

Travellers – Afternoon Activities

Welcome back travellers,

Welcome to our afternoon session of Stay Awake. We hope you enjoyed worshipping with your families! How has your day been? It was SO lovely to see you all over lunch-time and it was really great to chat about how God is helping us in our lives right now. We hope you're now excited for this new life that Jesus has invited you to have with Him!

The logo features the words "Let's Pray!" in a stylized font. "Let's" is in green, "Pray!" is in blue, and there is a white exclamation mark.

Say this prayer out loud or in your head, and if you have anything else you'd like to thank/ask God for then do that too!

"In the name of the Father, of the Son, and of the Holy Spirit.

Dear Jesus,

I thank you for your awesome love, and I thank you for loving me as Your child. I am so excited to open my life to you Lord and I pray you give me the courage and wisdom to do this. I pray for an outpouring of Your Holy Spirit Lord, so that I may become prophetic in the ways you desire. In Your name Lord Jesus Christ. Amen."

Earlier we were learning about the story of Isaiah and how Isaiah brought God's good news to His people. This message was of hope and of comfort to the people of Jerusalem and for us today. We ended our lunch-time session by listening to a poem called '**footprints**' which was about how God carries and comforts us when we are feeling weak. On the Stay Awake website (www.stayawakejc.com) we have uploaded this poem for you to read and reflect on.

This afternoon we would like to help you to meditate using this poem. Within the Christian faith, meditation can be used as a form of prayer when we are struggling to know what to pray for/when we are tired/when we want to praise God but just don't have the words.

Here's some guidance on how to meditate through the poem 'footprints'.

Take a copy of the poem and go to your quiet space. Make sure you can be undisturbed for about 10 minutes, so that you can really spend some time with Jesus.

First, **pray and ask God to speak to you through this poem.**

Next, line by line, read the poem to yourself. Read this as slowly as you need to – God wants to speak to you, so try to **be open to Him when He does.**

Focus on the words of this poem. Were there any words which stood out to you? Perhaps this was God's way of sending you a message. Pray over these words. Repeat them in your mind and **ask God to reveal to you what He means through these words.**

Can you hear God speaking to you?

What do you think these words mean in relation to your life right now?

Spend as long as you would like reading and re-reading this poem until you feel calm, relaxed and you can feel God's presence with You. **God wants you to spend time with Him.**

OK... How did you find that? Was it easy to meditate and be with God?
Was it difficult? Did you notice God speaking to you?

Meditation can be really difficult, especially as it might be something that is new to you. Listening to God's voice can also be hard. Sometimes we're unsure if it is God speaking to us, or our own voice. For our next activity, we'd like to focus more on hearing God's voice and becoming prophetic, just like Isaiah.



We all have gifts. Some of us can draw, some can paint, some can write poems, some are musicians, others can act, but all of us can be present with God. God gifts us gifts, through His Holy Spirit, and He asks us to use these to bless other believers and non-believers. What are your gifts? Can you think of a way that you can use your gift to bless others?



I'll give you some examples of how some of my Christian friends have used their God-given gifts to bless others.



Hi I'm Jacob. I learned to play the piano when I was in year 2 and studied classical piano music, doing all my grades as if it was school work. It felt like a chore! But when I became a Christian during my time at university, I realised that God had given me the gift of playing worship music which did not seem a chore at all. In fact, it brought me great peace and joy in serving God through my music, as well as encouraging all of the people of God's church to enter into worship.

Hi I'm Jas. I love Jesus and I wrote the Stay Awake song to help praise God and draw people closer to Jesus in a fun way. I pray and listen to what God wants to say to me, and what message He wants me to give others. I then write this down in the form of lyrics. Sometimes God uses us to speak to others through words/stories/poems/songs.



Now that we've heard from these guys, **it's your turn!**

We want you to think about a gift that God has given you and how you can use that to share God's good news. If your gift is music, maybe you could play a song to God. If your gift is poetry, maybe you could try and write a poem to God/to God's people, just like our **'footprints'** poem. If your gift is drawing/painting, listen to what God is asking you to draw and draw whatever Godly thing comes into your mind. If you can't think of a gift right now, then why not try something new. Perhaps you could pray and ask God to speak to you through art or through writing poems.

This is not easy, so do not be dis-heartened if you are struggling. The more time you spend with God, and the more often you ask Him to come into your life, the easier it will be to recognise how He is asking you to use your gifts.

So... spend some time listening to what God wants to say to you, and try to show those words through your gifts. Take the copy of our 'footprints' poem with you for some guidance on what to pray for.

Finally, let's close in prayer.

*In the name of the Father, of the Son, and of the Holy Spirit.
Lord, You are so great, and you have given me so much joy today. I am so lucky that You want to bring me this joy every day of my life. Help me to know You more, help me to rely on You and help me know when You are speaking to me. Guide me through this next activity and help me unravel my gifts from you Lord Jesus. Give me insight into how to use my gifts for you and the courage to talk to others about them.*

Amen.



Thank you guys! That's the end of our sessions for this year's conference and we hope you had fun! If you've finished early, then there is a fun crossword you can do until the main talks have finished (you can find these on the Stay Awake website). Once the main talk is finished, come and join your parents/guardians for our final goodbye and last song 'Stay Awake'! I'm counting on you guys to do the actions for us!

Love from your stream leader, Kat ☺

**God bless
you**