

ROOTS YOUNG PEOPLE

Luke 21.25-36

Find Bible notes and more prayers on p.22. Use the Bible section first, then choose any combination of activities from the other sections. Extra ideas can be found in *Explore & respond* opposite. On the [WEB](#) find templates; *Further resources*; images; *Pass it on*: resources to share for DIY discipleship.

CONNECT

Being God's hope 15 mins **W E A**

Today is the International Day of Solidarity with the Palestinian people. Gaza has lived through decades of turmoil and struggle but, amid the devastation, there are people willing to be God's hope. Visit websites such as www.christianaid.org.uk or www.tearfund.org to find resources, and share stories of hope in this troubled area.

Nature lovers 10 mins **W E S**

Go outside or bring nature in, by collecting leaves, flowers, water, earth, etc. Encourage the young people to touch these things and think about how important nature is to them. What do they rely on? What makes them feel secure? What brings them peace? How would they feel if nature started to unravel? How would it affect their relationship with God? Play some background music (see *Listen*) while everyone ponders these questions.

[WEB](#) PostScript: weekly topical issues and commentary every Thursday.

EXPLORE

Note to self 10 mins **W S**

Give everyone a piece of paper and a wax crayon. Ask them to write down the words of **Psalm 25.2**: 'O my God, in you I trust.' They'll need to press down hard! Then, using water-based paint, invite them to paint over these words, an image of something that really scares them, e.g. a roaring sea, a spider, an exam paper. When the paint dries, the words will show through, reminding young people in whom they trust.

Spreading hope 10 mins + setting time **E A**

In pairs, make the non-cook rocky road bites ([WEB](#) *Further resources*), and encourage the group to give their bites to someone they know who is having a difficult time.

Listen

Fearless, Travis Ryan
Shadows, David Crowder Band
I Can Only Imagine, MercyMe

[WEB](#) See *Hymns, songs & music* for links.

BIBLE

Warm up 5 mins **E**

Show the group some common health and safety signs (use an image search engine to find pictures) and ask them to shout out what each one means. Alternatively, record and play some warning sounds from YouTube, e.g. alarm clock, air-raid siren, car horn, school bell, fire alarm, and see if they can guess what they are.

Ten-word challenge 10 mins **W E**

Read Luke 21.25-36 together and ask the young people to discuss in pairs the feelings the passage evokes for them. Challenge them to summarise the key message in about ten words. Ask each pair to feed back. Who has managed to come up with the most concise summary?

Questions to discuss

- In this frightening passage, what are the signs of hope?
- How can we strengthen ourselves? (compare verse 36 with 1 Thessalonians 3.9-13).



How can you be a sign of hope to someone? *Picture pointers* [WEB](#)

PRAY

H O P E 10 mins **W E**

Put each letter of the word HOPE on a wall. Provide sticky notes and encourage the young people to write a word or phrase beginning with each letter, as a prayer for people living through difficult times. Stick the notes on the right section of the wall and read them out to close the prayer time.

...and breathe 5 mins **W S**

Remind everyone how to breathe deeply – in through your nose and out through your mouth. Dim the lights and play some reflective music (see *Listen*). Encourage them to close their eyes and practise deep breathing, while you read the words of St Teresa of Avila: 'Let nothing disturb you, let nothing dismay you. All things pass, God never changes.' Repeat a few times, or sing/play the Taizé chant 'Nothing can trouble'.

Live in faith **w s**

Stick your 'note to self' or a copy of St Teresa's words somewhere you will see it each day, e.g. fridge door, mirror.