

LIVING WISELY

WEEK 2 | YOUTH

SESSION 2

Here is a prayer activity, based off of our 'pray' video, looking at the theme of 'living well'.

PRAY:

If you've got a balloon in the house somewhere, go grab it. If you don't have one, maybe you could ask your youth leader to send you one, we're sure they've got loads! Alternatively, grab something like an empty paper bag - we tried this with a sock (and no it wasn't clean, we grabbed it from the dirty washing basket!) - it didn't work so well, but you could try it!

Grab a comfortable spot - your bed, a chair, the floor, up a tree in the garden (be careful!).

Take some deep breaths in through your nose and out through your mouth.

Slow deep breaths are a great way of stilling our bodies and minds; especially when we are feeling anxious or panicked.

Try and breathe in for 5 seconds and out for 5.

As you breathe out, mouth the word 'God' and as you breathe in, think the word 'speak': giving yourself space to go to God and hear His voice.

Have a go at this a few times.

Now, take your balloon and have a look at its deflated lifeless shape. When we blow into the balloon it gives it shape and life.

Have a go at breathing life into the balloon as you use those 2 words, 'God' and 'speak'.

Think about the question 'What is God saying to you in these quiet moments?'

Once you've blown up your balloon, tie it up.

If there is anything you felt God might be saying, grab a pen like a sharpie or felt tip and write it on the balloon (or paper bag - this won't stay blown up). Keep it somewhere in your house as a reminder that we can go to God in the unexpected places.