



**URBAN
SAINTS**

**Pick 'n' Mix
Supersize**

Youth Zoom

**Faith not Fear
Session 2**

Standing in faith - reliant on Jesus



Standing in faith - reliant on Jesus

Pick n Mix session for use on Group Zoom calls

Introduction

This is a Pick n Mix session for your online group Zoom designed to follow on from the Session 2 talk video. You don't have to do all the elements suggested - activities tend to last a bit longer on Zoom than in real time. As a Pick n Mix session, the items are not in any suggested order.

About this session

In the previous session we looked at Jesus having power over nature by calming the storm, and in this story that is continued by his power over sea creatures! Mike says when we conquer fears, our lives can be changed. We have probably all been in a place where we've tried everything to solve a problem and been at the point of giving up. The good news is that Jesus is in the boat with us - with his help we can achieve amazing things! Just after this story, Jesus calls the disciples to follow him, and they throw down their nets - those things they had been struggling with, and commit their lives to following him. Jesus invites us to do the same.

Lastly Mike refers to Simon in the video - remind your young people that this is Peter.

Adding an action game

For this game you need an order for people to follow, you could use the participants list to help, ensure everyone knows who they are following.

The first person will come up with an action for four counts, such as the start of the macarena. The next person then does the action the first person did, while person 1 does a new action. You continue it going until everyone has done the first action. You could pair people up so two people do the action at the same time.

Which fish is left standing?

The leader shuts their eyes and each group member chooses to be a clownfish, octopus or starfish (with an appropriate action). On the count of three, the leader chooses one of the fish to be caught by the fishermen. Those who had chosen that action are out.

Repeat until there is one winner or all are out.

Musical Selfies

Play musical statues with some fun tunes, but when the music stops the group have to strike their best selfie pose. Whoever is last to stop is out. Whoever has the funniest pose wins the round.

Discovery Bible Study/Swedish Bible Study

Re-read Luke 5:4-7. Here are two possible methods you can use.

For the Discovery Bible Study (DBS) you follow the same pattern of questions after having read it in a couple of different versions:

- What does this story tell me about God?
- What does this story tell me about people (or myself)?

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- If this is what God says about my life, what will I do about it?
- Who am I going to tell?

The Swedish Methods uses the following questions:

- What part in the passage or word stands out to you/grabs your attention?
- Is there anything that's difficult to understand? Or do you have any questions?
- How can you apply this to your life?

Questions to discuss

1. Have you ever felt like something was so hard that you wanted to give up?
2. Why did the disciples do what Jesus said, given that they were fishermen and he was a builder? Would you have listened to Jesus in that situation?
3. What do you think Jesus is asking of you and what would it look like for you to do it?
4. Have you been at Spree or anywhere else, decided to follow Jesus and then given up?
5. What is the difference between following someone on social media, and following Jesus for the rest of your life?

Your Story

Have there been times in your life when things seemed hopeless, and God stepped in to change things? It's great to hear Bible stories about these principles, but always good to hear examples from youth leaders' real lives, or young people themselves. These help relationship building in the group.

Reflective Prayer

Buy a relighting candle, and light it so the young people can see. Invite the group to pray quietly about things they may be struggling with. Like Simon Peter, we may not understand God's plan, but we need perseverance to not give up.

As they finish praying, blow the candle out and watch it relight. Reflect on the fact that even when hope seems to have been extinguished, God can spark it in us again.

Creative response

Cut coloured paper into strips, and write on each piece one thing you would like to not give up on. Make a 'net' out of the strips and remember that God cares for our concerns.

If you have PVA glue or a laminator, you can seal the 'net' to make it waterproof, and use it as a coaster.

