

**URBAN
SAINTS**



Pick 'n' Mix Supersize

Youth Zoom

Faith not Fear Session 3

Exercising your faith muscle!



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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 3 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

Mat tells us that we need to take action and to keep hope alive even when things look difficult. What is Jesus' response to Jairus and the lady who touched him? They both receive healing but teach us different things. The ill woman felt she wasn't worthy, but Jesus calls her 'daughter'. She is accepted. Being healed, she can then rejoin the community so she receives not only physical healing from Jesus but also her social restoration.

Jairus's daughter is also healed, but Jesus gives Jairus his time as well. The more we spend time with Jesus, the more amazing we find him, and the more we can trust that he will bring miracles along the way.

Dance Off

Challenge your young people to a dance off! As you spotlight or pin their video it's their best shot at dancing. Here is a great song to do a dance off to:

<https://www.youtube.com/watch?v=IksRDCMYnn8>.

Sometimes the challenge for us is to give things a go, to try it and see where it takes us. While some young people will be really enjoying this, you can also use this as a discussion starter for those who found it harder.

Follow the leader

Ask one person to turn around for a minute. This person will be the guesser for the round. Write down the name of the person who you choose to be the "leader" on a piece of paper and show everyone. Once they have all seen it, tell the guesser to turn around again. The leader will be the one who sets the movements. When the round begins, everyone starts swinging their arms up and down. The leader will eventually begin to do other movements, and everyone else mimics the leader's actions, without being too obvious to reveal who the leader is.

The guesser is allowed to take three guesses. If the guess is incorrect, the round continues. If the guess is correct, the leader becomes the new guesser for the next round. If all three guesses are exhausted and the leader is not correctly guessed, the round ends and you can either keep the same guesser or choose someone else.

Waiting Game

Count the number of people on the call and that is the number you are aiming for. You will count together, but only one at a time. If two people speak at the same time, you have to start over.

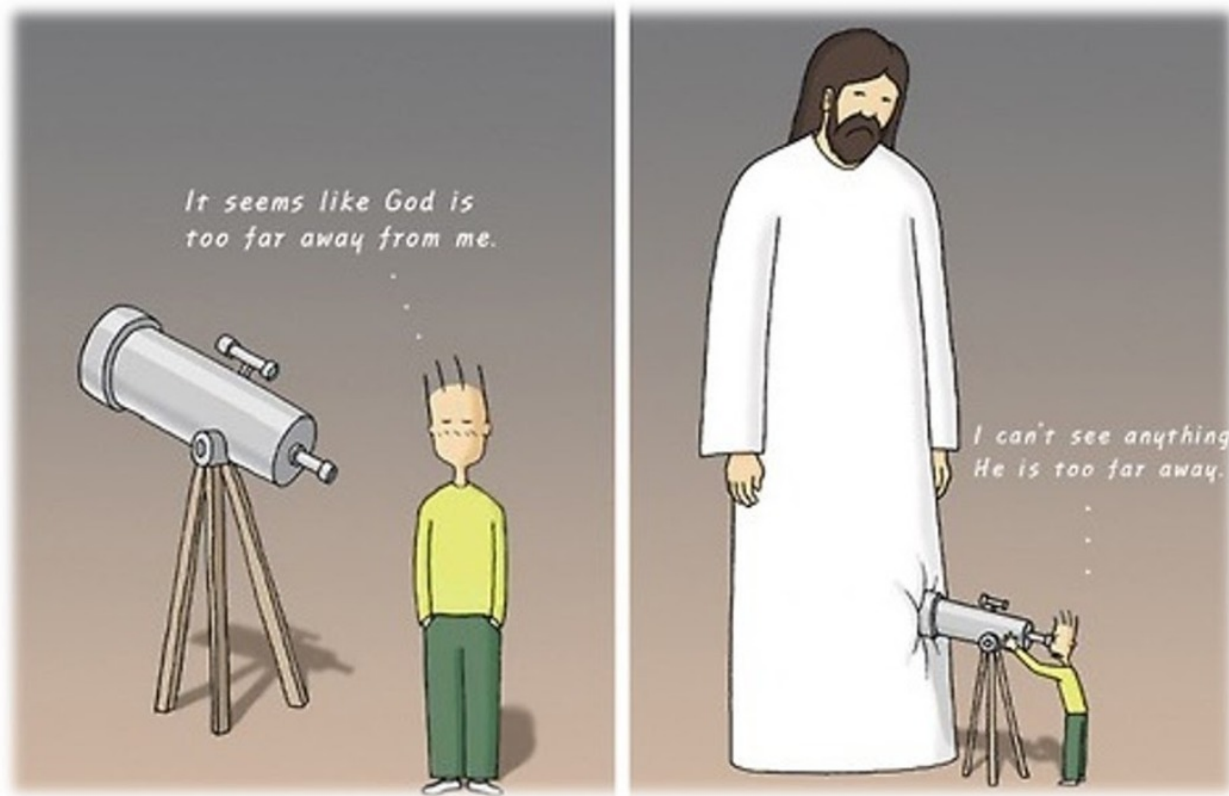
See how long it takes, and if your group is patient enough to let others speak!

Waiting

This story talks about Jairus waiting for Jesus to act, and maintaining the faith while he can't see him moving.

Show the picture attached (you can either send a copy in the chat, or share it on your screen), and give the young people a few seconds to reflect on it.

1. How do you feel when you can't see God moving, or when he feels distant?
2. Do you think sometimes you overlook the fact that he is with you?
3. How can you be more aware of his presence in your life?



Discovery Bible Study/Swedish Bible Study

Re-read Mark 5:21-42.

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)?
- 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. What does putting faith into action look like for you?
2. Are there things you find hard to trust God for? Is there a way to change that?
3. How do we make sure we come to God for who he is and not just for what we want?
4. What does/could a relationship with Jesus look like for you?

Creative Prayer/Reflection

Encourage the young people to make teaspoon prayers (depending on your budget and geography, either post a teaspoon (disposable or from an economy pack) through the young people's doors, and/or use the picture on the next page for them to decorate and write prayers on.

In recipes, they shorten the word 'teaspoon' to 'tsp'. We are going to use those letters to help us pray. We have looked at coming to God for more than just asking Him for what we want, so the first prayer is thanking God for who he is or for something he has done. The second is saying sorry for the times we don't always do the right thing. Only after this do we ask God for something.

Thank you for my friends

Sorry that I wound up my sister

Please help me to trust in you.

Amen.

