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**How do I use this resource?**

This resource is a run sheet to accompany the video presentation from Sr Rita Malavisi RSJ. The discussion questions and relevant text will be printed on the sheet and should be used in conjunction with the video. The video can be found on our YouTube channel (aoymelbourne) or at: <http://youtu.be/BYoZWvAfNM4>

**Video running time:** 30 minutes

**Using this resource:**

- Plan the session and be prepared. Make sure you watch the video and read through the guide before you run it!
- Continue with your usual group activities - praise and worship, catch up time or pizza!
- There are icons to make it clearer for leaders to run the session.
- The leader sets the tone in the group therefore the energy of the leader is vital to setting the right mood within the group. If the leader isn't passionate about the topic why should the participants be?



Leader

This session is about exploring your own relationship with God...



Multimedia

Start the video: <http://youtu.be/BYoZWvAfNM4>



Discuss

At 40 seconds, PAUSE video in black screen and continue the discussion:

- Give yourself a score out of 10 for how close you think you are in your relationship to God
- Now give God a score out of 10 for how close God is to you



Music

START the video again, at approx. 1:05 minutes, sit and reflect while listening to the track that is playing on the video.



Discuss

At approx. 6:30 minutes, PAUSE the video and reflect, consider and discuss the following questions:

- How do you pray?
- What is prayer for you?
- What does help?

START the video once discussion is complete.



Leader

At approx. 19 minutes, read the following psalm out loud (it will also be on the screen):

**Psalm 139: The Inescapable God**

O LORD, you have searched me and known me.  
 You know when I sit down and when I rise up;  
 you discern my thoughts from far away.  
 You search out my path and my lying down,  
 and are acquainted with all my ways.  
 Even before a word is on my tongue,  
 O LORD, you know it completely.  
 You hem me in, behind and before,  
 and lay your hand upon me.  
 Such knowledge is too wonderful for me;  
 it is so high that I cannot attain it.

Where can I go from your spirit?  
 Or where can I flee from your presence?  
 If I ascend to heaven, you are there;  
 if I make my bed in Sheol, you are there.  
 If I take the wings of the morning  
 and settle at the farthest limits of the sea,  
 even there your hand shall lead me,  
 and your right hand shall hold me fast.  
 If I say, 'Surely the darkness shall cover me,  
 and the light around me become night',  
 even the darkness is not dark to you;  
 the night is as bright as the day,  
 for darkness is as light to you.

For it was you who formed my inward parts;  
 you knit me together in my mother's womb.  
 I praise you, for I am fearfully and wonderfully made.  
 Wonderful are your works; that I know very well.  
 My frame was not hidden from you,  
 when I was being made in secret,  
 intricately woven in the depths of the earth.  
 Your eyes beheld my unformed substance.  
 In your book were written  
 all the days that were formed for me,  
 when none of them as yet existed.  
 How weighty to me are your thoughts, O God!  
 How vast is the sum of them!  
 I try to count them—they are more than the sand;  
 I come to the end—I am still with you.

O that you would kill the wicked, O God,  
 and that the bloodthirsty would depart from me —  
 those who speak of you maliciously,  
 and lift themselves up against you for evil!  
 Do I not hate those who hate you, O LORD?  
 And do I not loathe those who rise up against you?  
 I hate them with perfect hatred;  
 I count them my enemies.  
 Search me, O God, and know my heart;  
 test me and know my thoughts.  
 See if there is any wicked way in me,  
 and lead me in the way everlasting.



Discuss

PAUSE video and discuss what words from the Psalm speak to you?  
 After discussion, START the video again.



Music

At 26 minutes: listen to song on video or stop video and play a song to finish up. VIDEO will finish after the song. At approx 29:30, Sr Rita finishes by asking us to contemplate the face of Christ and how we can start afresh. Use this as the basis for the reflection on the session as well as any of the other content. You can have the option to run a discussion group here too.



Reflection



Leader

Close with a prayer or continue with your regular youth group activities.