



**URBAN
SAINTS**

Connection in a place of isolation

Pick n Mix session for use on group Zoom calls

Introduction

This is a Pick n Mix session for your online group Zoom. You don't have to do all the elements suggested, these are simply ideas to make your Zoom fun around the topic of "Connection in a place of isolation." Nor do you have to use them in the order below.

Activities tend to last a little bit longer on Zoom than in real time.

Let us know what has worked well and what didn't!

High/Low/Awkward/Prayer

There are lots of videos & content online for young people, but one thing we miss from Groups is personal interaction.

Mute all microphones apart from the person speaking, and give each person the opportunity to take 2 mins to share their High, Low, Awkward Moment & Prayer request for the week. This gives the young people 'permission' to share celebrations and concerns with the Group.

Go find me (game)

A simple game you can play with those in your group while on Zoom. Below is a list of items you can encourage the young people to race to find. Each item is linked to a connection they already have whether that is school, friends or something different. Feel free to pick and choose items from this list or add others. Your group may all have something you bring to the group already e.g. Bible, t-shirt..

- A photo of you and a friend (this could be on their phone or a physical printed picture)
- An item that makes you smile
- An item linked to a sport you enjoy watching or playing - this could be a ballet shoe, football, running kit - whatever they are interested in
- A mug or cup belonging to a family member
- A present someone has given you
- An item in the leader's favourite colour (Make sure one leader has chosen their favourite colour beforehand)
- A pair of headphones
- An item that currently is difficult to find in shops - could be loo roll, hand soap, hand sanitizer, baked beans etc
- A shoe that belongs to someone else in your house
- A school book or textbook
- An item that you don't normally use
- An item that reminds you of God. You could ask the young people to explain why this item reminds them of God

'Connected out of 10'

Explain that you are going to say a whole load of people/situations that we might normally be connected to and invite the group to hold up fingers to show how connected they feel to these people at the moment with 0 fingers being not connected at all and 10 very connected.

- School
- Best friend
- Parents
- The people you do sport with
- Brother/Sister
- Grandparents
- The person you sit next to in your first class on a (add the day of the week here)
- Your neighbours
- God

Discovery Bible Study/Swedish Bible Study

Look at Deuteronomy 31:8.

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

- What does this verse tell me about God?
- What does this verse tell me about people (or myself)?
- If this is God's word for my life how will I obey it?
- Who am I going to tell?

The Swedish Method uses the following questions:

- What part in the verse stands out or 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?

Both methods are really simple and once you've done it a couple times you could even get one of your young people to lead the Bible study!

Connecting with God

The aim of this is to help young people to connect with God and experience him speaking. Tell the group that you are about to have 30 seconds of silence together. During this, invite the group to ask God to help them remember someone who needs to be encouraged.

Explain that, especially if praying is a new thing for them, they might be surprised as someone immediately comes to mind.

As you start the silence you may want to mute everyone, maybe even turn off the video or ask people to close their eyes to help them focus. Reassure them that if they didn't get a name, that's okay and they can ask God at any time. Pray and ask God to speak as you begin. After 30 seconds, ask if any of the young people feel like God has brought someone to mind. There will be an opportunity this week to put this into practice and encourage that person.

Questions to discuss:

1. Who do you find yourself disconnected from at this time?
2. How does this make you feel?
3. In what ways could you reconnect with them in the present situation?