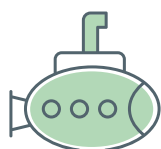


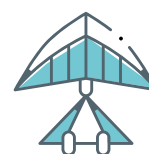
A PRACTICAL RESOURCE FOR YOUTH  
GROUPS AND YOUTH LEADERS



RHYTHMS AND HABITS FOR  
GROWING IN GRACE



ANDY MALCOLM & FRIENDS AT RENOVARÉ BRITAIN AND IRELAND



## GREETINGS FROM ANDY...



Hi there and congrats on committing to do

My name's Andy and I've been involved in youth work for 20 years. I love working with young people and it gets me really excited when I see them going all out as followers of Jesus Christ.

Learning to do exactly that is what **YOUTH STREAMS** is all about - and why I've written it, joining with some super folks at Renovaré Britain and Ireland to make it happen.

It's true that being a Christian can sometimes feel complicated. But the good news is it's much simpler than we may first think.

What it boils down to is signing up as a disciple of Jesus and literally following the example that He gave us when He lived as God's son on Earth. It means taking time to ask the big questions like 'What stuff did Jesus prioritise?', and then copying His approach.

In the Streams we'll consider 6 main things that Jesus got excited about and see how they can fit into our everyday lives too. There is no magic formula to this, it's about experimenting with different approaches and ultimately, becoming more like Jesus.

**Are you ready for the challenge?  
Then let's get started...**

**ANDY & FRIENDS AT RENOVARÉ BRITAIN AND IRELAND**



# CONTENTS

# HOW TO LEAD



Leading **YOUTH STREAMS** is very straightforward and means that everyone in the group can take turns weekly (if they feel comfortable to do so).

## IT BOILS DOWN TO 4 MAIN THINGS

- ✏ setting aside 1 hour for meeting weekly to do *Youth Streams*
- ✏ getting familiar with what the session will involve
- ✏ getting hold of any resources needed to make the session work
- ✏ keeping a positive attitude towards all the materials and ensuring the group feel at their ease

Each session corresponds to this general structure and requires you as leader to read aloud the different sections and then facilitate activities/games/discussion (of course, you can nominate others to read sections too, so that you may give your voice a break):



### 1. GET READY

Ensure you have all these materials before starting the session. For Session One, Seven and Eight, you will need to photocopy the handouts found at the end of the Streams.



### 2. PAUSE TO PRAY

Help the group to find some head-space and refocus from the demands of their day onto why you're meeting together to do *Youth Streams*. Take a moment of silence and lead the group in a basic prayer, inviting the Holy Spirit to be present with you as you do the Streams. As individuals gain in confidence, they may wish to pray aloud too.



### 3. RECAP

From Session Two onwards, remind the group what last week's focus was. You can do this by revisiting the **TAKEAWAY CHALLENGE** of the previous week and inviting the group to share their findings from it, as well as consider how they might approach it differently next time.

For this purpose, you may wish to keep a *Youth Streams* notebook where you can jot down everyone's thoughts and see over time how you are developing in the six different streams.



### 4. WARM UP

Encourage the group to break the ice and get to know one another better by enjoying a game/activity.



### 5. IN A NUTSHELL

Summarise what the main focus of each session will be; reminding the group that it is all about following the example of Jesus.



### 6. EXPLORE

Invite the group to participate in the activities or discussions and, if done on an individual basis, to feed back their thoughts to the group afterwards.

# HOW TO LEAD



## 7. READ

Read aloud or nominate someone to read the passages from either the NIV, NLT or The Message translations shown in this section. Alternatively, invite everyone to listen to an audio version of the Bible which you have sourced beforehand. Be sure to discuss the questions related to the reading too as they will deepen your understanding as a group.

## 8. GO DEEPER

Read this section aloud as a main teaching point to encourage the group to go deeper in their knowledge of the streams and how they can follow the example of Jesus.

## 9. ENGAGE

Invite the group to participate in the activities or discussions and if done on an individual basis, to feed back their thoughts to the group afterwards. Be sure to provide all the resources that are needed, especially for any games etc. You may wish to select Option 1 or Option 2, or if there is time, you could do both.

## 10. WRAP UP

Reflect on the content of the session and invite the group to provide an answer for which aspects they like most, want to follow, and intend to share. It's perfectly OK if people come up with different answers.

Afterwards, decide as a group who will take on the role of leader next time and encourage them to read the **HOW TO LEAD** section before meeting again.

## 11. CLOSE IN PRAYER

Commit each session to prayer by inviting everyone to finish by reading aloud the themed prayer followed by the Lord's Prayer, taken from The Message translation.

## 12. TAKEAWAY CHALLENGE

Invite each group member to select one takeaway challenge to carry out in the interim before meeting again. If you like, make a written record of their choice in your **Youth Streams** notebook.



# BALANCE



## GET READY

Copy of **'Wheel Handout'** for every member of your group, Bibles, paper and pen.



## PAUSE TO PRAY

It's a good idea to get ready for the session by pausing at the start and taking a moment to pray. Let's each take a moment of quiet, right now, to focus our thoughts and calm the noises in our head. True, this may feel a bit awkward at first, but that's OK. It is different – and different on purpose, to help us slow down and focus in on our time together.



## WARM UP

A great way to get to know one another better is by playing the game, **Guess my lie**.

This is where everyone shares 3 things about themselves: 2 truths and 1 lie. They could be life achievements, things you like to do, things you dislike, funny moments ... or anything that comes to mind.

Then, as a group, the challenge is to decide which one is the lie in each case.



## IN A NUTSHELL

In this opening session, we'll look at how we can find balance in our lives. We'll chat together about how we can connect with Jesus in everyday life by looking at the example He gave us. How exactly did Jesus 'do' life as God's son on Earth?



## EXPLORE 1

There are 4 main ways we can experience Jesus in our lives:

- 1. As Saviour ...** 'I feel like Jesus has saved me from sinful/unhealthy habits and behaviour so now I can live a new life with Him helping me.'
  - 2. As Teacher ...** 'I feel like I can learn so much from Jesus about how best to live my life.'
  - 3. As Lord ...** 'I feel like Jesus knows what is best for me and I can entrust my life to Him.'
  - 4. As Friend ...** 'I feel like Jesus will always be with me, no matter what, wherever I go.'
- 🔍 Which of these roles do you relate to most in your experience of Jesus?
  - 🔍 Which of these roles would you like to experience more of in the future?



## EXPLORE 2

Each of us feels at ease in different settings and with different individuals. Which of those featured in the following list are our number one choices and why?

- 🔍 At home with family
- 🔍 At school/college
- 🔍 With a group of close friends
- 🔍 Playing sport
- 🔍 Spending time solo
- 🔍 Going for a walk or relaxing outdoors
- 🔍 With large groups of people

# BALANCE



## BALANCE

Hopefully, the **EXPLORE** activities shed some light on the idea that our spiritual life is not all that different to our physical life. We all find certain activities straightforward while others may feel trickier. In our relationship with Jesus, each of us may also experience some of His roles more powerfully than others or resonate with just one or two specific focuses of His life and work, rather than the whole lot.

The point is that's OK and not at all surprising.

We all have our strengths and preferences. And some of us may find one particular aspect of following Jesus easier than the others. This is great news because it means we don't have to be put off by our differences. We can learn from one another and grow together... and that's exactly why we're doing *Youth Streams*.

Where we have to be careful is recognising that, sometimes, we're at risk of putting God in a box. We may unknowingly shrink Him to fit with our own experiences. I wonder if you can identify with words like these... *'I've only ever encountered God in loud worship sessions, so I reckon He can only exist there.'* Or *'I've only really met God when I've been seriously praying into tough situations, so I think He can only exist there.'*

What we're looking at today is finding a balance to our lives with God in order to know Him better. In other words, we want to make sure that we prioritise everything Jesus prioritised in order to have an exciting and meaningful relationship with God, His (and our) Father. This is going to mean that we'll be challenged to stretch ourselves beyond what we've

experienced already in our lives with Jesus, and perhaps, to discover new ideas. It's going to be a journey and it's going to take courage to be open and honest with one another and ourselves. It may feel daunting at times. It's true that change can feel unsettling but we're in it together and Jesus will not disappoint us.

Let's look now at how He approached His life and work when He lived as God's son on Earth.

When we read the Bible, we can see 6 ways in which Jesus goes about His life. We'll consider these in more depth in future sessions together:







-  We see Jesus committing to time in prayer and stillness and developing open communication with God His Father.
-  We see Jesus fighting with Satan in the wilderness and choosing to be righteous (truly good and godly) in thought, word and action.
-  We see Jesus empowered by the Holy Spirit to live and act by God's great power and we understand that He offers the Holy Spirit to us too.
-  We see Jesus helping the sick and needy and instructing us always to look out for the needs of those around us.
-  We see Jesus telling people about God and the good news of His kingdom by referencing parts of the Old Testament.
-  We see Jesus mixing the spiritual with the physical by putting His stamp of approval on the everyday human activities of life.



# BALANCE



We can summarise this in 6 areas:

-  **A STILL LIFE of prayer**
-  **A GOOD LIFE in thought, word and action**
-  **A SPIRIT-FILLED LIFE**
-  **A JUST LIFE of compassion**
-  **A WORD-CENTRED LIFE where the Bible takes centre stage**
-  **A WHOLE LIFE that joins all parts together**

There are of course many things that influence our spiritual lives. In order to achieve balance, we need to know what they are and work out how we engage with them, for better or worse.

The good news is this isn't a new thing! Throughout history, all over the world, different types of church movements have sprung up when individuals have felt the need to emphasise specific areas of their spiritual lives. In fact, the 6 'streams' we'll be exploring in *Youth Streams* together are all deeply rooted in hundreds of years of church history.

\*If you want to find out more about the history behind the streams, check out:

[www.renovare.org.uk](http://www.renovare.org.uk)

What we want to do over the coming weeks is learn from the best that these movements have created and use it to find a balance for our own spiritual lives! We'll break it down into **6 streams...**



Now it's our turn. To go deeper in our discussions, let's spend some time doing the **ENGAGE** section on the next page.





# BALANCE



## ENGAGE

One of the best images to consider the shape of our spiritual lives is a wheel.

A wheel is perfectly round and holds its shape by having spokes that form around a central point. For a bike to work, its wheels need to stay balanced, and in order for this balance to be achieved, each of the wheels' spokes need to be of equal size and strength, in tension with one another. If any spoke isn't up to it, the wheel may appear to roll forward, but it will likely bash into something and bump around as it cannot keep its circular shape without the correct positioning of the spoke in place.

Our spiritual lives can be like this. Like an unbalanced wheel when one spoke is out of place, we can experience 'bashes' or 'bumps' when one part of our spiritual life is not as strong as we'd like it to be.

➔ Give every group member a copy of 'Wheel Handout'

On your handout there is a picture of the spokes of a wheel. Around the wheel are each of the 6 streams we are going to be exploring together. They are really helpful seen as spokes on a wheel because they can help us to better understand ourselves and how we relate to God.

### Option 1:

Using a scale of 0-10 give yourself a score to estimate how you feel about each of the areas. Write the score by the spoke and ask yourself questions like:

1. Which of the streams jumps out at me and why?
2. Which, if any, do I give most of my time to?
3. What about my church? Does it put special emphasis on one stream, and if so, do I feel at home there?
4. Have I experienced each of the 6 streams yet?

Remember that your answers may be different to others in the group and that is perfectly OK. We all have different experiences of life, God, church and people and you can share yours and then chat with the group about how to support each other in growing in the different streams.

### Option 2 (shorter option):

Take a quick look at the wheel and discuss just one spoke together as a group. Then commit to considering the other spokes before the next session.



# BALANCE



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet. Someone different can volunteer each time.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

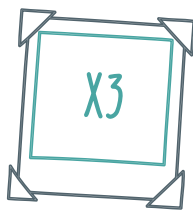
**Share** – What one thing can you take away with you to encourage a friend of yours?



## TAKEAWAY CHALLENGE

Before the next meet up, let's take up the challenge to complete this short activity: Find/Take 3 photos that capture 3 things about your life with God –

Photo 1 to describe how it felt when you first met God; Photo 2 that describes how you best engage with God today; Photo 3 that best describes how you feel about God and something you are thankful for.



If you're up for it, share your selection of photos with the group next time you meet.



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying this prayer aloud.

*(Everyone, say together)*

Lord, teach me to find balance in my everyday life...

'Help me

to cherish the last time I really laughed,  
value the last thing that I achieved,  
respect the last time I did something that scared me.

Lord, be by my side

so that I can

find joy in the smallest things,  
appreciate the wonder of Your creation  
and live my life to the full.\*

Help me to focus my heart and mind upon the things that Jesus did and through the next weeks of Youth Streams to develop a relationship with You that is really exciting and meaningful.

Thank You for what You have shown me today.

AMEN.

\*A prayer by Anna Field (CAFOD)

# THE STILL LIFE



## GET READY

Bibles (and Bible on audio), stopwatch, pens and paper, selection of other art and craft materials for ENGAGE section, photos/images from **TAKEAWAY CHALLENGE** in Session One.



## PAUSE TO PRAY

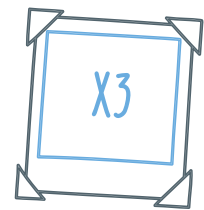
Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. True, it might still feel a bit awkward, but that's OK. It will help us to slow down and focus in on our time together.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** to find/take 3 photos that capture 3 things about our life with God.

I wonder how we found the activity. Easy? Interesting? Hard? Boring? Let's take turns to show these now if we've managed it – and if we're willing, we can share the stories behind the photos too...



## WARM UP

Let's play the classic radio game, **Just a Minute**.

This is where everyone takes turns to speak on any subject they choose for up to 60 seconds (we'll also need a volunteer time-keeper who controls the stopwatch).

The rules are very simple: if the speaker pauses or repeats any of their words (except for the name of their chosen subject), then they are out. The person who manages to speak for the longest period of time without being eliminated is the winner.



## IN A NUTSHELL

In each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have decided to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus' life of prayer.



# THE STILL LIFE



SESSION 2



## READ

### Psalm 23 (MSG)

A David Psalm

'God, my shepherd!  
I don't need a thing.  
You have bedded me down in lush meadows,  
you find me quiet pools to drink from.  
True to your word,  
you let me catch my breath  
and send me in the right direction.  
Even when the way goes through  
Death Valley,  
I'm not afraid  
when you walk at my side.  
Your trusty shepherd's crook  
makes me feel secure.  
You serve me a six-course dinner  
right in front of my enemies.  
You revive my drooping head;  
my cup brims with blessing.  
Your beauty and love chase after me  
every day of my life.  
I'm back home in the house of God  
for the rest of my life.'



## EXPLORE 1

The imagery David uses in Psalm 23 paints God as having a Shepherd-like nature.

- 🔍 Does this match your understanding of who God is and how we can describe His nature?
- 🔍 Compare Psalm 23 to your own description. What is the same? What is different?
- 🔍 If you were to take a photo to represent and describe God's nature, what would it be of and why?
- 🔍 Think of a moment in your life when you have felt very close to God. Can you describe the setting and the experience?



## EXPLORE 2

Often, our experiences of God are rooted in big, memorable moments. The memory of these experiences can stay with us for a long time and really influence our understanding of what God is like.

One of the things we hope to discover through doing *Youth Streams* together is the amazing reality that we can experience God with us in the big moments AND our everyday lives – although, sometimes, it can be hard to notice Him in the day-to-day details. (That part comes with more practice.)

To help us slow down and become more aware of ourselves in this moment, let's have a go at this short activity. Perhaps it will help us discover Jesus that little bit more in our everyday lives too...

# THE STILL LIFE



You may want a pen and paper to write things down. Now, wherever you're sitting, take a moment to settle yourself and be still. Once you feel settled, try to be aware of your senses and think of:

- 🔍 5 things you can touch
- 🔍 4 things you can see
- 🔍 3 things you can hear
- 🔍 2 things you can smell
- 🔍 1 thing you can taste

**Once you are done, discuss these questions with the group:**

1. How did the activity make you feel?
2. Can you describe what it was like to focus in fully on your senses and block out everything else for a couple of minutes? Did you enjoy it? Was it easier or harder than you thought it might be?
3. Does the level of attention that you give to something change depending on who you're with? Friends/teachers/family/youth workers?



## GO DEEPER

### THE STILL LIFE

At the centre of the streams is God. Jesus is called Immanuel, 'God with us' and we can see God most clearly through the person of Jesus. His actions and words reveal God's nature to us.

So, let's ask the question: What did Jesus often do? Jesus prayed. He prayed regularly, He deliberately took time away from other people to pray solo, and He prayed in a variety of ways. He talked to God about a lot of things – He prayed for people or situations, but He also shared His everyday life with God. He gave thanks for moments where God intervened, and shared His fears and worries with Him too, most famously, in the hours leading up to His death on the cross.

For many of us today, life can be very busy going from place to place, school to club, homework to youth group, church to family gathering etc. So, it's not surprising that with such a busy lifestyle, prayer can be reduced to 'prayer on the go', or 'prayer when we need something'. These prayers aren't bad; in fact, they are good and helpful as they mean we are asking God to be part of our lives. But something is missing from them. Reducing prayer to brief moments like this means that we're not finding the space to give God our *full attention*. **The Still Life** helps us to do just that. **The Still Life** helps us to give God our full attention and allows us to recharge and reconnect with Him in the process.

# THE STILL LIFE



SESSION 2

But it can be really difficult to stay motivated and keep making space for God in our day-to-day lives. It can be really challenging to prioritise prayer – and this is why doing Youth Streams together is so important and exciting. We discover one of our greatest strengths when we recognise that we can be real with one another. If we're finding it difficult, chances are someone else in the group is too. Let's learn from one another and support each other as we journey together and let's discover what it means to incorporate the **Still Life** into our own lives on a regular basis

To go deeper in our discussions, let spend some time doing the **ENGAGE** section.



## ENGAGE

### Option 1:

Take a moment to think quietly about something you are currently praying about or would like to pray about. It can be personal, local or global; it can be out of gratitude or concern. Once you have thought of something, create an image to reflect your prayer – you can paint, draw, collage... use whatever resources are available to you. Try and keep an atmosphere of stillness. Then, if you're willing, share what you have created with the rest of the group.

### Option 2 (shorter version):

Find a space in the room where you can take a moment to simply pause and pay attention to what is going on around you.

Close your eyes and deliberately become aware of what you can smell, then what you can hear, and then what you can feel. Press your feet down into your shoes and breathe calmly and deeply, several times, in and out. Then open your eyes and try and see something in the room that you hadn't noticed before. In this moment of stillness, quieten your heart and mind to pray quietly to God and wait on His response back to you.

An exciting dimension of prayer is that it is not a one-way conversation – you can learn to hear God speaking back to you, too. The quieter you are, the easier it is to become attuned to His still, quiet voice. Don't worry if you hear nothing, this isn't a test to pass, but rather a first moment of stillness in a busy day to pause, listen and wait.



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet. Someone different can volunteer each time.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?

# THE STILL LIFE



SESSION 2



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray. This version is from *The Message*:

*(Everyone, say together)*

Lord, teach me to make the *Still Life* part of my everyday life. Help me to stay motivated in making space for God and to encourage others in the group too. Thank You for the example of Jesus and how He wants each of us to learn to pray like He did. Thank You that He taught us to say these words...

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN



## TAKEAWAY CHALLENGE

Before the next meet up, choose one of these challenges and practise it several times over the week. And remember 3 key things:

- 📖 Don't be afraid to fail.
- 📖 There is no magic formula.
- 📖 Be flexible!

This isn't a test, we aren't here to achieve anything, the activities are simply opportunities to experience God. If the challenges don't quite work, or fit where we are, let's get creative! The challenge is to keep our eyes and ears on God and cultivate the **Still Life**.

1. Set aside 5 minutes each day to pray! Nothing else going on in the background, nothing to do at the same time, no social media or mobile phone, just pray!
2. Set aside 5 minutes each day to sit in silence and invite God to speak to you in the silence.
3. Quietly write out a prayer for your day, either at the start or end of each day.
4. Pray the same simple prayer for 5 minutes each day, focus on the words you are saying and teach your heart to connect with God.



# THE GOOD LIFE



## GET READY

Bibles (and Bible on audio), a long piece of string, blindfolds for everyone, paper and pens.



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** to experiment with prayer and developing the **Still Life**. Let's take turns to share which challenge we chose and explain how we felt about the dynamic of choosing to be still. Was it easy? Interesting? Hard? Boring?

Let's celebrate one another's success. Plus, it's a great idea for us to journal our experiences and think about what we'd do differently this week to continue living out the **Still Life**.



## IN A NUTSHELL

As we mentioned last week, in each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have chosen to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus' example of living righteously, (living well).



# THE GOOD LIFE



## EXPLORE 1

We all want to be the type of people who choose to do the 'right' thing. Not just in the big or obvious things, but the small things too; the unnoticed things, the things we choose to do when nobody else is watching... Because the truth is, it is really easy to let those small things slip through the net and think they don't matter. Yet, in fact, it's the small things, our endless, day-to-day choices, which shape us into the kind of people we are. They really do matter!

Often, these choices are shaped or influenced by people we love, like or know. Thanks to social media, it is much easier in today's modern world to get to know people, especially those who live far away from us.

- Q Who is the most interesting person you follow/like on social media?
- Q Why are people so interested in social media follows today?
- Q Who here knows how many followers they have on social media?
- Q What does it mean to 'follow' or 'be a follower' both on social media and in other spheres of our lives?



## READ

It might surprise us to realise that the idea of following is not a new one. In fact, Jesus invited people to follow Him. The idea of following wise people was a really popular one in Jesus' time. Jewish children would work hard to memorise the Old Testament part of the Bible so that when they became young adults, they might impress the wise teachers in Jewish society known as Rabbis. The Rabbis would then pick the best of the best, and those individuals would become their followers, or disciples.

Sound familiar? Jesus had disciples because in His day He was like a Rabbi too.

Mark 1:16-20 describes the moment when Jesus invited the first of His disciples to leave everything they knew and loved and to follow him as *their* Rabbi...

### **Mark 1:16-20** (NIV)

#### Jesus Calls His First Disciples

'As Jesus walked beside the Sea of Galilee, he saw Simon and his brother Andrew casting a net into the lake, for they were fishermen. "Come, follow me," Jesus said, "and I will send you out to fish for people." At once they left their nets and followed him.

When he had gone a little farther, he saw James son of Zebedee and his brother John in a boat, preparing their nets. Without delay he called them, and they left their father Zebedee in the boat with the hired men and followed him.'



# THE GOOD LIFE



SESSION 3



## EXPLORE 2

A disciple in Jesus' time would do everything possible to be like their Rabbi and devote their entire life to becoming a mirror image of them in their thoughts, words and actions. In the same way, Jesus calls us to follow Him. It's exciting that Jesus' choice of disciples shows us that a life devoted to following Him isn't reserved only for the best of the best – many of these guys were young fishermen and tradesmen who wouldn't have been well educated. So, following Jesus and having Him as our personal Rabbi is something that is open to everyone. We don't have to be the cleverest or the best-looking... we don't even need to be the most popular. We just need to be willing to follow Him. Jesus believes in YOU. He believes that you can do what He did; that it is possible to live righteously as He did.

- 🔍 Why do you think the guys Jesus picked as His disciples weren't already following another Rabbi?
- 🔍 What does this tell us about Jesus?



## ENGAGE 1

Fix a long string around the hall or room you are meeting in (the longer the string, the better the activity). Ask the group to line up behind one another, blindfolding all but one of the participants. The one who can see is now the designated 'Leader' and should stand at the front. Once the group are blindfolded, add several obstacles in their path and then ask the 'Leader' to guide them accurately through each one. Rotate the 'Leader' if you have the space/time.

- 🕒 What makes a good leader in this context?
- 🕒 What makes a good follower?



## READ

**Mark 10:17-22 (NIV)**

### The Rich and the Kingdom of God

'As Jesus started on his way, a man ran up to him and fell on his knees before him. "Good teacher," he asked, "what must I do to inherit eternal life?"

"Why do you call me good?" Jesus answered. "No one is good—except God alone. You know the commandments: 'You shall not murder, you shall not commit adultery, you shall not steal, you shall not give false testimony, you shall not defraud, honour your father and mother.'"

"Teacher," he declared, "all these I have kept since I was a boy."

Jesus looked at him and loved him. "One thing you lack," he said. "Go, sell everything you have and give to the poor, and you will have treasure in heaven. Then come, follow me."

At this the man's face fell. He went away sad, because he had great wealth.'

- 📖 What is the difference between the attitude and actions of the rich man and those of the disciples?
- 📖 What caused the man's face to fall and walk away?
- 📖 What does this show us about what it takes to be a real follower?

# THE GOOD LIFE



## ENGAGE 2

### Option 1:

Draw 3 small pictures which represent 3 significant or important things in your life so far. Afterwards, share what you have drawn and why each picture is significant. Then, draw 3 more pictures which represent your dreams, hopes or ambitions for the future. Likewise, share with the group what you have drawn and why it means so much to you.

Ask yourself these questions and be ready to share your answers with the group:

1. What are the choices that have helped bring you to this place?
2. What excites you about your hopes and dreams?
3. Where might you encounter difficulties ahead in making these dreams a reality?

### Option 2:

Gather everyone in a circle and send one person out of the room who is the nominated 'Guesser'. Select one 'Leader' whose actions everyone will follow discreetly, not revealing who the chosen 'Leader' is. Call the 'Guesser' back into the room and give them 3 opportunities to observe and then guess who is leading the action. If there is time you can repeat the game so that everyone has a turn at being 'Guesser'.

1. What responsibility does it put on the 'Leader' to know that everyone else will imitate him/her?
2. What happens when the 'Leader' makes a poor choice?
3. Are there any circumstances that exist in which you think that you should not obey the 'Leader'?



## GO DEEPER

### THE GOOD LIFE

To follow Jesus and live righteously like He did requires us to obey what He asks of us. To trust and obey is at the heart of living well, living the **Good Life**. Jesus said, 'If you wish to enter into life, keep the commandments' (Matthew 19:17, Amplified version). Obeying God's commands grows out of a place of trust – learning to trust God like a child loves and trusts a parent. We learn to follow Jesus not grudgingly but through choice, trusting that He has the best for us and that in pursuing Him, listening to and trusting Him we can 'enter into' the best quality of life He wishes to give us. You see, the kind of life He offers us is no ordinary one. He wants us to live to the max as Jesus remarks in John 10:10, 'I have come that they may have life, and have it to the full' (NIV version). The good news is that the more we spend time with God, and the better we know Him, the more we see He has only good for us and can be trusted with every part of our lives. We don't follow rules for rules' sake, but as we grow to love and know God more, we'll find that we naturally give more of ourselves to Him.

# THE GOOD LIFE



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet. Someone different can volunteer each time.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?



## TAKEAWAY CHALLENGE

Before the next meet up, to practise living well this week, choose one of these challenges. This time try keeping a mini diary (just one-liner for each day will do) to share how you get on with the group.

1. Go a day without saying anything negative.
2. Go a day without saying anything dishonest.
3. Go a day without using/doing something important to you (this could be a physical object like your phone or TV/Kindle/iPad etc or some activity/hobby you enjoy).
4. Ask the Holy Spirit to point out one attitude or action that isn't right and ask Him with His strength this week to work at putting it right.
5. Get together with 2-3 close friends and ask each other real questions about how you are doing each day following Jesus. Be honest about any particular struggles.

If you think these challenges look intimidating, don't worry. The key is to remember that we are all in training and can choose to do these things to become more like our Rabbi. In the same way that an athlete trains to get better at their sport, we can train ourselves in all these areas to get better at being a follower of Jesus and doing things the way He does them.

For example, the result is not, 'Look at me, I swear less now!' but rather, 'Look at God starting to mould and shape my life to be more like Him!' That's what we're aiming for most of all; change from the inside-out, not the outside-in.



## CLOSE IN PRAYER

Lets finish with a prayer. Thomas More was a really radical thinker back in the 15th/16th Century. He was involved in politics and the church at the time and really worked to model the Good Life. Let's finish today by saying one of his prayers together.

Grant us, O Lord,  
The royalty of inward happiness  
And the peace which comes  
from living close to You.  
Do Thou daily renew in us  
The sense of Joy  
so that by Your Spirit,  
We may bear about us  
The infection of good courage.

# THE SPIRIT-FILLED LIFE



SESSION 4



## GET READY

Bibles (and Bible on audio), pens and paper, images of different mobile phone models and their chargers, 5 pictures of famous people, selection of song(s) with lyrics about the Holy Spirit and the means to play them.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** to practise living well, living the **Good Life**. I wonder which challenge(s) we chose and how we found the experience overall? Easy? Tough? Impossible? Let's take turns to share our stories from this past week and remember all of our experiences are valid. We can celebrate our successes together, but we can also encourage each other if we found it tough and think about what we'd do differently next time.



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## IN A NUTSHELL

In each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have decided to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus' choice to live by the power of the Holy Spirit.

# THE SPIRIT-FILLED LIFE



SESSION 4



## EXPLORE 1

Pick up your mobile phone and share with the group your answers to the following questions (if you don't have your own phone look at the images your leader has brought):

- Q Why did you choose this particular model of phone?
- Q What do you use your phone for and what is your average daily screen time?
- Q Do you consciously choose to be away from your phone at all?
- Q How long is the battery life of your phone?
- Q To prevent any battery run downs do you carry your phone charger around with you or do you try to make the battery last the whole day?
- Q How do you react when your phone battery *does* run out and you don't have access to a charger? What do you do to overcome the problem?



## GO DEEPER 1

### THE SPIRIT-FILLED LIFE

Mobile phones are really useful pieces of equipment, and it's true they are becoming even more useful as they develop to meet the needs of their user. However, it's important to point out that they are only useful when they are charged; if the battery inside them has run out of charge, they are *useless*.

It may be stating the obvious but looking at our phones like this gives us a helpful metaphor for how we can operate too. Just as our phones require different batteries because they are different models of phone, we need to recognise that we too, are different from and distinct to one another. We are not all the same make and model of person which means each of us needs to find what works for us; to consider how we can recharge as individuals with the support of our unique community of friends around us.

God understands that we need help from others, and He has ensured that we are able to live fully charged lives by depending on the constantly available help of one very special helper: His Holy Spirit, who the Bible tells us is His gift to all believers.

How do we live a life that is fully charged? The answer is found in the example of Jesus. Just like Jesus did in His earthly life, we can choose daily to depend on the power of the Holy Spirit and learn to live the **Spirit-filled Life**.

Let's consider what the Bible tells us about the Holy Spirit and how we can know Him better, trusting Him to lead us in our day-to-day lives. What roles does God intend the Holy Spirit to play in our lives and what happens when we let Him play them?







### READ 1

Jesus explains to His disciples that once He is no longer with them in human form, God the Father intends to gift them with the Holy Spirit of God.

#### **John 14:15-17** (NIV)

‘If you love me, keep my commands. And I will ask the Father, and he will give you another advocate to help you and be with you forever—the Spirit of truth. The world cannot accept him, because it neither sees him nor knows him. But you know him, for he lives with you and will be in you.’

#### **John 14:25-26** (NIV)

‘All this I have spoken while still with you. But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you.’

#### **John 15:26-27** (NIV)

‘When the Advocate comes, whom I will send to you from the Father—the Spirit of truth who goes out from the Father—he will testify about me. And you also must testify, for you have been with me from the beginning.’

#### **John 16: 7-15** (NIV)

‘But very truly I tell you, it is for your good that I am going away. Unless I go away, the Advocate will not come to you; but if I go, I will send him to you. When he comes, he will prove the world to be in the wrong about sin and righteousness and judgment: about sin, because people do not believe in me; about righteousness, because I am going to the Father, where you can see me no longer; and about judgment, because the prince of this world now stands condemned.

I have much more to say to you, more than you can now bear. But when he, the Spirit of truth, comes, he will guide you into all the truth. He will not speak on his own; he will speak only what he hears, and he will tell you what is yet to come. He will glorify me because it is from me that he will receive what he will make known to you. All that belongs to the Father is mine. That is why I said the Spirit will receive from me what he will make known to you.’

- 📖 Who is the Holy Spirit according to these passages?
- 📖 What does Jesus mean when He calls the Holy Spirit ‘the Advocate’ (also translated as ‘Helper’)? What do these words mean to you?
- 📖 Do you experience the Holy Spirit at work in your life in the ways that Jesus explains here? Or do you experience Him in other ways?

# THE SPIRIT-FILLED LIFE



SESSION 4



## EXPLORE 2

Invite the group to listen to pre-selected song(s) and make a note of all the lyrics that describe the Holy Spirit. Then, together discuss the questions below:

- Q What words/phrases did you note down from the lyrics?
- Q Do these words/phrases describing the Holy Spirit match up with your own experiences of Him and His work in your life?



## READ 2

Jesus explains to His disciples that once He is no longer with them in human form, God the Father intends to gift them with the Holy Spirit of God.

Galatians 5:22-23 (NIV)

**'But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.'**

Galatians 5:22-23 (The Message)

**'But what happens when we live God's way? He brings gifts into our lives, much the same way that fruit appears in an orchard—things like affection for others, exuberance about life, serenity. We develop a willingness to stick with things, a sense of compassion in the heart, and a conviction that a basic holiness permeates things and people. We find ourselves involved in loyal commitments, not needing to force our way in life, able to marshal and direct our energies wisely.'**



## GO DEEPER 2

### THE FRUIT-FILLED LIFE

The Holy Spirit is God's Advocate and Helper, given the specific role of helping us! He is here with us now and wants us to live lives that are empowered by Him, super-charged so that we can show the difference He makes in our lives with the evidence of the fruit of the Spirit. So, let's look for the fruit of the Spirit in our lives: love, joy, peace, patience, kindness, goodness, faith, gentleness and self-control – and give it space to grow by charging ourselves up regularly in Him and in the Bible which literally carries God's Spirit in its words. The secret to letting the fruit grow is to be like a branch attached to a tree. Just as a branch that is detached from a tree cannot grow any fruit, neither can we show the fruit of the Spirit in our lives if we detach ourselves from Jesus and the gift of the Holy Spirit, our Helper. This is what Jesus said to His disciples, and it is true for us today too: We have to 'remain in [Him]' (John 15:4, NIV).

I wonder what fruit of the Spirit we can see evidenced in our own lives.



# THE SPIRIT-FILLED LIFE



SESSION 4



## ENGAGE

- ☞ Take a piece of paper and write your name at the top. Next, pass your paper around the room and ask everybody to take a few moments to write down one fruit of the Spirit that they can see evident in your life. Where possible, write a specific example of that fruit. Wait for your paper to be returned to you and do the same for everybody else in the room. Be sure to keep your paper as a means of future encouragement for you.
- ☞ As you wait, try to recall a moment when you have either witnessed an extraordinary example of one or more fruit of the Spirit at work in someone's life and circumstances. What caught your attention? Why? Be ready to share this with the group.



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray. This version is from *The Message*:

*(Everyone, say together)*

Lord, teach me to make the *Spirit-filled Life* part of my everyday life. Help me to keep coming back to You to recharge myself by the power of Your Holy Spirit so that I am not trying to run on an empty battery like a phone that has run out of power. Help me to remember that You are my Helper, and You give me the amazing gift of the fruit of the Spirit as I learn to walk with You and let You grow that fruit in me. Help me to remain in You always so that I am not like a branch that is detached from a tree, unable to grow fruit. Thank You for the example of Jesus and the words He taught His followers to say...

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN

# THE SPIRIT-FILLED LIFE



SESSION 4



## TAKEAWAY CHALLENGE

Before the next meet up, take up this challenge and keep a diary of what God shows you each day of the week.

Start each day consciously welcoming God into your day by saying something simple like:

*'Good morning God, what are we doing today?'*

but be sure to do it the moment you wake up before the day begins! Then, try something similar at the end of the day and be completely honest with yourself and God:

*'Good evening God, what did we get up to today? Did I rely on Your Spirit to show me what You intended? Did I show the fruit of the Spirit in my words and in my actions?'*

If you feel like you missed something and are sad, don't beat yourself up. God loves your honesty, and He will teach you day by day to make the right choice to do things His way. He just wants you to keep talking to Him and remain in Him.

# THE JUST LIFE



## GET READY

Bibles (and Bible on audio), straws, bowls and smarties for **ENGAGE 1**, access to the internet, paper and pens



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** for each of us to experiment with developing the **Spirit-filled Life**. Let's take turns to share how we felt about the dynamic of checking in with the Holy Spirit, daily. Was it easy? Interesting? Hard? Boring? Let's celebrate one another's success. Plus, it's a great idea for us to journal our experiences and think about what we'd do differently this week to continue staying connected to the Holy Spirit within us and listening out for His inner nudges.



## IN A NUTSHELL

In each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have decided to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus' example of living justly, with compassion.



## EXPLORE

To help us define what it means to live justly or unjustly it can be helpful to think of personal examples in our lives where we believe we have encountered injustice.

- 🔍 Can you pinpoint a time recently when you felt you were treated unjustly? (Maybe at home/school/with friends etc?)
- 🔍 What made the situation feel unfair to you?
- 🔍 What would have been a fairer outcome in your eyes? Why?

# THE JUST LIFE



## ENGAGE 1

Split the group into 2 teams with one team substantially outnumbered. (For example, if your group has 5 members, then split them into 1 team of 1 vs. 1 team of 4.) Next, hand out 2 bowls to each team and allocate 1 straw to each team member. Place bowl 1 next to each team and fill it with something light (smarties work well). Then position bowl 2 (empty) opposite each team some distance away.

The object of the activity is a race: The first team who moves all the items from bowl 1 to bowl 2 using only their straw (and no helping hands!) wins. \*Note: If it seems challenging to overpopulate the teams, you could opt instead to over-fill bowl 1 of one of the teams.

- ⊕ Team with the most: What does it feel like to be on the team that won?
- ⊕ Team with the least: What does it feel like to be on the team that lost?
- ⊕ During the game did you feel that there was anything that was unjust/unfair? Why?
- ⊕ Are you aware of how the other team may be feeling? If not, why not?



## READ

### Micah 6:8 (NIV)

#### The Lord's case against Israel

'He has shown you, O mortal, what is good. And what does the Lord require of you? To act justly and to love mercy and to walk humbly with your God.'

- 📖 What does it mean to 'act justly'; to 'love mercy'; to 'walk humbly'?
- 📖 Do find these attitudes straightforward to adopt in your own day to day life?

### Matthew 22:34-40 (NIV)

#### The greatest commandment

'Hearing that Jesus had silenced the Sadducees, the Pharisees got together. One of them, an expert in the law, tested him with this question: "Teacher, which is the greatest commandment in the Law?"

Jesus replied: 'Love the Lord your God with all your heart and with all your soul and with all your mind. This is the first and greatest commandment. And the second is like it, "Love your neighbour as yourself." All the Law and the Prophets hang on these two commandments.'

- 📖 What does it mean to love the Lord 'with all your heart and with all your soul and with all your mind'?
- 📖 How might you make this a reality in your own day-to-day life?
- 📖 Who do you think Jesus meant when He talked about loving 'your neighbour'?
- 📖 Do you think it is natural to 'love' or treat others in the same way that you 'love' or treat yourself? Why/why not?
- 📖 How could you show love to your neighbour?

# THE JUST LIFE



## GO DEEPER

### THE JUST LIFE

We've seen in this session that a sense of injustice is something we can all identify with.

At times, our own lives and situations can feel really unfair – just like they did when we played the game earlier on and found that one team was at a massive disadvantage by being outnumbered! Injustice can leave us feeling hard done by, angry, frustrated, or even wanting revenge on the other party. In fact, it is easy to get consumed by the apparent injustice done to us and let ourselves play the story over and over again in our thoughts... which doesn't help anybody, least of all ourselves.

Interestingly, even though we are quick to jump up and defend ourselves when our circumstances feel unfair, it is much more challenging to make the effort to take action on behalf of *someone else* who has been treated unjustly.

But the Bible passages we have read show us clearly that God's heart is for the poorest people in the world and the most disadvantaged – and that He expects us to act on their behalf and to learn to truly 'love [our] neighbour'. The good news is this desire to help others is not something we have to work hard to create in ourselves. The call to love one another is grounded in God's love for us. As 1 John 4 says, 'We love because he first loved us... anyone who

loves God must also love their brother and sister [their neighbour]' (v19-21) – meaning it is out of God's love towards us that our love for others naturally flows. He started it by loving us first and we get to be part of His plan to love others too.

In God's eyes, each and every human being is like a precious piece of art. So, imagine what it would be like if we could look at people through God's eyes. We'd be looking, always, through a filter of compassion!

Jesus modelled to us a life of compassion for everyone He met. He was especially caring however, towards 'the least' and He expects us to do likewise; not in our own strength and through sheer willpower, but by relying on the Holy Spirit and listening to His inner nudges when opportunities to help others come along.

God encourages us in the words of Micah 6 to consider what attitudes we are prioritising in our lives, and it is only through the inner power of the Holy Spirit that we can learn to make them a reality; to live life as Jesus did, to live the **Just Life**.

# THE JUST LIFE



## ENGAGE 2

### Option 1:

Nominate one person in the group to be 'Scribe'. Then together discuss the following questions and note down your answers so you have a written record:

- ➡ What is happening in your community that seems to be unjust/unfair/contrary to how Jesus would do things?
- ➡ Which of these issues is most important in your opinion? (This may provoke some discussion and that is OK!)
- ➡ Which of these issues are you going to try and impact by making a difference as a group?
- ➡ How are you going to make this happen? (Be specific in your wording of your action plan.)

### Option 2:

Dietrich Bonhoeffer was a German pastor and theologian who was known for his strong resistance to Hitler and the Nazi party in the mid-1940s, a resistance that ultimately cost him his life. Individually, read the quote below and ask yourself the following questions, noting down your answers on paper. Then, share your thoughts with the group and compare your answers and opinions. There are no right or wrong answers.

*'The first service that one owes to others consists of listening. Just as love of God begins with listening to his word, so the beginning of love for our brothers and sisters begins with listening to them.'*

*Dietrich Bonhoeffer (1906-1945)*

- ➡ What do you think he means by this quote?
- ➡ How does this quote make you think about your involvement in the world?
- ➡ Is listening something that comes naturally to you?
- ➡ Do you think action or listening is more important?
- ➡ Is there a balance to be struck between them both? How?



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?

# THE JUST LIFE



SESSION 5



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray, this version is from *The Message*:

*(Everyone, say together)*

Lord, teach me to make the *Just Life* part of my everyday life. Help me to focus not only upon how situations may impact me but to share in God's compassionate heart for the most disadvantaged people in my community, my nation, my world. Help me to think creatively with the help of the Holy Spirit and to come up with ways I can make a difference and see God's compassion transform broken people and broken situations. Thank You for the example of Jesus and how He wants each of us to learn to pray like He did. Thank You that He taught us to say these words...

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN



## TAKEAWAY CHALLENGE

Before the next meet up, choose one of these challenges and remember, this is an opportunity to grow in our compassion; it's not a test and we aren't here to achieve anything, the activities are simply opportunities to experience doing things more like Jesus would.

1. Find an issue pertinent to your *Youth Streams* group and write a letter to your local MP asking for action using this website as a template: [https://england.shelter.org.uk/support\\_us/campaigns/writing\\_to\\_your\\_mp](https://england.shelter.org.uk/support_us/campaigns/writing_to_your_mp)
2. Find a campaign about something that is relevant to the lifestyle of your *Youth Streams* group (for example, looking at the use of Palm Oil or Meat Consumption). Join the campaign or petition – or even start off your own! Try and enlist 20 friends to sign your petition with you. Tearfund Rhythms at <http://rhythms.org> have a list of current campaigns you may wish to get involved with.
3. Lobby your school or workplace to switch to an ethical energy supplier. Research energy suppliers online at: <https://www.goodenergy.co.uk/the-good-future-board/>
4. Choose a local charity which raises funds for an issue that motivates you to get involved. Then consider creative ways how you might personally raise funds for this charity.



# THE WORD-CENTRED LIFE



## GET READY

Bibles (and Bible on audio), a small object (coin/marble), a tray of 10-20 different objects, a tea towel to cover the tray, a stopwatch, pens and paper.

\*Take note: This session involves a lot of reading – it would be wise to think through in advance how your group will manage that and consider sourcing some alternative media options.



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** for each of us to experiment with developing the **Just Life**. Let's take turns to share which challenge we opted for and explain how we felt about it. What opportunity to be compassionate especially motivated us and why? Was it easy? Interesting? Hard? Boring? Let's celebrate one another's success. Plus, it's a great idea for us to journal our experiences and think about how we can continue to support each other in making a difference in our local and wider communities... How can we ensure that a little bit of God's justice is experienced on earth?



## IN A NUTSHELL

In each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have decided to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus' attitude towards God's Word and how He made it central to His day-to-day living.



## EXPLORE

The most popular book in the world is the Bible. Every year it is a best-seller and over the past 50 years a remarkable 3.9 billion copies have been sold.

- 🔍 Does this statement surprise you? Why/Why not?
- 🔍 Do you own a copy of the Bible?
- 🔍 Do you enjoy reading the Bible?
- 🔍 When/Where/How do you read it?
- 🔍 What three words would you use to describe the Bible?



# THE WORD-CENTRED LIFE



## ENGAGE 1

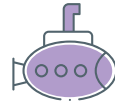
Ask the group to sit in a circle, no more than an arm's length apart and designate one player to be 'It' and stand in the centre.

Next, give a small object to the group (a marble or a coin works well) and ask them to pass it around the circle without revealing its whereabouts to 'It'. Some members of the circle can pretend to pass the object to create further confusion for 'It'.

The game begins with 'It' closing his eyes and counting to ten whilst the object is passed around. At the count of 10, 'It' can open his eyes and try to accurately guess where the small object is within the circle.

If 'It' guesses correctly the person caught passing the object takes on the 'It' role and moves to the centre of the circle. If 'It' guesses incorrectly, he has one get out clause and can nominate another person in the circle to 'go find it!' If that person has been paying attention and correctly spots where the object is, they keep their seat, and 'It' has to remain in the centre. If that person gets it wrong however, they have to give up their seat and take on the new role of 'It'.

- ⊖ What helped 'It' to be successful in correctly spotting the object?
- ⊖ What were some of the best tactics used by those in the circle to trick 'It'?
- ⊖ Was it hard to pay attention during the game?
- ⊖ Do you pay close attention when you choose to read the Bible?



## GO DEEPER

### THE WORD-CENTRED LIFE

There are many helpful ways to engage with God's Word and different churches may have different preferences when it comes to getting to grips with Scripture. There is no one correct way so long as individuals are really connecting with what God is saying in His Word and seeking to live out the **Word-centred Life**.

Jesus recognised that God's Word had great power and authority. As a young Jewish boy, he would have grown up with a sense of the *Torah* (the first five books of the Bible which were part of Jewish tradition). But He utterly amazed his parents and academics when He not only quoted from the Torah like a Rabbi, but actually began to interpret and explain it at the age of 12. 'Everyone who heard him was amazed at his understanding and his answers' (Luke 2:47). As a young man, probably in his thirties, Jesus also used God's Word as a weapon to defeat the tactics of the devil. After He was baptised, the Bible describes how he encountered the devil tempting Him in three different ways and each time, quoted Old Testament scriptures which floored the devil's attempts saying, 'It is written...' (Luke 4:4,8,12).

Jesus knew God's Word by heart, and He used it to great effect – not just by knowing what it said but by living it out in thought, word and action. It may be surprising but true to realise that we have the ability to do the same thing. So, it can be helpful for us to explore how to engage with Scripture for ourselves. The aim of today's session is to do exactly that and to get genuinely excited about God's Word so that it can become part of the fabric of our lives, our thoughts, words and our actions. Just like it was for Jesus.










## READ - BRINGING THE BIBLE TO LIFE

**\*Leader take note:** On this occasion, you will need to read the passage at least twice and invite the group to carry out the instructions below before and after Reading 2:

### Before Reading 2

 This time, select one character beforehand who you especially connect with. During the second reading, focus on the storyline of your chosen character. Try to imagine what that character must have felt like, what they were thinking, what they actually did in the story, why their role mattered and what they can teach us about following God.

### After Reading 2

-  Feedback your reflections on your chosen character to the rest of the group.
-  Did you discover anything about the story or the character that you may have previously overlooked?
-  Did the activity help you to bring the Bible story to life?
-  Any other comments?

### Luke 7:36-50 (NIV)

#### Jesus anointed by a sinful woman

'One of the Pharisees asked Jesus to have dinner with him, so Jesus went to his home and sat down to eat. When a certain immoral woman from that city heard he was eating there, she brought a beautiful alabaster jar filled with expensive perfume. Then she knelt behind him at his feet, weeping. Her tears fell on his feet, and she wiped them off with her hair. Then she kept kissing his feet and putting perfume on them.

When the Pharisee who had invited him, saw this, he said to himself, "If this man were a prophet, he would know what kind of woman is touching him. She's a sinner!"

Then Jesus answered his thoughts. "Simon," he said to the Pharisee, "I have something to say to you."

"Go ahead, Teacher," Simon replied.

Then Jesus told him this story: "A man loaned money to two people—500 pieces of silver to one and 50 pieces to the other. But neither of them could repay him, so he kindly forgave them both, cancelling their debts. Who do you suppose loved him more after that?"

Simon answered, "I suppose the one for whom he cancelled the larger debt."

"That's right," Jesus said. Then he turned to the woman and said to Simon, "Look at this woman kneeling here. When I entered your home, you didn't offer me water to wash the dust from my feet, but she has washed them with her tears and wiped them with her hair. You didn't greet me with a kiss, but from the time I first came in, she has not stopped kissing my feet. You neglected the courtesy of olive oil to anoint my head, but she has anointed my feet with rare perfume. "I tell you, her sins—and they are many—have been forgiven, so she has shown me much love. But a person who is forgiven little shows only little love." Then Jesus said to the woman, "Your sins are forgiven."

The men at the table said among themselves, "Who is this man, that he goes around forgiving sins?"

And Jesus said to the woman, "Your faith has saved you; go in peace."



## ENGAGE 2

Choose 10-20 common everyday objects (things like pencil, key, coin etc) and place them on a tray. Next, cover the tray with a tea towel to conceal the objects fully.

Hand out paper and a pen to each member of the group and invite them to observe the tray for 60 seconds (with the tea towel removed).

Once the time limit is reached, re-cover the tray and ask the group to write down all the objects that they can recall.

The player with the most correct items wins the game.

If you need a tiebreaker, take away one thing from the tray and ask which object has been removed.

- ⊖ Did you enjoy playing the game? Were you surprised by how many objects you could remember correctly?
- ⊖ Do you think some people find it easier to remember certain things?
- ⊖ Do you consider your own memory to be good/poor?
- ⊖ Do you have a good memory when it comes to reading the Bible?
- ⊖ Pause to think about a verse from the Bible that is important to you. Why is it significant to you? Can you recite it from memory?



## READ - MAKING THE BIBLE PERSONAL

Leader, start this section by praying aloud that God would bring greater understanding of the Bible and help everyone to engage with the Word-Centred life. Next, ask each member of the group to find a quiet space in the room and take a moment independently to read the passage from the NLT version below. Then invite them to consider the questions and feedback their answers afterwards.

### **Ephesians 6:1-9 (NLT)**

#### **Children and Parents**

'Children, obey your parents because you belong to the Lord, for this is the right thing to do.

"Honour your father and mother." This is the first commandment with a promise: If you honour your father and mother, "things will go well for you, and you will have a long life on the earth."

Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.

#### **Slaves and Masters**

Slaves, obey your earthly masters with deep respect and fear. Serve them sincerely as you would serve Christ. Try to please them all the time, not just when they are watching you. As slaves of Christ, do the will of God with all your heart. Work with enthusiasm, as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good we do, whether we are slaves or free.

Masters, treat your slaves in the same way. Don't threaten them; remember, you both have the same Master in heaven, and he has no favourites.'

# THE WORD-CENTRED LIFE



SESSION 6



## READ - BRINGING THE BIBLE TO LIFE

- Are there any instructions, commands or promises in the passage?
- Is there a verse or phrase which summarises this passage for you?
- What did you learn about God from this passage?
- What is the context of this passage – what comes just before and just after it?
- What do you think is the most important point this passage makes?
- What are you going to do, now that you've read it?



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray. This version is from *The Message*:

*(Everyone, say together)*

Lord, teach me to make the *Word-centred Life* part of my everyday life. Help me to get excited about engaging with the stories in the Bible of real people like me who wanted to follow You and made You their priority. Thank You for the example of Jesus and how He wants each of us to learn to live and to focus on God's Word as He did; not just to know it but to let it directly impact our thoughts, words and actions. Thank You that He taught us to say these words...

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN



## TAKEAWAY CHALLENGE

Before the next meet up, choose one of these challenges and remember, this is an opportunity to grow in our reading and memory skills when it comes to making God's Word central in our lives. Even if it doesn't go well, we are learning about ourselves and God. And, if there is something we read that we don't understand, we can always do some research to find out more. Let's not forget the Holy Spirit is the one who 'guides [us] into all truth' (John 16:13) and we can invite Him to open our eyes to understand any passage when we read or listen to it.

### 1. Listen [try out Luke 4:1-30]

Get hold of an audio copy of the Bible. Pick 4-5 times over the next week when you are feeling alert to listen to the passage. Pray and then journal your reflections about what you heard and felt at each time of listening and bring your journal to feedback to the group.

### 2. Memorise [try out Matthew 5:3-10 or Psalm 23]

Try to memorise a whole chunk of the Bible.

Start by inviting the Holy Spirit to help you and read the passage through twice out loud. Then read the first verse. Close your eyes and try to say the first verse aloud. Now, open them and read the first verse again. Close your eyes and try to recall it again. Alternate between reading it with eyes open and trying to say it without looking.

When you know the first verse by memory, try the first and second verses together in the same way.

Keep at it every day for a week and see how much you can commit to memory. You'll probably surprise yourself!

### 3. Meditate [try out Psalm 139]

Invite the Holy Spirit to help you better understand the passage and show you what God is saying through it.

Read the passage (doing it out loud can be helpful too).

Pause and ask yourself these questions:

1. When/Where is the passage set?
2. Who is the passage talking about?
3. What is the main theme of the passage?
4. What does the passage teach me about God?
5. What does the passage teach me about myself?

Now read the passage again and see if you notice anything further or different.

Decide what one thing sticks out most to you in this moment and write it down.

Pray and think about that thing over the next week asking God to continue to speak to you and show you what He wants to teach you from the passage.



## TAKEAWAY CHALLENGE

### 4. Read the whole book [try out Jonah]

See if you can read and understand the message behind a whole book.

Find a quiet spot where no one will disturb you and make yourself comfortable.

Invite the Holy Spirit to help you to focus and understand the passage.

Read through the whole book without interruption (it will probably take less time than you think) and then journal your reflections.

Ask yourself these questions:

1. Where/When is the book set?
2. Who is the book talking about?
3. What are the main themes of the book?
4. What does the book teach me about God?
5. What does the book teach me about myself?
6. Anything else you want to note down?

Pray about what God has shown you and be ready to feedback to the group.



# THE WHOLE LIFE



SESSION 7



## GET READY

Copy of '**Johari Window Handout**' for each group member, Bibles (and Bible on audio), post its, pens and paper.



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** for each of us to practise making God's Word more central in our lives. I wonder how we found the activity and the challenge of reading/listening/meditating on the same passage several times through the week. Was it easy? Interesting? Hard? Boring? Let's celebrate one another's success and journal our experiences so that we can keep encouraging one another.



## IN A NUTSHELL

In each session of *Youth Streams*, we are going to look at one part of Jesus' life, and then explore how people have decided to engage with that part over the course of history. We'll chat together about what we discover and how we might try out similar approaches in our own lives.

In today's session, we'll look at what the Bible tells us about Jesus living wholly with no distinction made between what He thought of as His 'spiritual' and everyday 'physical' life.

# THE WHOLE LIFE



SESSION 7



## EXPLORE 1

On paper make a list of all the activities you are involved with. These could be at church/school/home/during other leisure times – try to be as specific as possible. Then, using a scale of 0-4 decide how much you welcome God's presence into that activity with you. There are no right or wrong answers so don't be discouraged by the outcome. Just be honest so that you can see where you could welcome His presence into an activity even more than you already do.

- Q Which activities did you give your highest score to?
- Q Which activities did you give your lowest score to?
- Q Are your answers similar to others in your group? If so, is there room for further positive change together?
- Q In which activity would you like to challenge yourself to see more of God's presence? (You might like to pray with the group about this opportunity).



## EXPLORE 2

- Q Do you believe that the everyday parts of your life – brushing your teeth, loving your family, doing your homework etc – are as important to God as the perceived 'spiritual' parts like going to church and spending time in prayer? Why/Why not?
- Q Have you heard others use or make a distinction between these labels: spiritual vs. physical, sacred vs. secular?



## READ

**Luke 13:10-17** (NIV)

**Jesus Heals a Crippled Woman on the Sabbath**

'On a Sabbath Jesus was teaching in one of the synagogues, and a woman was there who had been crippled by a spirit for eighteen years. She was bent over and could not straighten up at all. When Jesus saw her, he called her forward and said to her, "Woman, you are set free from your infirmity." Then he put his hands on her, and immediately she straightened up and praised God.

Indignant because Jesus had healed on the Sabbath, the synagogue leader said to the people, "There are six days for work. So, come and be healed on those days, not on the Sabbath."

The Lord answered him, "You hypocrites! Doesn't each of you on the Sabbath untie your ox or donkey from the stall and lead it out to give it water? Then should not this woman, a daughter of Abraham, whom Satan has kept bound for eighteen long years, be set free on the Sabbath day from what bound her?"

When he said this, all his opponents were humiliated, but the people were delighted with all the wonderful things he was doing.'

- 📄 The Sabbath was considered 'holy' in the Jewish society in which Jesus grew up. Does Jesus follow or break with this trend in this passage?
- 📄 What do you think motivated His actions?
- 📄 In your opinion, is it important to keep one day of the week special? Why/Why not?
- 📄 How easy is it to make a distinction between Sunday and other days of the week?
- 📄 How do you feel about being active on a Sunday?



# THE WHOLE LIFE



SESSION 7



## GO DEEPER

### THE WHOLE LIFE

In this session, we have already mentioned how the societies in which we live often refer to labels like 'spiritual' and 'physical' or 'sacred' and 'secular'. Sometimes, in Christian traditions, these labels can subconsciously influence us and make us feel that brushing our teeth is less important to Jesus than spending time praying with Him. But is this the attitude that Jesus had and what can we learn from the way He lived His life?

In the passage we have just read we can see that Jesus chose to go against the flow and the expectations of His society because He saw no division between what was spiritual and what was physical. The woman needed His help, so it did not matter what day of the week it was! The leaders of the Synagogue tried to call Him out for His actions, but Jesus turned their argument on its head, pointing out that on every day of the week, even the Sabbath, they willingly cared for their animals' needs and did not consider it to be work. This makes it clear that, for Jesus, the everyday parts of life are just as valuable as the spiritual and so He makes no distinction between the sacred and the secular, the spiritual and the physical.

In fact, by growing up in a family and taking part in everyday life, Jesus puts His stamp of approval on every aspect of human life – the eating, drinking, walking, sitting, laughing, washing, weeping, talking, listening parts of life. Every single part!

Jesus' presence on earth is known poshly as 'the Incarnation'. This is where, in the person of Jesus Christ, God became human so, it is through the Incarnation, that we can see God affirms the value of human life and of the entire world. By taking on all the limitations of physical existence, God tells us that He loves human, physical matter and Jesus is His best example of this.

It can be challenging choosing to go against the flow like Jesus did but living the Whole Life will become easier for us as we learn to invite Jesus intentionally into every part of our everyday lives and every activity that we do. Let's throw out the labels like He did and enjoy the whole of life with God at the centre.





## ENGAGE

In 1955, American psychologists Joseph Luft and Harrington Ingham, developed an awareness tool known as 'The Johari Window' whilst researching group dynamics at the University of California. The window has 4 panes that represent 4 aspects of our personalities – **Open**, **Hidden**, **Blind** and **Unknown**.

The window is used as an excellent tool to allow groups to supportively increase a person's awareness of themselves. The 4 panes work as follows:

- ⊕ **Open** – The open area is that part of our conscious self (our attitudes, behaviour, motivation, values, way of life) of which we are aware, and which is known to others. We move within this area with freedom.
- ⊕ **Hidden** – Our hidden area is that part which we keep secretly within ourselves, and which we may hold onto out of fear. The only way of others discovering things in our hidden area is through our conscious choice to disclose it. The degree to which we share ourselves with others is the degree to which we can be known.
- ⊕ **Blind** – There are things about ourselves which we do not know, but which others can see more clearly; or things we imagine to be true of ourselves but which others do not see at all. When others say what they see in a supportive, responsible way, and we are able to hear it, we become increasingly aware of who we are and can test what we know to be true and are therefore able to grow.

- ⊕ **Unknown** – There are elements to ourselves that remain unknown; we are richer and more complex than that which we and others know. From time to time though, something happens. Something is felt, read, heard, dreamed – something from our unconscious is revealed. Then we "know" what we have never "known" before.

*[Give every group member a copy of 'Johari Window Handout']*

Consider the window as an opportunity to reflect on the whole life both for yourself and for others. On paper draw your own Johari window splitting the frame into 4 panes and labelling each with the categories above. Then, take a few moments to fill in the **Open** pane. Next, form a circle with the group and take turns passing your window around the circle, so that everyone is able to write in your **Blind** pane (be sure to write something kind). Do likewise with the windows that belong to others in the group. Finally, find a quiet space in the room and prayerfully consider the last 2 panes, **Hidden** and **Unknown** by asking the Holy Spirit to reveal what you could write there.

At the end of the self-reflection time, if you would like to, share some of your discoveries with the group – please don't pressure anyone into sharing though, it's completely up to the individuals to offer.

# THE WHOLE LIFE



SESSION 7



## WRAP UP

As we close our time together, let's consider these questions and then choose who is going to lead the group the next time we meet and where/when we are going to meet for our special meal together to celebrate completing the *Streams*.

**Like** – What one thing has stood out for you this week?

**Follow** – What one thing will you take away and try for yourself this week?

**Share** – What one thing can you take away with you to encourage a friend of yours?



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray. This version is from *The Message*:

*(Everyone, say together)*

Lord, teach me to be like Jesus; to see every part of my life as an opportunity to welcome God's presence there with me. Help me to let go of any unhelpful labels like 'spiritual' or 'physical', 'sacred' or 'secular' and instead to focus on living the Whole Life with Your help. Help me to encourage others in the group too. Thank You for the example of Jesus and how He wants each of us to live whole lives like He did. Thank You that He taught us to say these words...

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN



# THE WHOLE LIFE



SESSION 7



## TAKEAWAY CHALLENGE

Before the next meet up, choose one of these challenges to take away and practise during the next week. Don't forget to bring with you your copy of 'Wheel Handout' completed in Session One as it will be needed for Session Eight.

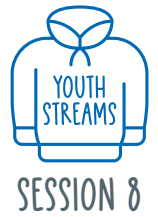
### 1. Do everything to honour God:

Choose one day this week to do every activity that you do in honour of God. When you walk to school, do it in a way that honours God; when you do your coursework, study in such a way that honours God; when you speak to your parents or siblings, use words and a tone that honours God. The idea here is to start to bring an awareness of God into our everyday lives and actions... see how you go!

### 2. Life-Check:

List on a piece of paper all that you do in a week – be specific! Now, on a scale of 0-10 ask yourself how well you bring God into each listed thing. Don't feel bad, that isn't the idea. Even people who have been practising this for a long time aren't always very good at it! It takes practice and ongoing commitment. Pray and ask God to be with you in one of the areas which you scored lowest this week. Share how it goes next time you meet.

# COMPLETION



## GET READY

A delicious meal to share (whether prepared by you or in a café/restaurant together), copy of 'Wheel Handout' for every group member as well as copy of 'Wheel Handout' previously annotated in Session One, Bible (and Bible on audio), pens and paper.



## RECAP

At the end of the last session, we were given a **TAKEAWAY CHALLENGE** for each of us to practise living the **whole life** and consider Jesus' example in making no distinction between the labels of spiritual and physical or sacred and secular. I wonder how we found the activity. Easy? Interesting? Hard? Boring? Let's celebrate one another's success and journal our experiences so that we can keep encouraging one another.



## PAUSE TO PRAY

Like we did last time, let's get ready for the session by pausing and taking a moment to pray; let's focus our minds on why we're here. If anyone would like to pray aloud, feel free.



## IN A NUTSHELL

In each session of *Youth Streams*, we have looked at one part of Jesus' life, and then explored how people have decided to engage with that part over the course of history. Today, the aim is to chat together about what we have discovered as a result of completing *Youth Streams* together and how we have felt in proactively following Jesus' example, trying out similar approaches in our own lives.

# COMPLETION



## READ

### Matthew 18:19-20 (NIV)

'Again, truly I tell you, if two of you agree on earth about anything you ask, it will be done for you by my Father in heaven. For where two or three are gathered in my name; I am there among them.'

Jesus makes a remarkable claim here – that His power and presence are available to the disciples whenever there are at least two meeting together in His name.

- 📄 How do you think the disciples felt hearing these words?
- 📄 How do these words make you feel, as a disciple of Jesus yourself?
- 📄 Have you seen them prove true and felt God's power and presence over the weeks you have been doing the Streams together?



## EXPLORE

Does it excite you that Jesus' promise to His disciples to be with them always is still true today? Hopefully, doing *Youth Streams* together has made you realise exactly that and shown you that it is possible to imitate Jesus and try out His approach to life in your own day-to-day lives.

As we bring the *Streams* to a close, it's time to reflect together and think through how we've found it...

- 🔍 What were the highlights of the *Streams* for you? What was especially inspiring/encouraging?

- 🔍 What were the lowpoints (if any)? Did anything seem especially difficult/challenging?
- 🔍 What have you learned about yourself and others?
- 🔍 What three things would you like to take forward and keep practising, day by day?



## ENGAGE

If we cast our minds back to Session One: **Balance**, we may recall that we thought about our spiritual lives as a wheel. We drew wheels with 6 spokes representing the 6 streams we've considered over the past weeks and gave ourselves scores of 0-10 to gauge where we felt we were at with God in each stream. Let's do this again now that we've completed the *Streams* and see if there have been any changes.

[Give every group member copy of 'Wheel Handout']

- ➡ Do you see any differences between the wheel of Session One and Session Eight?
- ➡ Does this surprise you?
- ➡ Moving forward, what would you like to do differently?

# COMPLETION



## CLOSE IN PRAYER

It's time to close with prayer together. If you feel comfortable join me in saying the Lord's Prayer out loud, a prayer that Jesus taught His followers to pray. This version is from *The Message*:

*(Everyone, say together)*

Lord, empower me to practise what I have learnt through *Youth Streams* as part of my everyday life, moving forward. Help me to stay motivated in living out the Streams and proactively cultivating Balance, the Still Life, the Good Life, the Spirit-filled Life, the Just Life, the Word-centred Life and the Whole Life, following the example of Jesus. Teach me to stay attuned to Your Holy Spirit as my Helper and to continue to check in and meet with others so that we can encourage each other. Thank You that just as You empowered Your disciples with Your power and presence, You make the same offer to us today. Thank You for teaching us to say these words.

Our Father in heaven,

Reveal who you are.

Set the world right;

Do what's best—

as above, so below.

Keep us alive with three square meals.

Keep us forgiven with you and forgiving others.

Keep us safe from ourselves and the Devil.

You're in charge!

You can do anything you want!

You're ablaze in beauty!

Yes. Yes. Yes.

AMEN



## TAKEAWAY CHALLENGE

There's just one challenge to consider this week and it comes directly from the folks at Renovare UK who started us off on our *Youth Streams* journey.

### A NOTE FROM RENOVARE UK

**Big congrats on doing and completing Youth Streams together!**

So, now that you've completed the *Streams*, you may be wondering what happens next? The good news is spiritual formation (the posh term for becoming like Jesus) is something that never stops so there is no need for you to either. If the group has worked well, why not find a way of keeping in touch and continuing to meet together? Why not create activities that help you keep up with all of the streams and then share them with others to help them too?

Here, at Renovare UK we have so many resources you can use, and we'd love to hear what you've come up with – why not visit our website:

[renovare.org.uk](http://renovare.org.uk)

Don't forget Jesus has promised to be present whenever two more gather together in His name... so what are you waiting for?

His presence and His power are always available to you as you reach out to Him.

Enjoy the adventure!

**THE FRIENDS AT RENOVARE UK**



# WHEEL

On your handout there is a picture of the spokes of a wheel. Around the wheel are each of the 6 streams we are going to be exploring together. They are really helpful seen as spokes on a wheel because they can help us to better understand ourselves and how we relate to God.

## OPTION 1

Using a scale of 0-10 give yourself a score to estimate how you feel about each of the areas. Write the score by the spoke and ask yourself questions like:

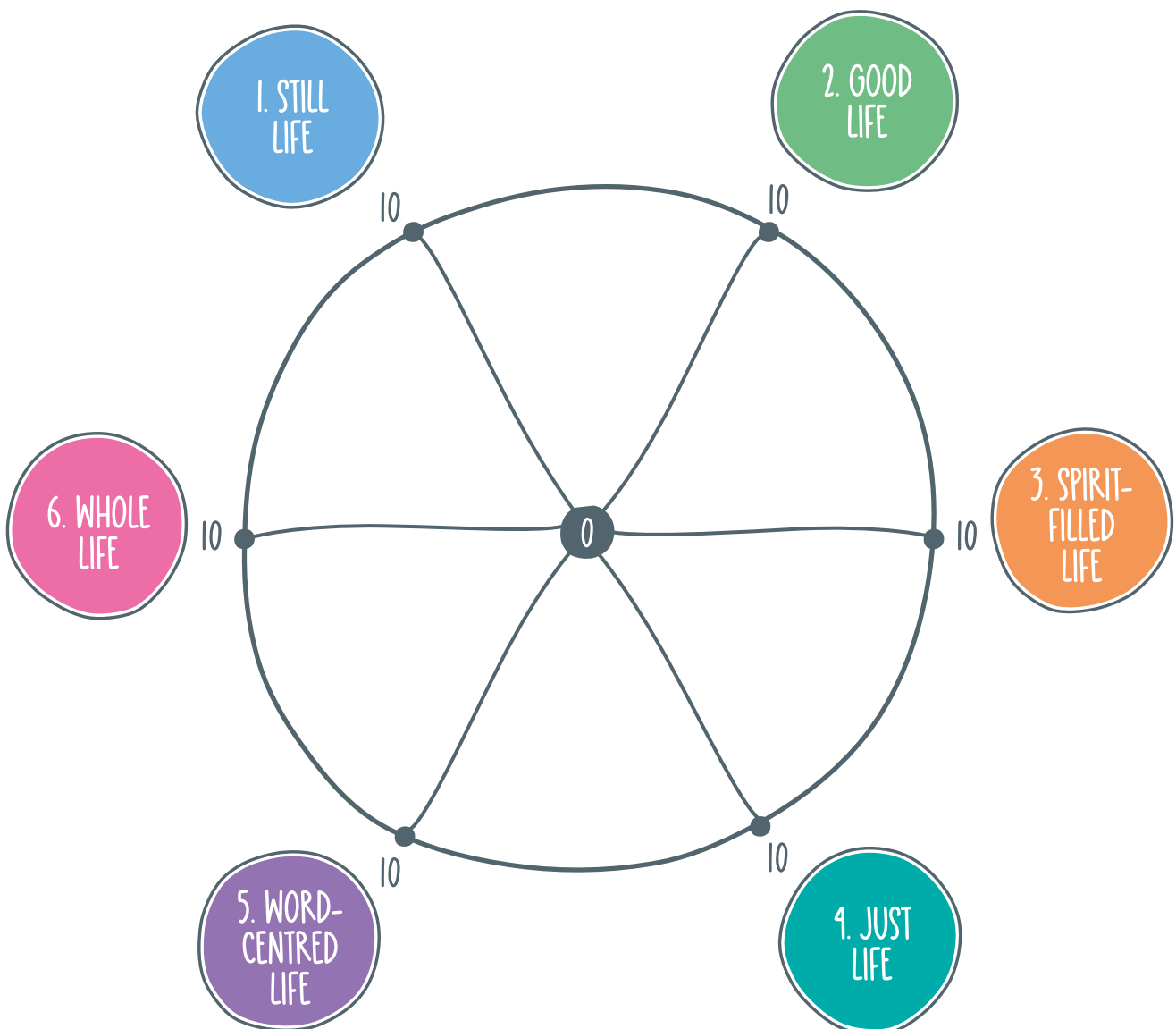
1. Which of the streams jumps out at me and why?
2. Which, if any, do I give most of my time to?
3. What about my church? Does it put special emphasis on one stream, and if so, do I feel at home there?
4. Have I experienced each of the 6 streams yet?

Remember that your answers may be different to others in the group and that is perfectly OK. We all have different experiences of life, God, church and people and you can share yours and then chat with the group about how to support each other in growing in the different streams.

## OPTION 2 ~ SHORTER OPTION

Take a quick look at the wheel and discuss just one spoke together as a group.

Then commit to considering the other spokes before the next session.



# JOHARI WINDOW

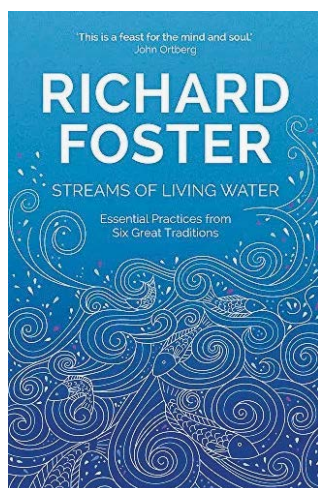
Consider the window as an opportunity to reflect on the whole life both for yourself and for others.

On paper draw your own Johari window splitting the frame into 4 panes and labelling each with the four categories: **Open, Hidden, Blind and Unknown**. Then, take a few moments to fill in the Open pane. Next, form a circle with the group and take turns passing your window around the circle, so that everyone is able to write in your Blind pane (be sure to write something kind). Do likewise with the windows that belong to others in the group. Finally, find a quiet space in the room and prayerfully consider the last 2 panes, Hidden and Unknown by asking the Holy Spirit to reveal what you could write there. At the end of the self-reflection time, if you would like to, share some of your discoveries with the group – there is no pressure on you to share however, it is entirely down to you!

<p><b>OPEN</b> WHAT I KNOW AND YOU KNOW ABOUT ME</p>	<p><b>BLIND</b> WHAT YOU KNOW ABOUT ME BUT I DON'T</p>
<p><b>HIDDEN</b> WHAT I KNOW ABOUT ME BUT YOU DON'T</p>	<p><b>UNKNOWN</b> NEITHER OF YOU KNOW</p>

# FURTHER READING AND RESOURCES

<https://renovare.org.uk/resource-hub/books/streams-of-living-water>



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