

## **Hope in a time of despair**

### **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 "Hope in a time of despair." 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.

#### **Share hope & joy**

Pair the young people up and give them 1 minute to come up with (positive!) words to describe each other beginning with each letter of their name.

E.g. JOHN - Joyful, Original, Hilarious, Nice

#### **Vote !**

Get each person in the group to get a blank piece of paper and to write 'hope' on one side of the paper and 'no hope' on the other. Now explain that you're going to read a series of different scenarios and they have to use their paper to vote on whether the person(s)/place in the scenario has any real hope or not.

Scenarios:

- Accrington Stanley FC winning the FA Cup next season
- Donald Trump being re-elected as president of the USA
- England winning the 6 nations championship at Rugby
- Australia winning the most medals in the next Olympics
- Scotland gaining independence in the next 5 years
- You having your favourite meal cooked for you in 2 days time
- 'The Voice' being won by someone from Birmingham
- Leeds being named as the most beautiful city in the UK

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- You being invited to Buckingham Palace
- The government announcing that there will be three new bank holidays per year
- Someone swimming across the Atlantic
- The Liberal Democrats winning the next UK election

## **Lip Sync Battle: Don't stop believing**

Get the song 'Don't Stop Believin'' ready to play (see link below). Explain to the young people that you are about to do a lip sync battle. Once you start playing the song you will say a name of a young person or leader who will "perform" the song with their best moves and lip sync until you say another name. You might want to start with an eccentric leader to encourage the young people to give it their all and make it more fun.

(you'll find the song here: <https://www.youtube.com/watch?v=1k8craCGpgs>).

## **Discovery Bible Study/Swedish Bible Study**

Look at Matthew 28:1-10.

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 story tell me about God?
- What does this story 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 passage 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!

The turning point for the disciples. For almost three years, they had followed a Saviour who had then been crucified - all hope they had placed in Him seemed gone. Yet, through Jesus' resurrection there is hope. Hope comes, even in a time of despair, because we know that God has not been defeated by death. Our God is greater than our current circumstances!

## **Questions to discuss:**

1. Can you think of a movie where a character's situation looked hopeless? How did they respond to challenges? What was the outcome?
2. Most famous stories show Good overcoming Evil. Do you think that's what will happen during this crisis?
3. How do you think the Easter story of Jesus rising from the dead can bring hope to our current situation?