

sweet :MEDITATE



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TO KNOW GODS WORD IS TO OUR SPIRITUAL WELLNESS WHAT WORKING OUT AND HEALTHY FOOD IS TO OUR PHYSICAL WELLNESS.
TO KNOW WHY IT IS IMPORTANT TO READ THE BIBLE



TO READ THE BIBLE AT LEAST ONCE THIS WEEK AND ANSWER THE DISCIPLESHIP QUESTION.

Games



- 🔴 **Play The Tray Game** - spot the missing thing!!
- 🔴 Have 30 secs to look at objects on a tray. Hide them with a tea towel and leader take one away.
- 🔴 Take it in turns to guess what's gone.

YOU WILL NEED A TRAY, AND DIFFERENT RANDOM OBJECTS AND A TEA-TOWEL.

Video



Watch the video on DropBox.

Press pause and discuss the questions halfway through, give a few minutes for the discussion, then carry on watching it until the end.

Discussion



- 🔴 What things do you think fills most of your time?
- 🔴 Do you find it easy to concentrate on one thing for a while?
- 🔴 Are there things that help you concentrate?
- 🔴 Do the **Discipleship Question**. Go round and share:
 - What has God said to you as you read the bible this week, and what are you going to do about it?

Bible Bit...



Read Psalm 1:

In groups:

Read it (what does it say) - anything that pops out or interests you?

Reflect (What does it mean, then and for you now)

Respond (What do I do now)

Extra questions:

- 🔴 What does prosper mean?
- 🔴 What is a tree planted by a stream like?
- 🔴 What does it mean to delight in the law?
- 🔴 What is the promise in the verse?

CHALLENGE: How can you think and meditate on the bible this week?

Pray Spend some time at the end of the session praying.

Reading the bible is a battle, pray you can do it this week and get something out of it.



Can you post anything on Facebook about what you've learnt today?



Can you post a picture on insta representing what you've done today?



Can you post anything on Snapchat about what you've learnt today?