

Discussion Starters for Teens

Preparation

Remember, lots of the materials above are suitable for all ages!

Today is an opportunity to have a go at a 'spiritual practice' called *Lectio Divina*, which means 'sacred reading'. This is way of praying and listening to God. Don't be worried that your group won't be able to do it. It is very simple and designed to help people to slow down and focus.

You will need a copy of verses 41-42 for everyone on a piece of paper:

'Martha, Martha,' the Lord answered, 'you are worried and upset about many things, but few things are needed—or indeed only one. Mary has chosen what is better, and it will not be taken away from her.'

You might want to have some candles to light and some pictures of busy-ness and stillness to create a focus for people. For the final part of the session have some juice and cakes to share around a table

Opening Activities

Make a human knot. Form a circle and everyone take someone else's left hand. Now take a different person's right hand. Without letting go untangle the knot so you are standing in a circle with hands joined to the person next to you. Try it again... this time without talking.

This my friend who is...

People pair up and spend a few minutes finding out a few facts about the other person. They are then encouraged to feed back what they have found out by introducing the person. It works better if people are paired with people they do not know so well.

You could add a specific question or two into the mix which can be age dependant:

When I grow up I want to be

My best friend's name is

My favourite game is

If i could have a pet it would be...

I like to.... when no one is looking...

I have always wanted to...

Very few people know this but...

My ultimate dream job would be...

I have been known to....

My (family) claim to fame is...

Message: Listening is a skill that we need to practice. Listening to God also takes practice.

The Word

You will need: bibles.

Read today's story from Luke 10:38-42 through twice. If possible have a male and female read. Resist the urge to explain the passage in any way at this point.

Activity / Discussion

This is not a story about not needing to clean up your room. So, what is it about? Encourage people to be creative in their exploration. See the story from different character's points of view.

Lectio Divina

Give everyone a copy of verses 41-42. Ask people to find a space, to sit quietly, to read through the passage several times and as they read to think about what words grab their attention. Leave some space, let the quiet extend a little as they do this.

Now ask what words attracted people's attention. Then ask the group to read the passage quietly another few times. Again, let the silence hold.

After a few minutes ask the group to share their thoughts about what they think the verses are about.

Do not be scared of pauses and periods of silence. Let people think, reflect and speak when they have something to say. You might want to prompt with some questions:

- Why might Martha be worried and upset?
- Is it easy just to forget things that worry you?
- Was Mary just being lazy?
- When you have a meal what is more important: just to eat the food or to talk with those around the table?

Living It Out

Eat together. Share some food around a table as you talk about what the passage means for us and how we live.

Talk about quiet and talking, asking how it felt to sit quietly.

Make the point that quiet is a good thing to be comfortable with. Often we fill our spaces and silences with being busy. Sometimes taking time to be quiet allows us to think. Talking is also a good thing. It helps us to work out what we think and work out how we feel. Ask the group to have a go at *Lectio Divina* during the week. Try a well-known passage like John 3:16-17.