

# uncut

A six session course exploring life issues and the Christian faith

### Reviewed by Andy Castle

This is a new, DVD-based course designed for young people who are from difficult backgrounds or in challenging situations. It was developed by Reflect, an initiative of Youth For Christ, seeking to engage with young offenders and marginalised young people.

It is a six week course which explores life and faith. The course follows the 'art of connecting three-story model' of your story, my story, God's story. The idea is that these three stories are seen as three circles, all linked together to share God's great story.

Each session is broken into five components:

- An introduction to the session.
- Listen: a relevant quote or Bible verse to support the session topic.
- Watch: using the Uncut DVD, this is a chance to explore the issue more.
- Discuss: activities and questions aimed at deepening understanding and allowing group members to get involved and share their own ideas.
- Reflect: finishing with an opportunity to creatively respond to the issues explored in each session.

The DVD is of professional quality, credible and engaging and brings an extra dynamic to the sessions.

There are also a range of group activities suggested (more of which can be downloaded from the Uncut website). There is a choice of activities depending on how much the participants feel able to focus on themselves personally and are willing to get involved. This pick and choose approach is really helpful as each group will be different and have differing needs. There is also a mixture of quieter activities and high energy challenges, to cater for all needs.

The course comes as a ring-bound book, complete with DVD in a pouch in the back cover. The material is written in a very easy-to-follow way which makes it straightforward for the leader to pick up and quickly choose the best approach to take.

Whilst the course has been written for a certain group of young people, I think it would be easily adapted to use with a whole range of young

people. I can see this particularly working well within a school environment.

The focus of the course on story is very simple and clear, and comes from the YFC material around 'the art of connecting'. This is an effective approach to reaching young people as it gives respect for who they are, their opinions and builds relationship rather than trying to push the Christian message on them.

The course is designed for 15-21s and could be a great resource to use with young people who struggle to feel a connection with the Church.

For more information visit: [www.reflex.org/uncut](http://www.reflex.org/uncut)

