

UNCERTAIN TIMES: CERTAIN STEPS

WEEK 16 | YOUTH

Sometimes we'll feel uncertain about what's going on in our lives, but it's important that we keep taking the next step and persevere. Here are a few questions and activities we've provided to help you explore this further.

CHAT:

Use the following questions to help you think about this topic with others around you. Alternatively, you could use them for reflection by yourself:

Have you ever given up on something? Why? (eg. a race, homework, piece of art)

Have you ever had to push through and keep going with something? What was it? What helped you to keep going?

What makes you feel like giving up on something?

What helps you to keep going when times are tough?

When times are tough who do you turn to first? (Do you turn to God at all?)

How might God help you to persevere when things are hard?

PRAY:

Grab a pen and a piece of paper and write a letter to God.

Tell him how you're feeling right now. Tell Him what's going good and what's difficult.

If life is full of good things, take a moment to thank Him. If life is full of tough things, ask Him for strength to keep going.

No matter how you're feeling, ask Him to also guide your next steps.

DO:

Read Matthew 22:37-39 and use the following activity to make some time and space to think about what your next steps can be in relation to what you read.

No matter whether life feels up or down, great or bad, we can't go wrong when we try to fulfil these commandments in our lives.

On three separate pieces of paper, draw around your foot (or a shoe) three times; one time per piece of paper.

Title them: a) Loving God, b) Loving others, c) Loving self

Within each shoe outline, list all the different things you can think of that you could do in each of these categories. The smaller and simpler the idea, the more likely you are to do it too!

Here are some ideas to get you started:

- Loving God – write a list of things you're thankful to God for, pray for 2 minutes, read 1 Psalm, write a poem about God
- Loving Others – donate pocket money to charity, send a card to someone who is sad, call or facetime a friend who needs it, do a litter pick on your street
- Loving Self – go for a run, drink a glass of water, get 8 hours sleep, only spend 2 hours on my phone today