

The Journey



Life is like a long journey. We go through different seasons and stages, and some are more enjoyable than others. Sometimes we like the place that we are in, and sometimes we wish we were further on or further back.

Images can help us to identify our feelings. As we consider our lives so far as a journey, choose a set of images to represent it, maybe using your own photographs or, if these are not available, using images off the internet. Print off the images and write on the back when it was taken and where it is from and maybe how we felt about that point in your life. Or maybe use images of the future which may lie ahead of you on life's journey. For each image, consider what God may be saying to you at this stage in your life.

This activity enables young adults to reflect on how they feel about their lives in the present moment, to consider and realise how our feelings change as our circumstances change. And as people travel the journey of life, they change too. As a young adult, think about your life journey and how you respond and feel in the different circumstances in which you find yourself as you progress along that journey. Consider what signposts may lay ahead where your future paths might possibly diverge and give you different opportunities and challenges.

Put the images up in a gallery and prayer for the people and places in those images as a group or as individuals.