

UNCERTAIN TIMES: CERTAIN GOD

WEEK 15 | YOUTH

We live in a world full of uncertainty and changes, but one thing we can be sure about is who our God is. Just because our situation changes, it doesn't mean that God changes. Here are some questions and activities for you to go through to explore the topic further.

CHAT:

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

What things in life might we not be certain about?

What things in life can we be certain about?

Have you ever felt like David in the story – confused, overwhelmed and not sure about anything anymore? When?

Who do you hold onto in times of uncertainty and difficulty?

Do you find it easy or hard to trust God in those times?

Do you ever change depending on the circumstances you are in? Why?

Do you think it's a good thing that God never changes? Why/Why not?

How does knowing that God is consistent help you through the uncertain and changing times?

PRAY:

Here is a prayer activity to get you praying around God being our strength in difficult times:

Go and find a piece of rock/stone.

Read Psalm 46:1.

Imagine that the stone represents God – the strength and the power of God.

Write down on the stone one situation in which you need God's strength (for this, use a marker or a felt tip).

Name the thing that you have written down out loud to God.

Take some time to pray and talk to Jesus about it.

Ask God to be your refuge, your rock and your strength in the middle of that situation.

Put that stone in your room as a reminder that no matter what you are facing, you can turn to God for strength.

DO:

Here is an activity you can do to help you engage with this week's theme of 'Certain God':

Grab a piece of paper and a pen.

In the middle of the page, draw a circle and inside of it, write down all the things in your life that you are finding uncertain, difficult or overwhelming.

Around the circle write all the things you know 'God is' (e.g. faithful, love, powerful etc).

Once you have completed your list, look back on your page and reflect on what you see.

Read Hebrews 13:8 out loud.

A thought for reflection: No matter how you are feeling, your circumstances, and all the changes in your life; God's character is the one thing you can always hold on to. He holds you in the palm of His hands. The truth is that next week/next month/next year some of those situations will have changed and there might be something else you feel uncertain and worried about. Things inside the middle circle will always change, but if I were to ask you to write who God is again, you would probably still write the same things. It's because He never changes even if things in our lives change all the time. Hold on to this truth!