



**URBAN
SAINTS**

**Pick 'n' Mix
Supersize**

Youth Zoom

**Faith not Fear
Session 1**

Trust in the midst of chaos



Trust in the midst of chaos

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 1 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 video talk 1

Chloe talks to us about three things we can learn from the story:

- When the disciples were afraid, they woke Jesus. When we experience fear, is our first response to run to God?
- They accused him of not caring. How often do we accuse God of not getting involved when we're going through tough times?
- They are in awe when Jesus calms the storm with three words. They are reminded that God not only can bring comfort, but has power to change situations.

Chloe reminds us to:

Focus on Jesus, not distractions

Remember Jesus is powerful

Trust God

Signs

This game works best if are using on a laptop as you need to be able to see everyone in the call. If this is not possible, you can play this game using sounds rather than visible actions.

Each person in the group needs to come up with a sign or action, for example a thumbs up, a dab, stick your tongue out etc. Make sure everyone knows at least one other person's sign.

The idea of this game is to pass the sign from one person to another by doing your own sign then someone else's, who 'receives' the sign by doing their own, and passes it to the next person by doing theirs. Keep going as fast as you can. You can make the game harder by adding the rule: when someone goes wrong they swap signs with someone of their choice.

Discovery Bible Study/Swedish Bible Study

Re-read Mark 4:35-41. 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)?
- 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 is your first response when you face a "storm" in life? Fear, accusation, loss of hope...?
2. How can you fix your focus more on Jesus this week?
3. Can you list some of the times in the past when God has answered your prayers or helped you through a tough time?
4. How can trust be our response when we face a "storm" in life?

Glitter Jar

In order to do this activity, you will need to ensure that your group all have the materials in advance.

You will need:

- A jam jar or similar with a lid
- Glitter

How to make it:

- Put water then glitter in the jar
- Close the lid tightly, you can glue it shut with strong glue, tape or a glue gun.



Think and pray

Take the jar and shake it up, now sit still and watch the glitter fall to the bottom until it is completely still. While the glitter is falling think about the story today.

Jesus was in the boat with his disciples during a terrifying storm.

Thank God that he is always with you even when things are really scary or difficult.

Storm of worry

What are the things which make your group anxious?

Make a Worry Storm together, or encourage them to create one of their own. Sometimes naming fears can remove some of their power. Write a prayer at the bottom as a reminder that Jesus has power over the storms in our lives.



Who would you trust to....?

Describe scenarios where the young people choose a person they would want help from and, most importantly, explain why. They get to choose everyone once, so there have to be enough scenarios for every person to be chosen. Make some up yourself too! e.g. "If I was stuck on a desert island I'd choose Hannah to be with me because she is really practical and a calming person to have around".

Who would you want with you when:

- Giving a speech to 100 people
- Making a Tik Tok video
- Being chased by a giant hamster
- You are about to walk into an interview
- Meeting my new boyfriend/girlfriend's parents for the first time
- Making a campfire
- Wanting to learn more about the Bible
- Setting yourself a holiday budget
- Finding food to eat in the wilderness
- Feeling upset about something
- Wanting to create a website to sell your new 'Lockdown Creations Cookbook'
- Sampling your new Lockdown Creations
- Setting up a new fitness company
- Struggling with maths homework
- Opening a new bakery
- Picking a quiz team member
- Wanting to ask difficult faith questions
- You need help with Fortnite

What can God not do?

Ask the group whether there is anything God can't do.

They may not think of anything at first, but there are lots of things God can't do:

- Tell a lie (Hebrews 6:18)
- Tempt us (James 1:13)
- Love sin (Proverbs 6:16-19)
- Die (Psalm 90:2)

As we reflect on things that God can't do, invite the group to think through whether these traits reflect a person who they would want to trust.

Where are you?

Look at the picture (at the back of this document) of the boat with Jesus and the disciples.

Ask each of the group to pick one of the people in the storm picture that they can relate to. Let them explain why they picked that person.

Are they the one waking Jesus up? Or the one drinking some tea and having a chat? Maybe they just feel sick or are unable to move or perhaps their response isn't pictured yet.

Discussion starter

Ask the group what the benefits are from trusting Jesus and putting our faith in him. Then ask them what the drawbacks are.

Continued overleaf...

Continued...

You could even share a Word document with a pros/cons list so that they can see it. If your young people struggle to talk or a lot of them want to talk, you could get them to post it in the chat.

Your group also might find it easier to start with challenges like:

- I'm expected to behave a certain way
- It's hard
- I don't want to be disliked or mocked

It's really important that you will have thought through the advantages of why we are following Jesus. Here are some examples:

- God has been my closest friend and with me in the hardest of situations
- God has always provided and come through for me
- He's invited me into a life of adventure that I would have never imagined

Creative response:

Encourage your young people to find a small pebble in advance. Have them decorate it and encourage them to write 'peace' on it. Then ask them to carry the small pebble with them as a reminder that Jesus both wants to, and can, give us peace. It could be useful when back in school or during a difficult phone call. As they feel it in their pocket, they can say a short prayer along the lines of, "Jesus, you know how I feel right now, I give you my fears, please give me your peace instead."

This could work with a bracelet or keyring as well.

Where are you?

