHER (10 MINS):

Registration: _____
The Blob (Optional): _____

PROCLAIM (40 MINS):

Color Run: _____

BREAK (15 MINS):

Awards Ceremony: _____

SEND (10 MINS):

Prayer: _____

AFTER THE LIFE NIGHT: Core Members go to the Color Zones and sweep up the excess color powder.

Core Members post the “Squeaky-Clean” and “COLOR” pictures on social media.

Notes: _____

1 CORINTHIANS 9:24-27

“Do you not know that the runners in the stadium all run in the race, but only one wins the prize? Run so as to win.

Every athlete exercises discipline in every way. They do it to win a perishable crown, but we an imperishable one.

Thus I do not run aimlessly; I do not fight as if I were shadowboxing.

No, I drive my body and train it, for fear that, after having preached to others, I myself should be disqualified.”



In the name of the Father, and the Son, and the Holy Spirit.

I ask Lord, that you remind me, and continue to remind me, that I am running to win the eternal race. That I am running to win, not a perishable crown, but an imperishable one. I pray for the grace and discipline to take this calling to win the eternal race seriously. To not walk aimlessly, but with aim, an aim towards Heaven.

Mother Mary, wrap me in your mantle of love and lead me ever closer to your Son, Jesus.



WAYS TO WIN

- 1. Most Colorful
- 2. Least Colorful
- 3. Best “Squeaky-Clean” Before Picture
- 4. Best “COLOR” After Picture
- 5. Best Sport
- 6. Race Winner



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