

CROSSING PATHS WITH JESUS

North United Methodist Church
Lenten Retreat
March 3-5, 2017
Camp Allendale

Friday, March 3, 2017¹

5:30pm Gather and pack vans
6:00 Leave for Camp Allendale
6:30 Stop for dinner
7:30 Arrive, unload vans
8:30 **Gathering**
9:30 **Worship – Identity**
11:00 Quiet time in rooms, lights out

Saturday, March 4, 2017

7:30am Quiet time over
7:45 Morning Devotions (in rooms)
8:00 Breakfast
9:00 **Music**
9:15 **Session One – Temptation**
10:00 Break
10:45 **Session Two – Rejection**
12:00pm Lunch
1:00 **Session Three – Give It a Try! (stations)**
5:00 Dinner
7:00 **Session Four – Remember**
8:00 Break
8:30 **Session Five – Prayer Stations: Praying with Jesus**
11:30 Quiet time in rooms, light out

Sunday, March 5, 2017

8:30am Quiet time over
8:45 Morning Devotions (in rooms)
9:00 Breakfast, then pack vans
10:00 **Session Six – Solidarity**
10:45 Worship Prep
11:15 **Worship with Communion – New Life**
12:00pm Lunch
1:00 Finish packing vans and leave Camp Allendale
2:00 Arrive at NUMC

¹ Created and assembled by Anne Brock, Minister of Youth & Young Adults at North United Methodist Church.

Background and Purpose

The theme for Pastor Darren's Lenten sermon series this year is *Reclaiming the Cross*. I wanted to tie in with this theme, hence "Crossing Paths with Jesus." However, this retreat is more than a focus on the cross – this is an intentional time of crossing paths with Jesus' life and our lives. This fall I spent a lot of time reading the Psalms – the very words Jesus read during his life. I felt a strong connection to the many millions of people who have gone before me in the reading of these Psalms.

If anyone ever published my journals I would be mortified, and yet, that is exactly what we find in the Book of Psalms – the innermost thoughts and feelings of those who claimed God, the LORD, as their rock and refuge. When I read the Psalms in this way I feel secure in taking my doubts and failings and joys to God, because so many others have done the same. God doesn't require sacrifices anymore, but God does continue to desire a relationship with each and every one of us. The Psalms show us how we can be in an authentic, whole relationship with God.

Jesus prayed these Psalms and we pray them today – our paths have crossed. Jesus discovered his identity as he grew up and we do the same – our paths have crossed. Jesus experienced temptation and rejection, as do we – our paths have crossed. Jesus managed friendships just like us – our paths have crossed. Jesus knew the importance of remembering, the same way we do today – our paths have crossed. Jesus stepped into our humanness and showed solidarity, as we do with others who suffer – our paths have crossed. Jesus showed us the ultimate example of new life, something we discover anew throughout our lifetime – our paths have crossed. By connecting our stories with Jesus', we are stepping back thousands of years while also bringing Jesus to our time and place, here and now.

My hope is that through the Psalms and Gospel readings, these connections with Jesus will come to life for the youth (and adults!). Through conversations, games, activities, crafts, and plenty of time outdoors, I hope we will all cross paths with Jesus during our time together. I hope we will experience Jesus in each other and in ourselves. I hope we will discover that Jesus understands our struggles and disappointments, joys and delights because he walked this earth just like us.

As always, I trust you to lead your small group in the way that best works for them. Adapt, adjust, modify – do whatever it takes for them to cross paths with Jesus during this retreat. Makes God's love known to them in real and tangible ways by listening, supporting, laughing, crying and walking with them. You are Jesus' hands and feet this weekend. For that, I am grateful.

The Big Picture

Theme	Jesus	Psalm	Us
Identity	At the Temple	2:7-9	Stepping away from parents
Temptation	In the Wilderness	69:1-5, 16-18; 73:25-28	Peer pressure
Rejection	Hometown	70	Friendships, social media
Remember	The Last Supper	136	Memories of God's presence
Solidarity	On the Cross	22	Standing with the hurting
New Life	Resurrection	104 (vs. 30)	Fresh start

Knee Groups

1. What is a knee group?

A small group of youth all of the same gender and age group. There is at least one adult leader.

2. What is expected of a knee group leader?

Help the group get to know each other. Help the group feel comfortable sharing with each other. Encourage participation. Give everyone an opportunity to share, if they want one. Help them “wonder” about ideas and thoughts. Create an atmosphere of respect and love. Write a warm fuzzy for each person in your group.

3. What is not expected of a knee group leader?

Advice giving (unless it is asked for). To know all the answers.

4. What is expected of knee groups?

As a group, you have flexibility to make decisions about your discussions and activities. However, it is expected that each group will participate fully in the given activity. If it needs to be modified based on the temperature of your group at that time, that’s okay. Take as much time as the group needs. Honor the time you have together. Have fun together! Take time to really listen to each other.

Contemplative Listening

“There are so few moments in our lives when we feel ‘heard,’ that when someone really listens to us it can feel like a conversion experience...

One way to help young people experience true listening is by helping them practice contemplative listening. Contemplative listening is the practice of seeking to be fully present, open, and available to another person...

The primary rule of this exercise is simple: As one person shares his or her experience, the other persons in the group listen and pray silently for the speaker, with no interruptions, interjections, or gestures. Just prayerful listening – listening with an open heart.”²

² Mark Yaconelli. *Downtime*. (Zondervan: Grand Rapids, MI, 2008), 187-189.

Gathering

45 minutes

Supplies needed: songbooks, guitar, posters, markers, pens, pencils, envelopes, Bibles.

- Music
 - I am a C
 - Lord, I Lift Your Name on High
- Individual introductions
- Living together in community
 - Be present. We're glad you're here, so put away your electronics, books, and side conversations and engage with us.
 - Treat everyone how you want to be treated. No unwanted physical contact of any kind.
 - Maintain a positive and respectful attitude. You may disagree with a consequence, but the group leader and volunteers are responsible for everyone's safety. What they say goes.
- Introduce knee groups
 - Share with your group a trip you took and why it was meaningful to you.
 - Make a poster – around the theme of *Crossing Paths with Jesus* – and include everyone's name. You will share your poster with whole group.
 - Have each person decorate an envelope for warm fuzzies. Everyone will have an envelope for the weekend. When you have some down time, write a short note of encouragement or thanks to those on the retreat. Put it in their envelope and on Sunday everyone will feel all "warm and fuzzy" thanks to the notes they read!
- Introduce the theme
 - What was Jesus' religious background? (*Jewish*) What scriptures do you think he read? (*Hebrew Scriptures/Old Testament*)
 - Unlike many of us today, during Jesus' time, they didn't have access to the written scripture so they memorized it. So, there are several places in the Gospels when Jesus quotes from the Old Testament, including the Psalms.
 - What we read in the OT has been read by millions of people over the last 2,000+ years – people including Jesus! When we read the Psalms, we're reading it just as Jesus heard it.
 - This weekend we are going to cross paths with Jesus – both through our personal experiences and through the scriptures. We're going to hear Jesus' story in the Gospels, hear prayers he may have prayed in the Psalms, and connect both of those to our own lives.

Worship – Identity

45 minutes

Supplies needed: songbooks, guitar, candle, lighter, “I Am” sheets, markers, pens, pencils, Bibles, computer, projector

- Music
 - Blessed Be the Name
 - Create in Me
 - May the Words of My Mouth
- Prayer: God, as we enter this time of worship, help us to stay alert and focused. Help us to hear what you have to say. Amen.
- Message
 - When Jesus was around your age, he took some steps away from his parents in order to figure out his own identity – who he was outside of his parents. Listen to this... (read Luke 2:41-52).
 - I wonder if he thought about this psalm during that time in his life ... (read Psalm 139:1-6).
 - We don't read anything more about Jesus until he's older, when he's ready to step into ministry. Listen to this... (read Matthew 3:16-17).
 - Maybe when he heard God's voice he was reminded of this verse... (read Psalm 2:7-9).
 - Jesus had both his current experiences and the scripture to help him understand his identity.
- Activity
 - We are going to take time to consider our own identities. Who do you say you are? Who does God say you are?
 - Using the “I Am” sheet and a pen, quietly spend time writing down words and phrases that you think appropriately describe who you are. These can be descriptions of what you do, how you treat people, what you think about, how to interact with others, etc. Also, consider words and phrases that God would use to describe you. Reread Psalm 139 if you get stuck. (*Have these verses on the screen.*)
 - Close with prayer thanking God for creating us just as we are, for encouraging us to grow deeper in our faith and for loving us unconditionally.
- Music
 - He's Ever Over Me
 - You are Holy

Session One – Temptation

45 minutes

Supplies needed: computer, projector, Bibles, journals

Introduction & Discussion

ASK Where was Jesus prior to the three temptations he faced? (*Desert*) How long was he in the desert? (*40 days*) What did he eat while there? (*Nothing*)

ASK If you were in this situation, what temptations do you think you might face?

READ the passage out loud, Luke 4:1-13.

ASK What are the three temptations Jesus experiences?

1. Food
2. Power
3. Testing God

ASK Do you ever face these kinds of temptations? Hear a few examples. (*Adults, be prepared to share a temptation of your own if the group doesn't jump in with any ideas.*)

SAY We're going to watch a short video³ that depicts Jesus' time in the wilderness in 40 pictures.

ASK Which pictures helped you understand Jesus' experience a little better?

Knee Group Discussion (*If the weather allows it, this might be a good time to get outside "in the wilderness" for your discussion.*)

ASK two volunteers to read these passages out loud:

Reader 1 – Psalm 69:1-5, 16-18

Reader 2 – Psalm 73:25-28

ASK How do these verses connect to Jesus' experience with temptation?

SAY We all struggle with temptation. It's part of being human. If you're comfortable, share something you struggle with.

ASK How might understanding that Jesus was tempted help you with your own temptations? How did Jesus deal with his temptations?

ASK How do you see your life crossing paths with Jesus in this session?

HANDOUT the journals – talk about how you might use these this weekend and beyond.

Close with prayer asking God to help your group with their temptations.

³ <https://www.youtube.com/watch?v=P-6a25Yo2wE>

Session Two – Rejection

1 hour

Supplies needed: copies of Creative Reading for Mark 6:1-6

In advance ask 6 people to participate in the Creative Reading for Mark 6:1-6.

Introduction & Discussion

SAY We're going to try an experiment. Everyone needs a partner. Once you've found your partner, have one partner stand behind the other. When I say go, the person standing in the back needs to tell the person in front a story about something important to you. The person in front can't respond to the story in any way. After a few minutes, switch places. Then everyone can return to their seats.

ASK How did it feel to be ignored like that?

ASK Raise your hand if you have ever felt rejected by another person before? Why do you think rejection is a natural part of humanity?

SAY Jesus wasn't immune to rejection either. We're going to listen to a creative reading that combines Jesus telling a parable with the reaction of people who knew him from his hometown.

ASK the group to come forward and read it.

ASK In what ways are the people rejecting Jesus? Or another way to ask it, what parts of his life are they judging? (*His wisdom, his background, his status, his family.*)

ASK What was Jesus unable to do in his hometown? (*Miracles.*) Why? (*Because of their lack of faith.*)

ASK For what reasons in our current time, do people reject others?

Knee Group Activity

ASK a volunteer to read Psalm 70 (*The Message* version) out loud.

ASK What parts of this Psalm surprise you? What parts do you connect with?

SAY It's important to remember that the Psalms are essentially someone's (often King David) journal. How does knowing this change the way you view the Psalms?

ASK Jesus prayed the Psalms the same way we do. Why might he have read this one after leaving his hometown?

ASK How do you see your life crossing paths with Jesus in this session?

Close with prayer asking God to help your group when they feel rejected.

Psalm 70 (*The Message*)

¹⁻³ God! Please hurry to my rescue!
God, come quickly to my side!
Those who are out to get me—
let them fall all over themselves.
Those who relish my downfall—
send them down a blind alley.
Give them a taste of their own medicine,
those gossips off clucking their tongues.
⁴ Let those on the hunt for you
sing and celebrate.
Let all who love your saving way
say over and over, “God is mighty!”
⁵ But I’ve lost it. I’m wasted.
God—quickly, quickly!
Quick to my side, quick to my rescue!
God, don’t lose a minute.

Session Three – Give it a Try! Stations

2 hours

Supplies needed: magazine pages, glue, clothespins, sticks, yarn, scissors, spiritual practices handout, laptop

1. Magazine art
 - Take a magazine page and fold it in half lengthwise (hot dog). Open and fold each side in toward the centerline. Do this 2 more times.
 - Glue the folds together.
 - Make as many as you want to create a circle.
 - <http://fromliketolove.blogspot.com/2011/11/another-project.html>

2. Spiritual Practices
 - Look through this list and discuss the many different ways we can express our faith.
 - Pick one that you want to try for the next 20 minutes.
 - Pick one that you want to try at home.
 - Share these with your group before you go to your practice.

Read the Bible	Write letter for social justice
Pray for others	Sing hymns
Walk & meditate	Express gratitude to people who have blessed me
Fast or abstain from _____	Show hospitality to a person of a different religion or ethnicity
Look & listen for God in music	Become a prayer partner with a friend
Pray for the needs in our nation and the world	Invite someone to church
Say grace at meals	Keep a journal
Greet strangers with a smile	Attend a spiritual retreat
Recycle	Learn someone else's faith story
Clean up trash	

3. Line dance – Ashley
 - Using a laptop and projector, Ashley will lead the groups in various dances and fun times!

4. God's Eye
 - Using sticks and yarn, create a God's Eye – a spiritual symbol representing the four elements of nature: earth, fire, air and water. The center represents the eye of God. The weaving process is intended to be reflective and meditative.

Session Four – Remember

1 hour

Supplies needed: Bibles, newsprint, markers, pens, pencils, Psalm 136 slips

Introduction & Discussion

ASK What is Passover? (*The Jewish celebration to remember the “passing over” of the Israelites’ homes in Egypt – for more details read Exodus 12:1-28*).

ASK Why do you think our Jewish sisters and brothers reenact this meal every year? (*To remember what God did for them as a people.*) As Christians, what do we remember year after year? (*Christmas, Easter*) What are some acts of remembrance in our weekly worship?

ASK Why were Jesus and his disciples gathered together in the Upper Room for the Last Supper? (*To celebrate the Passover Meal.*)

READ Luke 22:14-20 out loud.

SAY Remembering is a big part of religions, including Judaism and Christianity.

ASK Why do you think it’s important for us to remember not only the stories from the Bible, but also the stories from our own lives?

SAY Aside from Passover, the ancient Jewish people felt remembering was important too – we can see that in the Psalms. These poems and prayers were part of their worship – they remembered their history to be reminded of God’s presence throughout all of time. Together we are going to join in with these ancient brothers and sisters to remember what God did for them and continues to do for us.

HANDOUT slips of paper from Psalm 136. After each person reads their part, everyone together will say: God’s love never quits.

Knee Group Activity

SAY Everyone gets a large sheet of newsprint. We are each going to take time to remember our lives so far. You can write a list or create a calendar or draw a map – whatever makes sense to you. Start with your birth and move forward. Include any events on your map that are significant to you: sports memories, births and deaths, when you got accepted to a group, etc.

After you’ve done that part, go back and write in the faith elements or “God moments” that have been part of your life so far. Where did your faith journey start? What have been the twists and turns? Good times? Bad times? Times you were angry with God, or full of happiness with God? What church and God connections do you remember? Nothing is off limits!

When everyone has completed their faith journey road map, share with each other. Remember, confidentiality is crucial to being honest and vulnerable with each other.

ASK Why is important to remember our lives? Why do you think Jesus asks us to remember him every time we eat? Why do you think several of the Psalms are about remembering past events? (*For example, Psalm 105, 106, 107, 136*)

ASK How do you see your life crossing paths with Jesus in this session?

Close with prayer.

Psalm 136

1 Thank God! He deserves your thanks. God's love never quits.

2 Thank the God of all gods, God's love never quits.

3 Thank the Lord of all lords. God's love never quits.

4 Thank the miracle-working God, God's love never quits.

5 The God whose skill formed the cosmos, God's love never quits.

6 The God who laid out earth on ocean foundations, God's love never quits.

7 The God who filled the skies with light, God's love never quits.

8 The sun to watch over the day, God's love never quits.

9 Moon and stars as guardians of the night, God's love never quits.

10 The God who struck down the Egyptian firstborn, God's love never quits.

11 And rescued Israel from Egypt's oppression, God's love never quits.

12 Took Israel in hand with his powerful hand, God's love never quits.

13 Split the Red Sea right in half, God's love never quits.

14 Led Israel right through the middle, God's love never quits.

15 Dumped Pharaoh and his army in the sea, God's love never quits.

16 The God who marched his people through the desert, God's love never quits.

17 Smashed huge kingdoms right and left, God's love never quits.

18 Struck down the famous kings, God's love never quits.

19 Struck Sihon the Amorite king, God's love never quits.

20 Struck Og the Bashanite king, God's love never quits.

21 Then distributed their land as booty, God's love never quits.

22 Handed the land over to Israel. God's love never quits.

23 God remembered us when we were down, God's love never quits.

24 Rescued us from the trampling boot, God's love never quits.

25 Takes care of everyone in time of need. God's love never quits.

26 Thank God, who did it all! God's love never quits.

Session Five – Prayer Stations: Praying with Jesus

1 hour

Station 1: Temptation

Supplies needed:

Lots of note cards with various verses on them, chairs or pillows to rest on.

Set up:

cloth on table, candles, supplies, chairs.

Scripture:

Jesus returned from the Jordan River full of the Holy Spirit, and was led by the Spirit into the wilderness. There he was tempted for forty days by the devil... After finishing every temptation, the devil departed from him until the next opportunity. –Luke 4:1-2a, 13

Description & Instructions:

After Jesus is baptized the Holy Spirit leads him into the wilderness. While fasting he finds himself tempted. We still find ourselves tempted today – by food, power, sex, greed, popularity, drugs and so much more. Jesus pushed away his temptations by recalling God's words.

Sit quietly and ponder your own temptations. After some quiet time, look through the different scripture cards on the table. Which one speaks to you? Read it several times asking God to help you push away your temptations. Take this card with you and use it to remind you that God wants to help you resist the temptations in your life.

Station 2: Kneeling

Supplies needed:

None

Set up:

Cover the table with a cloth and lots of candles. Set out the scripture and instruction sheets.

Scripture:

When Jesus arrived, he said to the disciples, "Pray that you won't give in to temptation." He withdrew from them about a stone's throw, knelt down, and prayed. –Luke 22:40-41

Description & Instructions:

Kneeling isn't always very comfortable. In fact, depending on the floor, it can be painful! Kneeling before a person is a sign of respect and submission. Throughout the Old Testament scriptures we can find verse after verse of people kneeling before a king. Followers of God took this practice of kneeling and applied it to their King, God, and later, Jesus.

While you are kneeling in this area, pray for those around the world who are in pain and suffering. If your knees start to hurt, let that be a reminder to you that there are many in this

world who are hurting daily. Ask God to relieve their pain. Ask God how you might help those around you who are suffering.

Station 3: Breath Prayer

Supplies needed:

Breath prayers printed on small note cards.

Set up:

Cover the table with a cloth and lots of candles. Set out the scripture and instruction sheets. Spread out the note cards on the table. Set up several chairs near the table.

Scripture:

As long as breath is in me, and God's breath is in my nostrils – my lips will utter no wickedness, my tongue will mumble no deceit. –Job 27:3

God, who made the world and everything in it, is Lord of heaven and earth. He doesn't live in temples made by human hands. Nor is God served by human hands, as though he needed something, since he is the one who gives life, breath, and everything else. –Acts 17:24-25

Description & Instructions:

Breathing is our most basic action. The Hebrew word *ruach* is often defined as spirit or breath. We could think about our breath as the Spirit of God – in and out, moment to moment. Focusing on your breath, in combination with a short phrase, is an easy way to pray wherever you are. You may also find that a breath prayer can calm you down when you are anxious or angry. Try one or several of these prayers while you sit quietly focusing on your breath.

Inhale: Jesus Christ, Son of God,
Exhale: Have mercy on me a sinner.

Inhale: Speak, Lord,
Exhale: for your servant is listening.

Inhale: Show how strong you are, God,
Exhale: just as you have done for us before.

Inhale: Here I am, Lord
Exhale: Send me.

Inhale: Just say the word
Exhale: and I shall be healed.

Inhale: Be still
Exhale: and know that I am God.

Station 4: Anointing

Supplies needed:

Anointing oil, paper towels

Set up:

Cover the table with a cloth and lots of candles. Set out the scripture and instruction sheets. Set up several chairs near the table. One adult needs to be at this table to anoint participants when they are ready.

Scripture:

You love righteousness and hate wickedness. No wonder God, your God, has anointed you with the oil of joy more than all your companions! –Psalm 45:7

Prayer that comes from faith will heal the sick, for this Lord will restore them to health. And if they have sinned, they will be forgiven. For this reason, confess your sins to each other and pray for each other so that you may be healed. The prayer of the righteous person is powerful in what it can achieve. –James 5:15-16

Description & Instructions:

When Jesus encounters those who are in need, one of the first things he often does is touch them. He gives them comfort through human contact. We long for God's touch in our lives when times are difficult. Therefore, anointing is a sign of God's love in tangible form.

Do you need healing from a physical ailment? Are you struggling emotionally with a particular problem? Spend some time in prayer alone. When you're ready, turn to the adult at the table. You can share your concern, but you don't have to. The adult will offer a short prayer then use oil to make the sign of the cross on your forehead.

Station 5: Suffering

Supplies needed:

Large world map, markers/pens, post-its, newspaper/magazine articles about situations around the world

Set up:

cloth on table, candles, supplies, chairs.

Scripture:

Then Pilate had Jesus taken and whipped. The soldiers twisted together a crown of thorns and put it on his head, and dressed him in a purple robe. Over and over they went up to him and said, "Greetings, king of the Jews!" And they slapped him in the face. –John 19:1-3

Description & Instructions:

Jesus suffered because of his teaching and his acceptance. He suffered because he offered love to all people. Jesus isn't the only one that suffered then or today. Many people are mistreated, abused, and suffer today.

Look at the articles on the table. Does one stand out to you – stir your heart to do more?

Using a post-it, write a prayer for those who suffer and place it on the map according to the

location of suffering you read about. How can God use you to end suffering where you live?

Station 6: Postcards to God

Supplies needed:

Rope, clothespins, markers, pens, postcards

Set up:

Cover the table with a cloth and lots of candles. Set out the scripture and instruction sheets. String a clothesline and provide clothespins to hang up the postcards. Spread out markers and pens on the table, along with the postcards.

Scripture:

O LORD, you have searched me and known me, You know what I sit down and when I rise up; you discern my thoughts from far away, and are acquainted with all my ways. Even before a word is on my tongue, O LORD, you know it completely. –Psalm 139:1-4

Description & Instructions:

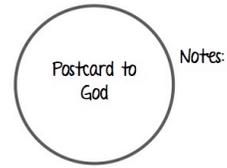
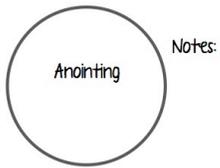
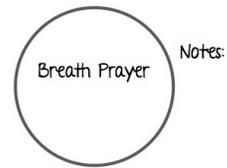
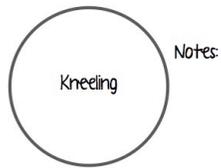
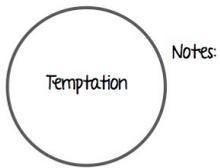
God wants us to know our deepest desires. God wants to hear our questions and doubts.

God wants to be part of your life. Let God into your life!

Using one of the cards that jumps out at you, write a postcard to God. You don't need to sign in – God knows it's from you. Hang it on the clothesline when you're finished.

Leaders: When your group is finished with the prayer stations, please gather together in a quiet space to discuss the stations. Use the provided handout for everyone to write down their initial thoughts, and then share these out loud with the group.

Lenten Retreat 2017
Prayer Stations



One practice I will try at home on my own is...

One practice I'd like to do at youth group is...

One thing I learned from these prayer stations is...

Session Six – Solidarity

45 minutes

Supplies needed: computer, projector, scripture readings

Introduction & Discussion

ASK What does solidarity mean to you? What examples of solidarity can you think of in your own life, at school, in larger society?

SAY When we find solidarity with others, when we stand by those who are hurting or oppressed, we cross paths with Jesus.

In advance, find 5 youth to read these passages out loud to the entire group:

Reader 1 – Luke 23:40-43

Reader 2 – John 19:23-24

Reader 3 – Psalm 22:16-21

Reader 4 – Matthew 27:45-50

Reader 5 – Psalm 22:1-11

These passages will also be displayed on the screen as they are reading.

ASK What examples of solidarity did you hear in these readings? Why is it important for us to know that Jesus understands our personal experiences?

Large Group Activity: Wounded Community⁴

1. Give people a few minutes to think about how they have been wounded in the past – physical wounds like broken bones or emotional wounds such as disrespect or insults.
2. Challenge them to portray their wounds in simple, repetitive motions – a broken leg might be a limp, a broken heart might be hands clutching a chest.
3. Let them spread out and reflect for a few minutes.
4. After they have thought about this, ask for volunteers to do the physical motion they have connected to their wounds. Select about a third of the group.
5. Get everyone's attention and explain that they will be doing a silent activity. A few members of their community are wounded.
6. If they haven't been asked to show their wound, they're healthy.
7. Healthy people take on the wounded person's ailment by walking silently next to them and copying the movement exactly. The wounded person is healed if she feels the healthy person is copying the wounded movement exactly. Wounded people should not give up their wounds until the person taking it really understands it.
8. Once the wounded person feels the other is accurately copying the motion, they are no longer wounded. They are then free to walk around normally and take on another's wound.

Silence is important. Allow the group a good amount of time to explore their own woundedness and to explore others' wounds as well. This can be an incredibly powerful event.

⁴ Losey, John. *Experiential Youth Ministry Handbook*. (Youth Specialties: 2004, 67).

SAY Thank you for taking this activity seriously.

ASK What was it like to have someone take their wounds from them? Was it hard to give up your wound? What might this activity teach us about Jesus and his solidarity with us?

Knee Group Reflection

REFLECT on the passages we heard. How have you experienced solidarity in your own life, either as one needing it or sharing it?

REFLECT on the group activity. What did you learn from this activity? In what ways do you think God is asking you to be in solidarity with others?

ASK How do you see your life crossing paths with Jesus in this session?

Close with prayer.

Worship – New Life

45 minutes

Supplies needed: communion elements, songbooks, computer, projector, speakers, gift

Each knee group prepares a portion of worship.

Call to Worship

Song

Scripture

Prayers

Sermon

Anne's Message

Love Feast

- Have each group come up together to receive the bread. Anne will serve the leaders first. Then the leaders will join Anne. After each youth is served, a leader will place a bracelet on each person's wrist.

Song

Benediction

SUPPLIES

- Songbooks
- Tall candles, votive candles
- Matches
- Paper
- Markers
- Crayons
- Pens & Pencils
- Tape
- Speakers
- Computer
- Post-its
- Meditative music
- "I Am" sheets
- Copies of Mark Reading
- Newsprint
- Psalm 136 slips
- Poster boards
- First aid kits
- Name tags
- 3x5 cards
- Cloths for tables
- I Forgot Box
- Envelopes for warm fuzzies
- Health forms
- Bibles
- Guitar
- Scissors
- Schedules to hang up
- Extra leader packets
- Paper plates
- Paper towels
- Group boxes – pens, markers, Bible, prayer book, paper, envelopes, journals,
- Bread
- Items for prayer stations – scripture cards, breath prayer cards, anointing oil, rope, clothes pins, postcards, markers, reflection sheet, world map, post-its, articles, world images
- Items for rotations – magazine pages, glue, clothespins, sticks, yarn, scissors, spiritual practices handout, laptop, written directions