



Lockdown

REFLECTIONS

5 Youth Group
Sessions

"We are not all in
the same boat but
we are in the same
storm."



Storms in the **BIBLE**

In the Bible we see the many times that God provides protection for his people during the storms of life, both physical and symbolic. When it feels like we are going through a storm, whether that is, lockdown, grief, loss or disappointment, we can look to God as our source of strength, our protector, our refuge and our hope.

Session 1

VIDEO STORIES

Aim: To introduce the idea that everyone has been in the same storm, but not the same boat; everyone's experience of the pandemic has and continues to be very different, but each experience is valid.

Activity: Watch the video hearing from 4 people, each with very different experiences and stories of the pandemic to tell.

At the end of the video or after each question, ask each of the young people to reflect on the same questions asked in the video and write their own answers down:

1. What have been the challenges?
2. What are you thankful for?
3. What have you learnt that you can take forward?
4. What difference has your faith made? (A follow up question to ask is 'what difference has this made to your faith?')

Discussion: Share what stood out from the videos and from your own reflections.

Prayer: Spend time praying through your reflections.



Session 2

REFLECTIONS

Aim: To look at the passage of Jesus calming the storm, and what we can learn from this. Then to take time to reflect more on your own personal lockdown experience, taking the image of a boat and using the reflection questions below. *(In the next session you will be using the answers to the reflection questions to decorate the boat).*

Activity: Everybody's experience has been different. There will have been good and bad things about each of our boat.

Bible Passage: Read Mark 4: 35-41.

1. How do you think the disciples felt when they were in the boat?
2. What do we learn about Jesus from this passage?
3. What hope can this passage give us when we face a storm in our life?

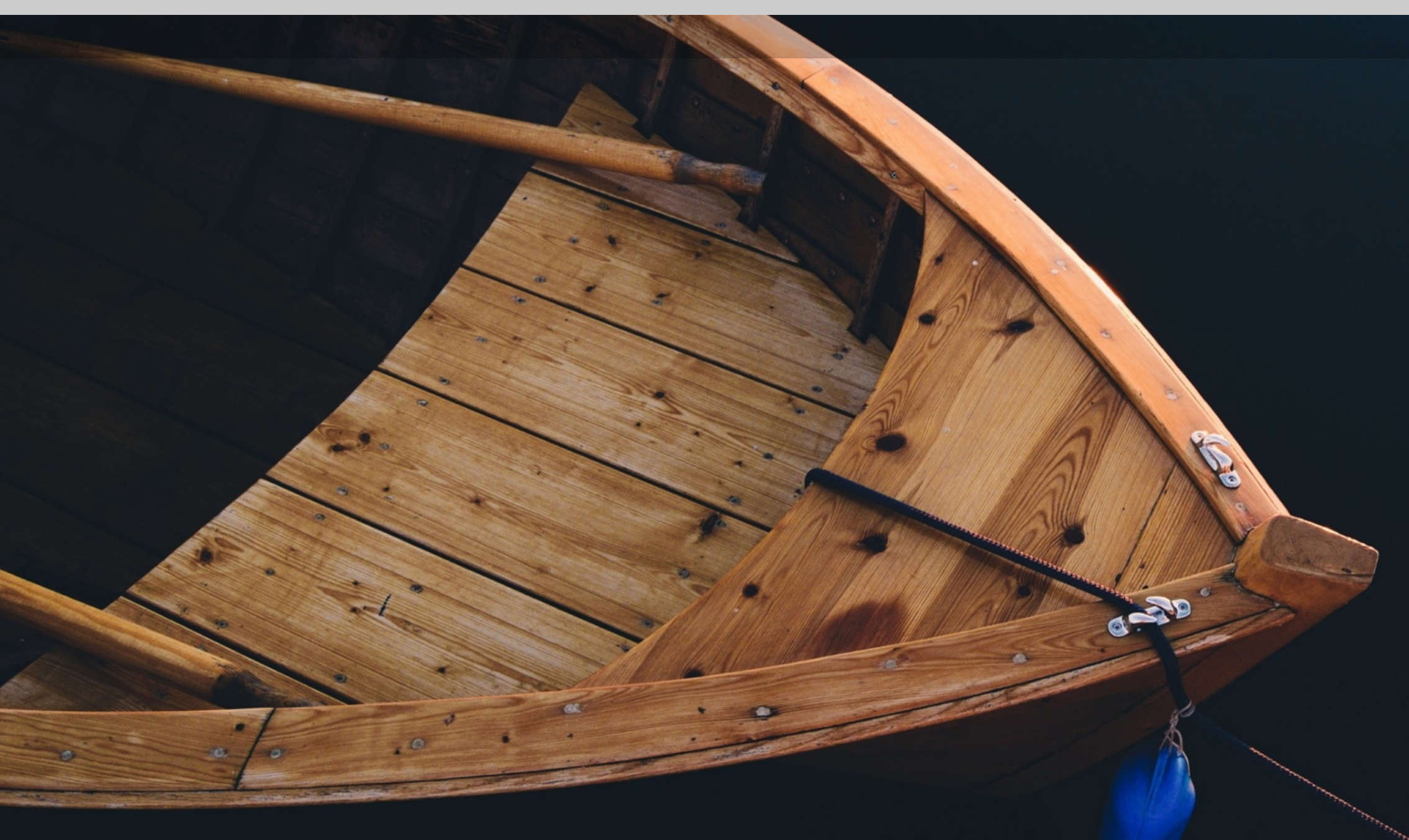


Reflection Questions...

1. What colour is your boat? Why? (Without just picking your favourite colour, think about the emotions you have felt etc. See the resource on page 14 about the different colours and how they can represent different emotions).
2. What has been good about your boat? What things about your boat are you thankful for (e.g. having a garden, not living alone etc.)
3. What have been the challenges in your boat? (e.g. losing a family member, annoying siblings, missing events, not seeing friends etc.)
4. Are you still in the boat, or are you back on land? Or somewhere in between?
5. What have you learnt about God whilst in your boat?

Discussion: Take time to share your stories and experiences in pairs, small groups or as a whole group. * It is key to remember everyone's experience is valid. We have all been through the same thing but experienced it differently.

Prayer: Spend time praying for one another as a group, as you reflect on all your boat has involved, the joys and the challenges.



Session 3

DECORATE

Aim: To decorate your boat, using the answers from the lockdown reflection questions. The boat should visually show their experience of lockdown.

Activity: To decorate your boat, you may want to use key words, bible verses (see page 19 for examples), phrases, or draw images that you associate with lockdown, use your answers from the lockdown reflection questions to help you. Remember this is a way of expressing your story. There are a number of different boat designs to choose from (pages 16-18) or the young people may want to draw their own boat.

Optional Activity: Make a whole Church display with all the boats including to visually see that everyone has been in the same storm but we have not all had the same experience. We can hold onto the truth that God is with us in the storms of life and is our source of hope.

*Be Still and
Know that I am
God.
Psalm 46:10*



Session 4

YOUR JOURNEY

Aim: To reflect on your journey and emotions through lockdown by plotting different points during lockdown.

Bible Passage: Read Matthew 26:36-46

Here we see Jesus expressing his emotions, and acknowledging the pain and sorrow.

1. What emotions do you think you think Jesus felt here in the Garden?
2. Where did Jesus draw his strength from?
3. How might we be able to draw upon this strength?
4. Why is it important for us to acknowledge our emotions?
5. How can we be vulnerable with God about the emotions we are feeling?

Activity: Plot how you felt at different points during lockdown (resource available on page 20) :

- When lockdown was announced
- When school finished
- When you were allowed to meet in groups of 6
- When shops opened
- At the start of the summer holidays
- When you had to wear a mask
- When you started back at school
- When Churches started to reopen
- At this moment in time
- Any other high or low moments of your own
- Draw a line to show your overall changes in mood over during lockdown.

Discussion: Like in Session 2 take time to share your stories and experiences in pairs, small groups or as a group. * It is key to remember everyone's experience is valid. We have all been through the same thing but experienced it differently.

Reflect upon the different points during lockdown, the emotions you felt.

- Can you see God throughout your Journey?
- What can you give thanks to God for?

Prayer: Spend time praying as a group, praising and thanking God that he is with us, and is the same Yesterday, today and forever. He is with us in the highs and lows of life.



Session 5

FINAL REFLECTIONS

Aim: In this final session take time to answer the final reflection questions, helping the young people to reflect on their journey, but also looking forward and what learning they are going to take with them.

Reread Mark 4: 35-41 – What stands out to you? Is there anything different that you notice this time?

Activity: Take time to reflect and answer the questions below:

1. Are you still in your boat now or on land? How are you going to get out of the boat?
2. What have you learnt in your boat?
3. What advice would you give yourself 6 months ago?
4. What one thing from your boat are you going to take / have taken back on land with you?
5. How has your faith been impacted during this time?
6. Write down one thing that you are going to commit to taking forward.

Prayer: Spend time praying as a group, thank God that he is with us and goes before us in all things.



Resources



VIDEO STORIES

Reflection Questions...

1.What have been the challenges?

2.What are you thankful for?

3.What have you learnt that you can take forward?

4.What difference has your faith made?

VIDEO STORIES

REFLECTIONS

To help you plan your design for your boat, answer the following questions...

Reflection Questions...

1.What colour is your boat? Why? (Without just picking your favourite colour, think about the emotions you have felt etc)

2.What has been good about your boat? What things about your boat are you thankful for (e.g. having a garden, not living alone etc.)

3.What have been the challenges in your boat? (e.g. losing a family member, annoying siblings, missing events, not seeing friends etc.)

4.Are you still in the boat, or are you back on land? Or somewhere in between?

5.What have you learnt about God whilst in your boat?

Colours & EMOTIONS

Power

Dark

Mystery

Loss

Unknown

Detached

Simplicity

Faith

Innocence

Courage

Anger

Danger

Creativity

Love

Compassion

Wisdom

Loyalty

Ambition

Peaceful

Healing

Protection

Sadness

Reliability

Loyalty

Growth

Change

Learning

Freedom

Happiness

Optimism

Joy

Cheerfulness

Friendship

Trust

Honesty

Respect

FINAL REFLECTIONS

Reflection Questions...

1.Are you still in your boat now or on land? How are you going to get out of the boat?

2.What have you learnt in your boat?

3. What advice would you give yourself 6 months ago?

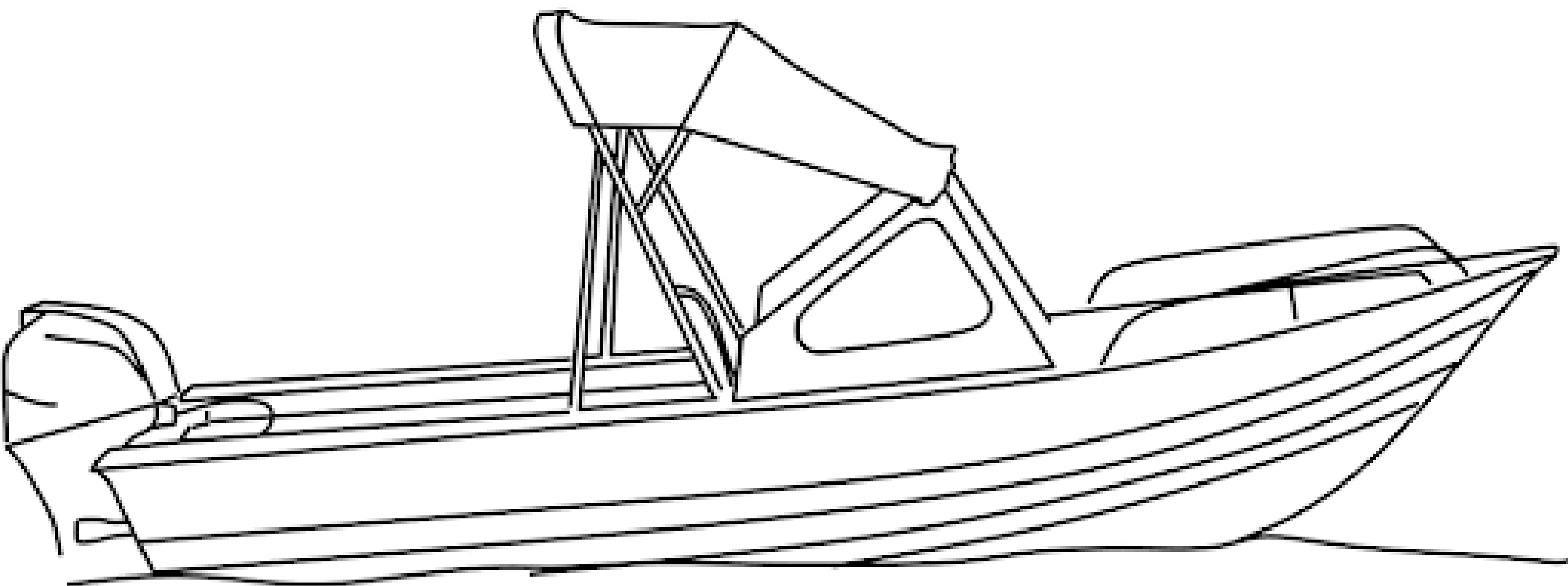
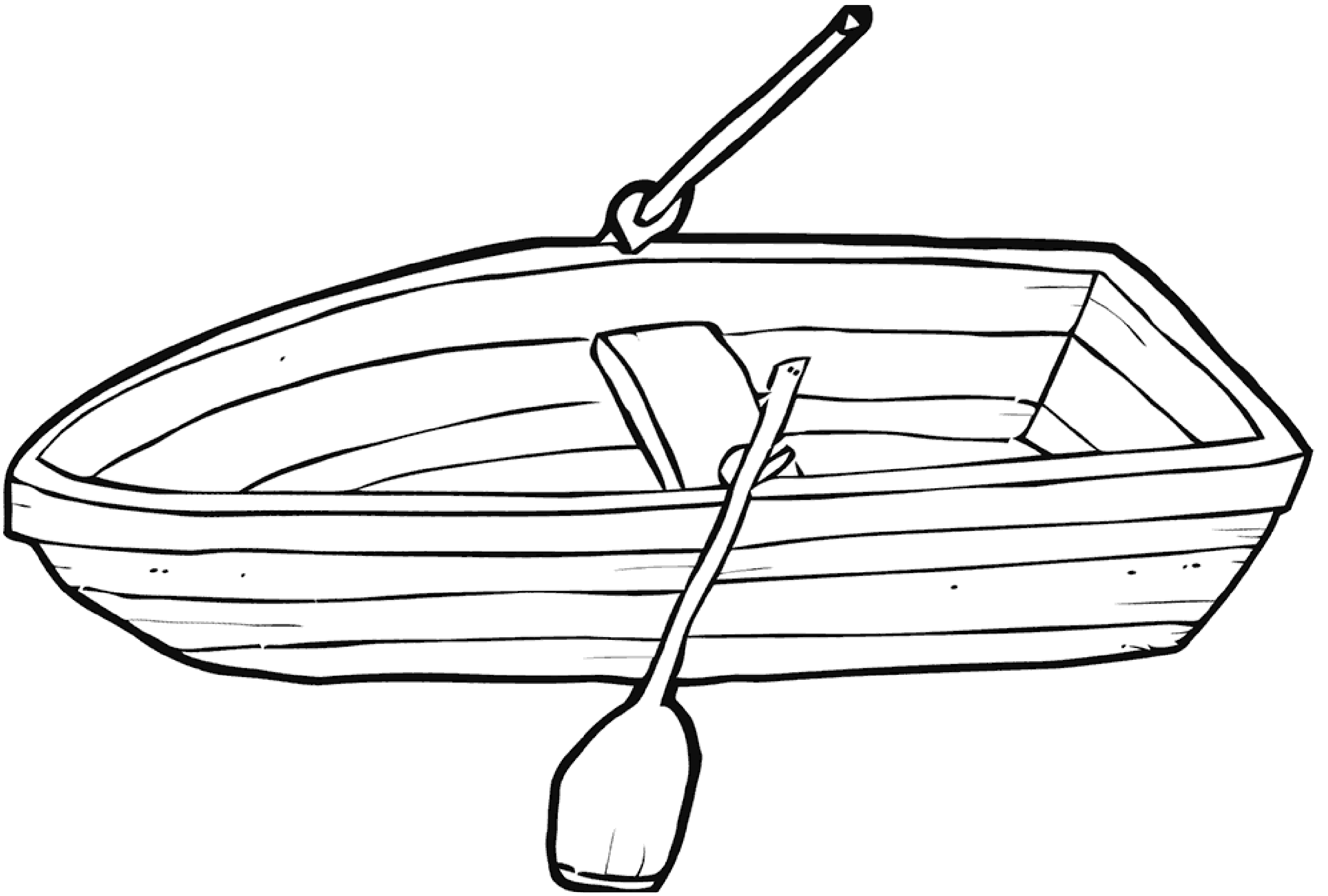
4. What one thing from your boat are you going to take / have taken back on land with you?

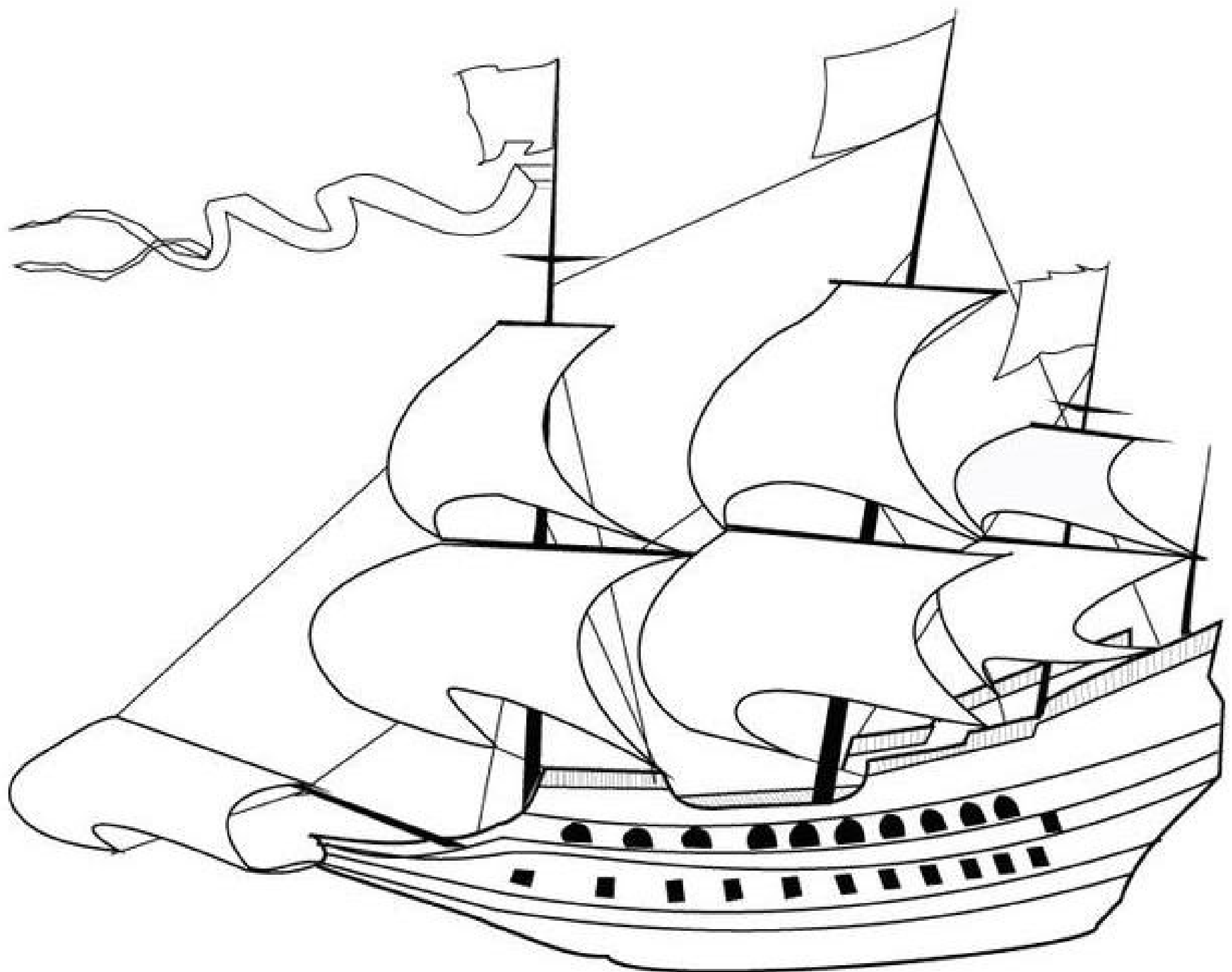
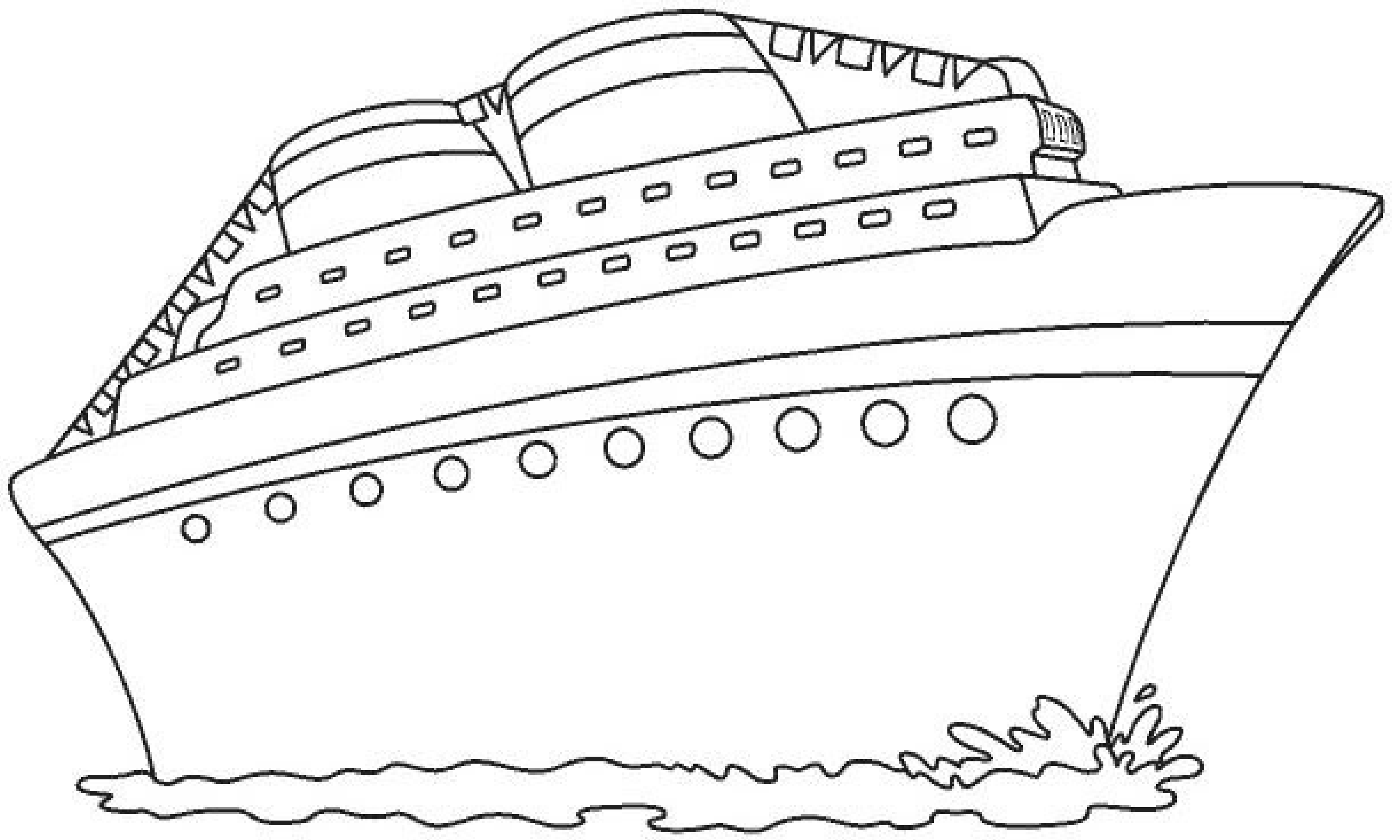
5.How has your faith been impacted during this time?

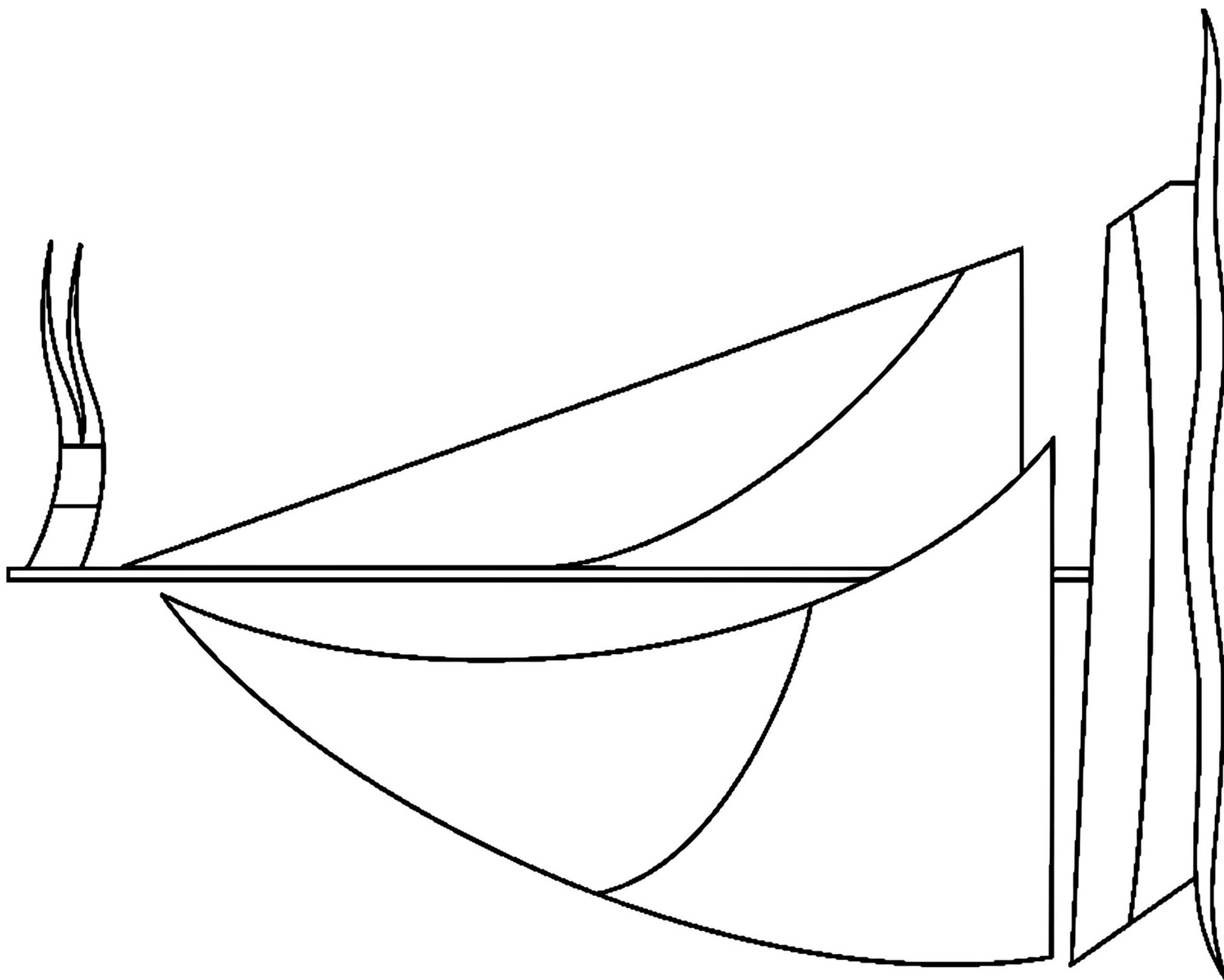
6. Write down one thing that you are going to commit to taking forward.

Resources

BOAT DESIGNS







Bible

VERSES

Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. James 1:2-3.

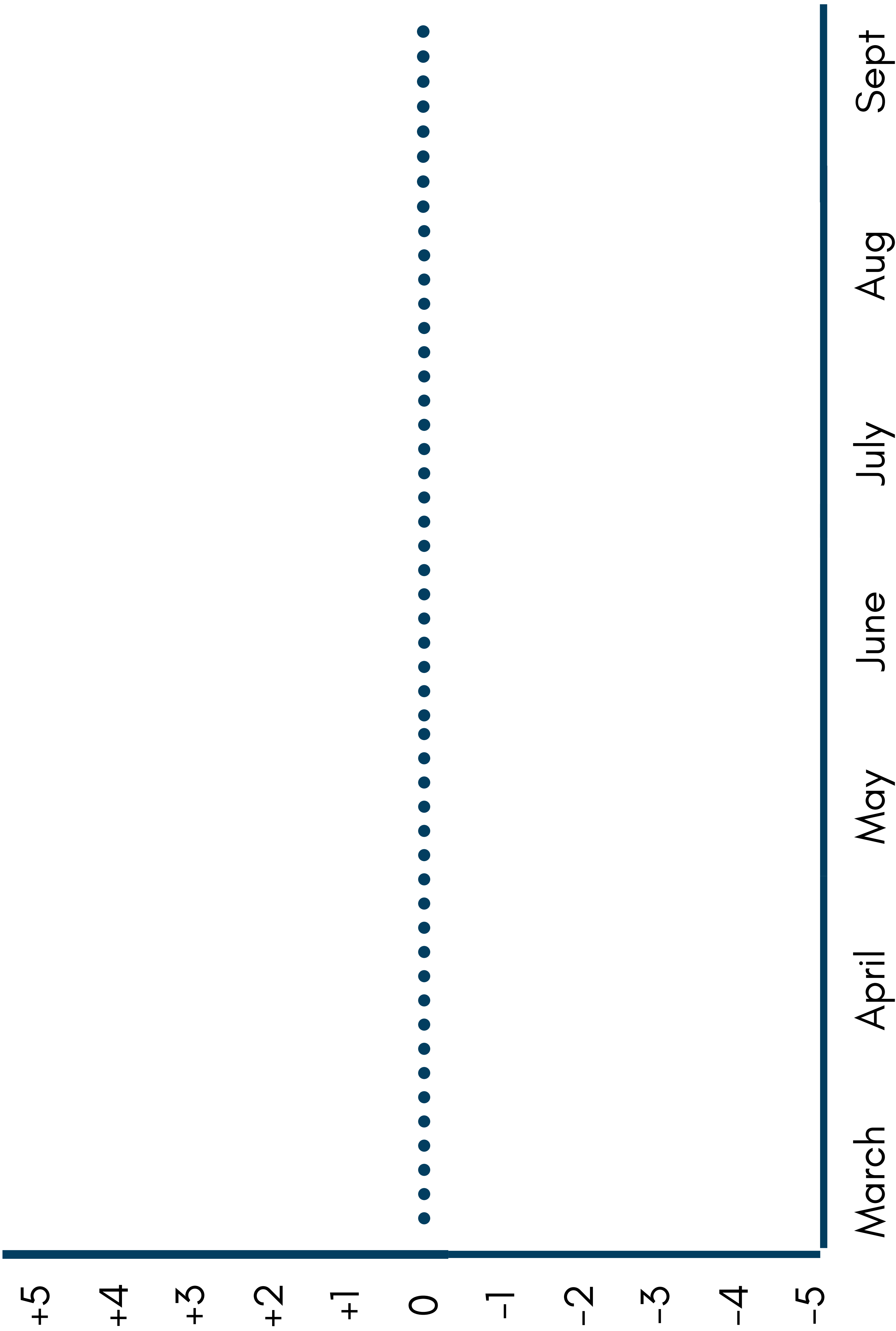
It will be a shelter and shade from the heat of the day, and a refuge and hiding place from the storm and rain. Isaiah 4:6

Be Still and Know that I am God. Psalm 46:10

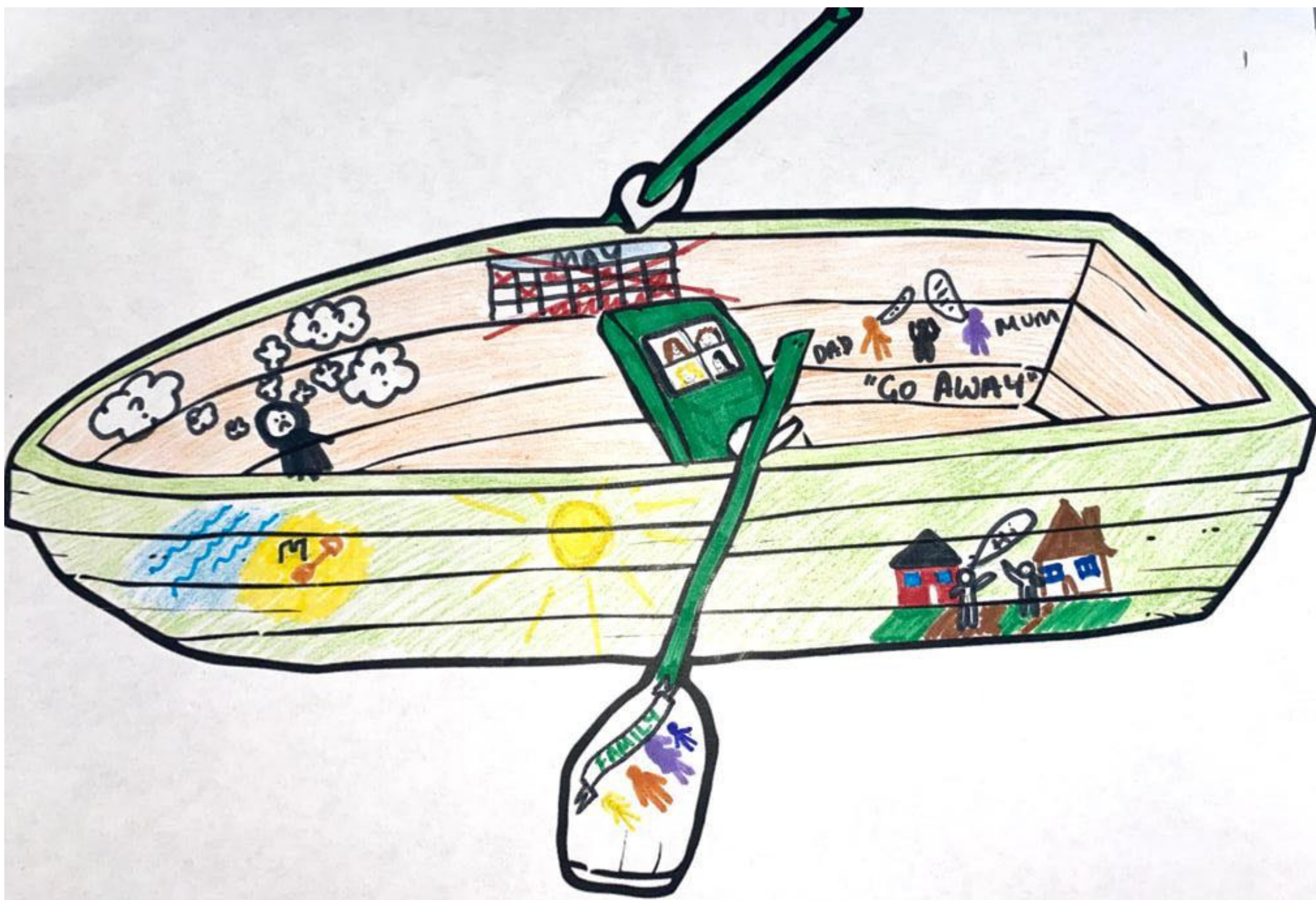
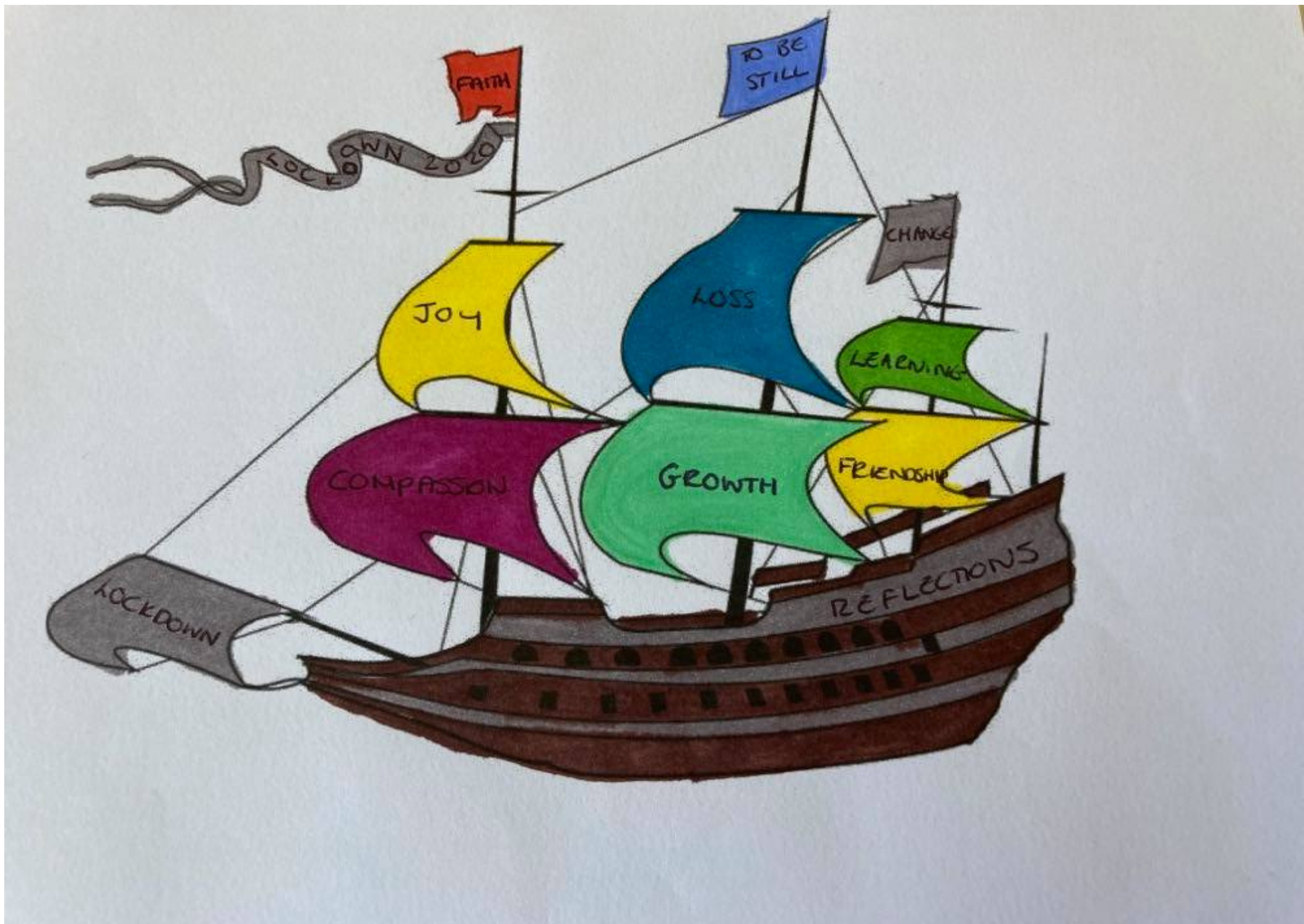
God is our refuge and strength, an ever present help in times of trouble. Psalm 46:1

Jesus Christ is the same yesterday and today and forever. Hebrews 13:8

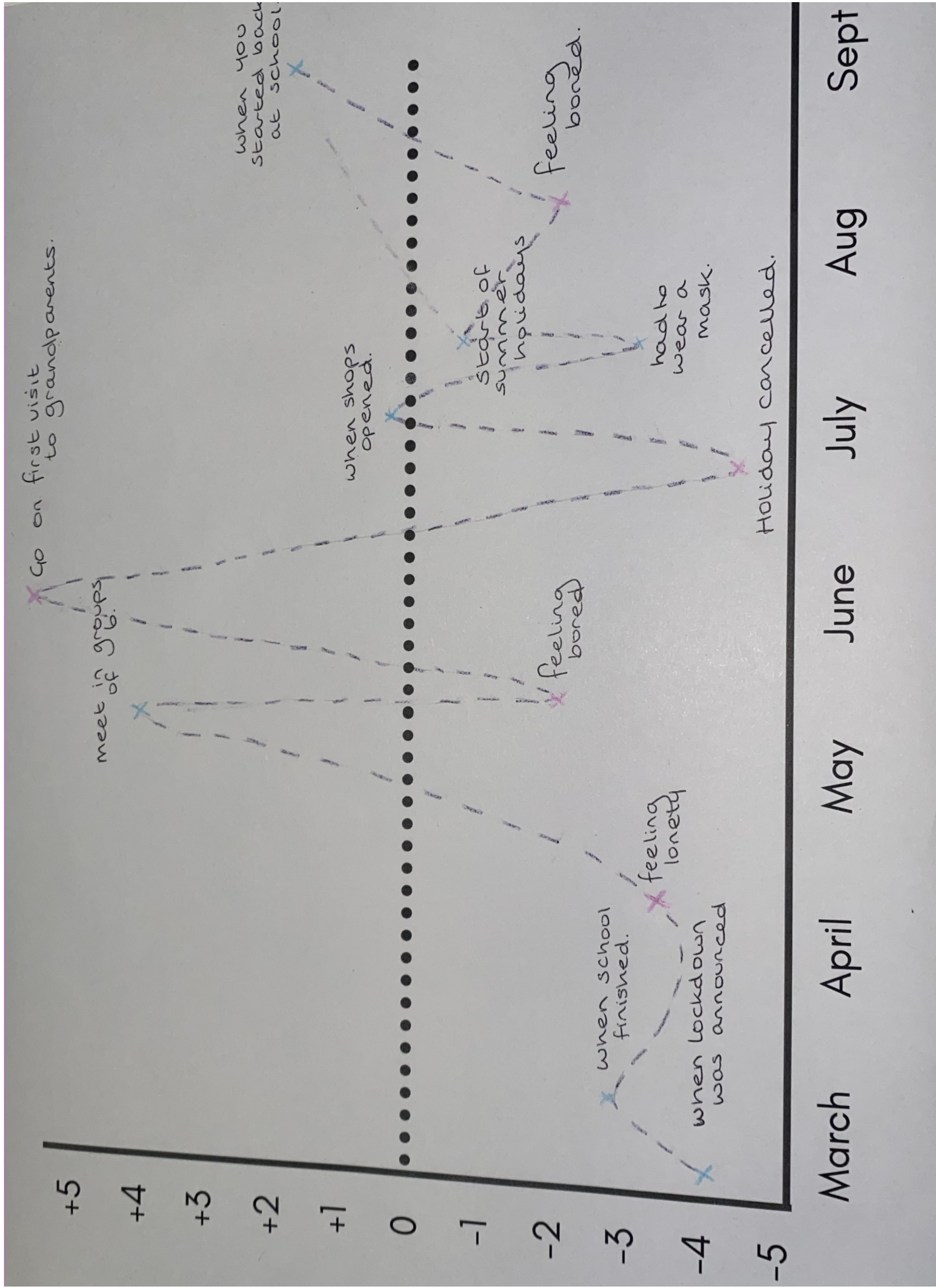
Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; 4 perseverance, character; and character, hope. Romans 5:3-4



Examples



Examples



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