



Key ingredients

The stuff that gets good people noticed

Loving Lord, your son came and showed the ultimate gift of love. Even in the face of mockers, he gave his own life as a sacrifice for mine. I pray that you overflow my heart with a love so wide and so deep that it shows in my words, actions, and attitude. Help me to love others without hesitation and without boundaries. Amen.

[Based on John 13:34] DailyPrayerGuide.n

Key ingredients

As we gather this week please listen to the piece of music. Study the lyrics and try to interpret them in your own way.

<https://youtu.be/hsL9UL9qbv8>

2.20 mins

One of the GREATEST OF ALL TIME (GOAT) singers- Aretha Franklin 1968 hit 'Think'

Q- Why did she pick the title 'Think'?

Q- Discuss what the following lyrics might mean in terms of relationships-

'What are you trying to do to me?'

'I need you, you need me'.

'Let yourself be free'

'Freedom'

Key ingredients

Consider the word 'fake' for a moment or two.

Q- Discuss its meaning in terms of products you might buy.

Q- Now think about a social media account.

Q- What is fake news?

Q- Finally try and apply it to people.

DON'T TRUST
EVERYTHING YOU SEE

EVEN SALT LOOKS
LIKE SUGAR

Your tango

Key ingredients

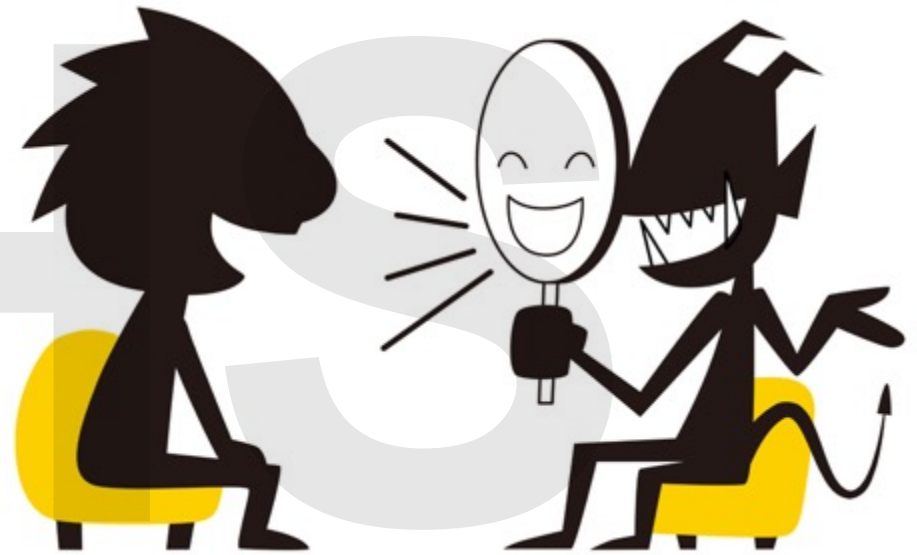
Q- As a class consider what you do not like about a person, why are you not drawn to them, trust them or think they do not deserve your time?

Try and filter out appearance, hobbies, taste in music, age.....

Q- Why is your gut feeling saying 'No!'

After your discussion-

Q- Is this how you would want others to think of you?





Key ingredients

You may have mentioned the word 'Toxic' -

Q- What are **toxic people**?

Q- Do you know how they behave?

Q- Do you know the impact they can have on your life?

Draining, unsupportive, and difficult people are one of life's greatest challenges.

Q- How you can spot, stop, and deal with the **toxic people** who come into your life?

You deserve to have people in your life that you trust, who support you, and you love spending time with.

Q- Do you have a **toxic person** in your life?

Q- What is your interpretation of the picture?

7 signs of **toxic people**

- <https://youtu.be/DPYmwiK4vhw>

5.39 mins



Key ingredients

So, you know what type of person you do NOT want in your life, but what sort of person DO you want in your life?

Q- What do you look for in a person who you want to spend time with, can share personal feelings with, look for advice from, will not let you down or can lean on in times of need?

Sometimes being cool or trendy, having an edge, money or the latest gadgets is not enough. Neither is wit, sarcasm, the ability to play sport well, or the potential to be an amazing musician.

You are special and deserve the best so...

Q- What characteristics float your boat?



Key ingredients

A **people pleaser** is someone who tries hard to make others happy. They will often go out of their way to please individuals or groups, even if it means this is the wrong thing to do because it lowers their personal standards, feels uncomfortable and takes so much time and effort.

Friendships should be natural, fun, easy and beneficial for all.

People pleasers often act out of insecurity and a lack of self-esteem.

6 steps to stop being people pleasing.

- <https://youtu.be/PQdxnHteaU>

5.39 mins





Key ingredients

Q- Have you ever been a **people pleaser**?

Q- Are you currently tolerating some individuals in your life because you do not want to upset them or do not know how to break away?

Q- What do you think will happen if you keep on being a **people pleaser**?





Key ingredients

Let's try and put things in focus.
Great characteristics v no thank
you!

- <https://youtu.be/774HJQ9AdRk>

5.15 mins

After the short clip-

Q- Are there others on your list that
you would like to share?



Key ingredients

Finally.

Q- Is it time for a 'spring clean' of the people you spend time with?

Those you should keep, for all the right reasons.

Those who perhaps deserve another chance.

Those you will be better without, for all the right reasons.

Remember you deserve the best, so do not settle for anything less when it comes to the key ingredients of friendships.