

Who Is God for Me?

1. Icebreaker: My favorite nickname is ...
2. Who is God for me? Ask the teenagers in your group to reflect on that question for a minute and to share their responses. Give them some time to do this and don't be afraid of some silence.
3. How have I experienced God in my life? This is a good time for you, as a RAP Leader, 'o share your spiritual journey with your group. Speak about some of the ways you feel you have experienced God in your life. Invite the teenagers in your group to share their reactions and their experiences of God.
4. Luke 12:22 to 31--- ask the teenagers to close their eyes and read the passage slowly to them with some classical background music playing for them. Give them some time to take this passage in and reflect on it when you are finished reading with the classical music continuing to play in the background.
5. Ask the teenagers if anything came to them during the reading.
6. Use the three questions on the teen sheet to stimulate a discussion.
7. Tree Meditation:
 - a. ask the teens to relax
 - b. place them in a comfortable outdoor setting
 - c. tell them to imagine God coming to them in the form of a tree
 - d. help them to see what type of tree, what it looks like, and what is happening around it
 - e. as you are reflecting on your God tree, you notice that you also are changing into a tree
 - f. what type of tree are you? where are you in relation to your God tree?
8. Ask the teenagers to choose a specific action for the week.