**Session 5**

**Theme: Psalm 46:10**

‘Be still and know that I am God’

**Resources:**

* Icebreaker questions PowerPoint
* Name labels etc
* Prepared food for meal
* Video countdown timer
* Game resources
* Prepared bad joke
* Sketch script x 2 & 1 prepared actor
* ‘Get lost’ video clip

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| **Time** | **Who?** | **Item** | **Length** |
|  |  | **Doors open, Ice breaker questions on screen** | **30 min** |
|  |  | **Meal** | **30 min** |
|  |  | Serving soup and bread rolls | |
|  |  | **Video Countdown Timer** | **5 min** |
|  |  | **The game** | **10 min** |
|  |  | Playing Call my Bluff | |
|  |  | **Notices & bad jokes** | **5 min** |
|  |  | **Sketch** | **5 min** |
|  |  | A sketch about how it’s easy to get distracted, when we want to spend time with God. | |
|  |  | **Link** | **2 min** |
|  |  | **Video clip** | **2 min** |
|  |  | The Vue Cinema ‘Get lost’ video clip- [VUEGet Lost × John Boyega - YouTube](https://www.youtube.com/watch?v=sK2qeO53oHQ) | |
|  |  | **Whole congregation meditation** | **4 min** |
|  |  | A time to spend in gentle silence, trying to understand the importance of being still and knowing that God is God. ***Leader’s note:*** *Explain what the activity is going to be, and then try to spend three minutes in silence. But be aware that – depending on the nature of your congregation, this might be too long. Just go with what seems best.* | |
|  |  | **Feedback on the meditation** | **5 min** |
|  |  | People are asked to share their experience of the meditation. Was it easy? Difficult? Did people think that they experienced God in any way? | |
|  |  | **Sum up and finish** | **3 min** |
|  |  | **End** |  |