

# YOUTH GROUPS - SESSION 6

# SPIRITUALITY

**Main Aim:** learning how to grow in all areas of your life, including your spiritual life

## Opening Game

**You will need:** empty soft drinks cans

**Time:** 10 minutes

- 👑 Empty can crush - one person closes their eyes and is guided by another person to an empty can, which they must crush with their foot, without looking.
- 👑 Time trials against other teams.
- 👑 Talk about how the blindfolded people had to trust the person that they couldn't see in order to move forward. Link to spirituality and trusting God to guide you.

## Icebreaker & Question

**What you'll need:** The ability to show either of these YouTube clips - [Queen's 2021 speech](#) - 9 mins 3 secs or [Queen's faith](#) - 1 min.

**Time:** 10 mins

Who is your hero and why?

## Say

Explain to your group that the word 'spirituality' on its own can refer to the spiritual side of our lives and isn't specific to the Christian faith. In this case it means caring about things that are unseen and intangible as opposed to physical or ordinary.

However, Christian spirituality basically means how we stay connected to God through Jesus. This includes spiritual practices like prayer, reading the Bible, and spending time with other Christians, but can also refer to our lifestyles and values.

If you believe in God and are a friend of his then you'll want to spend time with him improving your relationship. As we spend more time with God we experience growth and transformation as he challenges and shapes us. The way Jesus taught about God was a way of living that impacts every part of our lives.

There are many spiritual practices we can choose to do and it's ok to experiment and try new ways of connecting to God and living out our faith. Just remember that God loves you as you are, and you don't have to earn his love - there's nothing we can do to make him love us more or less.

The Queen is a great example of someone who has a Christian faith, and this has been evident throughout her life in her words and actions.

She often points to her faith in her Christmas Day speeches. Watch a previous Queen's speech, such as the one from 2021, or the summary video about her faith produced by Premier. Ask your young people to pay particular attention when she talks about her faith. What stands out to them the most?

## Activity – Power of a name

**What you'll need:** Paper and pens.

If possible research the meaning behind some of the young people's names and articulate the potential power and meaning behind them.

**Length of activity:** 10 minutes.

### Say

Power of a name. The Queen's nickname Lilibet originates from the Hebrew name Elisheba, which means 'God is my oath'. What does your name mean?

Ask one of the team to explain the meaning of their name and the power behind that.

Activity: young people match their name to its meaning, in a group or up front, using papers with their names on and the meaning on another piece of paper.

## Bible Bit

**What you'll need:** A Bible.

**Length of activity:** 5 minutes.

Read Matthew 22:34-40 from an easy-to-understand version of the Bible such as a youth Bible or the New International Reader's Version. You can read to your group or get one of them to read the verses.

Explain that the key part of this passage is verse 37 – Jesus replied: 'Love the Lord your God with all your heart and with all your soul. Love him with all your mind.'

Do the young people have any idea what this means? Listen to their answers.

We're told this is the most important commandment from God in the Bible.

## Video

**What you'll need:** video clip or a picture of Stormzy.

**Length of activity:** 5 minutes.

Ask the young people if they know who is pictured. Explain that it's Stormzy. Have they heard of him, and do they know why he's famous?

Stormzy, real name Michael Omari Owuo Jr, is a British rapper who is also a Christian. In his music he has spoken openly about his faith, in tracks like *Blinded By Your Grace* and *Audacity*.

In 2019, Stormzy read a Bible passage from the book of Luke as part of BBC One's Christmas Day coverage. He attends a church in south London, and he used to be a member of Boys' Brigade.

What holy habits do the young people think Stormzy demonstrates? We know he reads the Bible and attends church for starters!

As an alternative, you could consider singer Justin Bieber and his faith. He talks about it more [in this video](#).

## Application/What's it to me?

**Length of activity:** 5-10 minutes.

Like Stormzy and the Queen, we can develop spiritual disciplines.

Talk to your group about some of the various spiritual disciplines they could try, and may already be doing, to get to know God better. There is no set list of spiritual disciplines in the Bible.

Holy habits could include meditation, prayer, fasting, studying, reading the Bible, simplicity, quiet time alone, serving others, worshiping God in song or dance, worshiping God with others at church/youth group/ etc., being in a prayer/small group, retreats, confession, spiritual direction, noticing signs of God around us, creative expression through writing/music/drawing, acts of kindness, concern for equality and social justice, generous giving through finances/time/gifts, and sharing the gospel message with others. Some of these disciplines can be done using apps on your phone, such as listening to worship music or podcasts or praying.

It would be great if you, or other leaders, could share your holy habits and what this means for your relationship with God. Encourage your group to try one of those habits talked about.

Recap on the list of holy habits with the group. Then reflect on these questions with your group of young people to prepare them for the challenge:

- 👑 Do any of them already have any holy habits/spiritual disciplines? Hopefully they'll say attending your group for starters!
- 👑 What new holy habits/spiritual disciplines do they think they could try?
- 👑 What do they need to do, or stop, to make this happen?
- 👑 What are they looking forward to about trying it?
- 👑 What are they nervous about?
- 👑 How can they be supported by their leaders/your group?

Arrange a time at your next session for them to report back and share with each other about how trying a new holy habit/spiritual discipline went.

## Prayer

**What you'll need:** see below

**Length of activity:** 10 minutes

**Prayer Space:** Grow in me

**Description:** Asking God to grow different things in your life. Set out 3 pots with paper flowers growing from the top and have a bowl of sunflower seeds. On each flower is an attribute like 'kindness' 'courage' 'joy' and you take a seed and put one in the pot labelled with the quality you want God grow inside you. Instructions: We can all see how trees and flowers grow into beautiful and strong plants. It's harder to see how we grow on the inside to be strong and beautiful people. Each of these flowers could be something you want God to grow inside you. Take a seed and put it in the pot labelled with the quality you'd like God to help you grow.

You may want to close this time with this prayer:

Dear Lord,

Thank you that you help us grow and get closer to you. Help us Lord to develop holy habits that will draw us nearer to you. Thank you that there isn't just one way of doing this and that we have time and space to discover what works best for us. We pray that we'll be determined to make time for our new habits and that we will be persistent in our efforts to know you better, not just learning facts about you but discovering your character and will. Help us also to love our neighbours as ourselves.

Amen.

## Challenge

**What you'll need:** Equipment and instructions for your chosen activities.

**Length of activity:** 10 mins

Help your group to encourage others to develop spiritual disciplines too by hosting an art installation/ reflection space.

This could take the form of art the young people create themselves around a biblical theme or it could be a series of prayer stations.

Ensure your young people are involved in the decision-making, planning and carrying out of your event. This could be a good opportunity to work with your church and to invite in people who wouldn't normally engage with your church's activities.

What's ONE THING you could do to develop your spiritual life?

## 70 Acts of Service

The Queen has served the UK and the Commonwealth for 70 years. To honour her, let's join together in [70 Acts of Service](#) during 2022.