

Explore It FOR ME

SEPTEMBER
SESSION 02

WAITING FOR CHANGE

 **Genesis 15:1-6; 21:1-6 God's agreement with Abraham**

Here are some ideas and activities you could do on your own



Write

In the session we learned that it's OK to tell God exactly how you feel, and you mustn't worry about offending him; he just wants you to be open and honest with him. But sometimes it's difficult to pray that out loud. Why not write a letter to God, or - if you have a journal - tell him how you feel about something you have to wait for.



Sense

Find a quiet space where you won't be disturbed for a short while. Sit on a cushion (or on a chair if that's more comfy) with your back straight and your arms on your knees and shut your eyes. Think of something that you are waiting for. It might be something you are looking forward to or something you are worried about. Picture yourself finally in that moment when the waiting is over. Then switch your focus to your body and try to notice how you are feeling. Are you still sitting with your back straight? Do any parts of your body feel tense? Is your breathing slow or fast? Spend a minute noticing how this waiting is affecting you. If you are feeling negative, ask God to help you.



Create

Create a picture of the stars to remind you of God asking Abraham to look at the sky and count the stars to find out how many descendants he would have. You could use very dark blue paint as a base and flick white, silver or yellow paint from a lightly covered paintbrush to create stars. Why not go on NASA's website to find some actual pictures of star formations and try to create your own version?



Experiment

Think of something that you enjoy doing or using every day. It might be your phone, a tablet, the TV, listening to music, or something else. Challenge yourself to get through the whole day until after dinner/teatime without using one of these things - no cheating! Ask yourself how it went. Did you find it difficult to wait till the end of the day? How did you cope? What things did you do with your time instead? What was positive about having to wait?



Memorise

'Abram put his trust in the LORD, and because of this the LORD was pleased with him and accepted him' (Genesis 15:6 *Good News Bible*).

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