

UNCERTAIN TIMES: CERTAIN CHANGE

WEEK 14 | YOUTH

This past season has been a strange one full of change but, throughout our lives, change is certain to happen. Use these activities and questions below to help you think further about this topic.

CHAT:

Use the questions below to chat with others or reflect by yourself:

What plans has this season changed for you? How do you feel about that?

What sort of changes do we expect in life? (changing schools, growing up etc.) Which don't we expect? (new amazing friends, illness etc)

How do you feel about change? Do you like or dislike it?

How in control of your future/life do you feel?

How does it make you feel to know that God is in control?

When worried about changes in your life or the future – how likely are you to talk to God about it? Why?

PRAY:

Read Matthew 6:34 and think about what this means for you.

Create a place to store a bunch of your worries. You can be as creative as you like with this. It could be a jar that you decorate, or a box you've got left over from something, or simply a big old envelope – it really doesn't matter.

Whenever you get worried about what the future might look like (or changes in your life) write them down on a bit of paper. Fold the paper up and put it in your jar/box/envelope etc.

In doing this, imagine that it is you handing it over to God. Take a moment to pray for what you have written and ask for God's help, wisdom and peace.

When the jar/box/envelope gets full you can empty it, rip everything to shreds and start all over again.

DO:

Feeling uncertain about our lives can rob us of peace.

If you're feeling on edge, why not make time to do something that makes you feel relaxed and peaceful?

Here are some suggestions:

Have a bubble bath

Listen to your favourite music playlist

Do some colouring in

Go for a walk by yourself, with your dog, with your friends etc.

Light some candles or put on some relaxing lights and just lie in bed and relax!

Paint or draw a picture

Go in the garden and kick a football around for a bit

Whatever you do, we suggest you kick it off by praying and asking God for His peace and, if you find it helpful, write down all your thoughts to help clear some headspace.