



## SPACE2BE

These resources are to help you spend time with God when you can't go to church or youth group. They are designed for young people aged 11-18. You might want to write or draw something to remember how God speaks to you during your time with Him, or you could send a message to your youth leader to let them know you've been praying!

### Before you start....

Sit somewhere comfortable.

Turn off or move away from distractions like the TV or your phone to help you focus on God.



### Look at the image.....

Take your time and look closely. How does it make you feel?

Does anything in your life make you feel like you're in a storm right now?

### Read the Bible.....

Read Philippians 4:6-9 in your Bible.

If you don't have a Bible at home, you can read it here

<https://www.biblegateway.com/passage/?search=Philippians+4%3A6-9&version=NIV>

### Think about.....

+ What are the things that make you feel anxious?

+ The Bible verse says 'by prayer and petition present your requests to God'. Petition is just another way of saying request. What do you want to request from God today?

+ The verse says if we request things from God, we should do it 'with thanksgiving'. Although things may be unsettled and uncertain at the moment, what small things can you be thankful for today?

+ The verse says that if we focus on things that are 'true, noble, lovely, admirable, excellent or praiseworthy', we will feel God's peace and he will calm our anxiety. Think of all the positive bits of news you have seen or heard in amongst the scary things that are happening and thank God for them. Here is one example:

<https://www.positive.news/lifestyle/health/405000-people-sign-up-to-the-nhs-coronavirus-volunteer-army/>

### Pray.....

Father God, we thank you that you are with us in our anxiety.

We thank you that in amongst the worry and uncertainty, we can still find moments of joy.

Help us to turn to you in times of fear and give us your peace.

Comfort us with your unfailing love.

Amen.