

Faith Adventures Youth Resource

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home and beyond.

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link: <https://urc.org.uk/wp-content/uploads/2023/01/Faith-Adventures-How-To-FAYR.pdf>

Theme: Balance equals healthy growth

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Introduction: What would be helpful to know before we begin?

Proverbs

It is believed that Wise Solomon wrote the book of Proverbs, although there were other contributors. It is often called the book of Wisdom and it is still quoted as wise words for today. Amazing to think that wisdom has been passed down to us from 950 years before Jesus was born. In this passage the writer paints a picture of a garden that has been neglected by its owner. It could be used as a metaphor for faith, it is God who grows the seed of faith but we still need to do our part. Nurturing our faith, supported by others who help our faith to grow and develop. We have also used this passage to consider how we ensure there is balance in our lives. Time to rest is good but also time to get busy and do what needs to be done.

Be careful that this isn't about saying you are not allowed to rest it's more about ensuring that the things you are caring for and nurturing are always cared for; Even if someone else helps with that. Take care that the session isn't a guilt trip, there is a lot of burnout amongst Christians.

Be aware that many children will be very busy with extracurricular programmes etc and this isn't



Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use it to...

Explore

Ideas and activities to explore this week's Bible passage together

A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide your exploration of the theme this week.

Alternatively:

Explore

Encourage participants to think about their typical weekly schedule, and the different activities that they do throughout the week. (Eg School, clubs, family, church)

Create a timetable for the week and write down each activity on different cards/sticky notes. (The template below may be helpful.)

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Morning							
Midday							
Afternoon							
Evening							
Night							

Discuss the questions below:

- x How did you find this activity? What did you learn about the ways you use your time throughout the week?
- x Do you feel that you have a balanced timetable throughout the week?
- x Which activities do you enjoy the most?
- x Which activities are the most important to you?
- x Is there anything that you would add/remove to help make your schedule more balanced?
- x Which activities help you to rest/relax? Do you make time for rest/relaxation within your weekly schedule?
- x Which activities help you to connect with God or grow in your faith?

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been w b e d y p



session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

Balancing your teen years, Hailey Meyers, TEDxGoshen
<https://youtu.be/V0dReBD3FFI?si=hHLunWXLuALrWhZb>

Discussion Questions:

- x What stood out to you from this video?
- x What do you think about the phrase “more is not better?” Do you agree with this phrase? Why/why not?
- x What activities/things motivate you? What are you passionate about?

Talking together: Going deeper

- x The Bible passage refers to losing everything, what do you think the author is referring to? What is that in the context of your life today?
- x What do you think God is saying to you in this story?

Conversation starters

- x When have you misunderstood how important something is? What or who helps you understand that?
- x If you were the person walking past/ the gardener/ the garden how would you feel?
- x

