



Faith Adventures Youth Resource

Embedded in Faith Adventures: Children Together, this youth resource is intergenerational in nature and designed to foster God-connection in church, home and beyond.

For guidance on the purpose of the resource and how to use it as a launch pad for your engagement with children and families, please use this link:
<https://urc.org.uk/wp-content/uploads/2023/01/Faith-Adventures-How-To-FAYR.pdf>

Luke 12:32-34 – Love Living Simply

Theme: Love living simply – getting back to basics

Contents:

Introduction	1
Together	2
Experience	2
Explore	3
Express	5

Introduction: What would be helpful to know before we begin?

This book is written by one of Jesus' disciples, Luke. He was a doctor who wanted to show the humanity of Jesus as well as being the son of God. In this passage Jesus is teaching the crowds and urging them not to worry, reminding them not to over complicate life. It's a reminder to live humbly and simply and that living simply can add to your life rather than leave you with less. It's an opportunity to reflect on how much we need to live well and how we can bless others too.

We should be aware of the difference between living simply if it's your choice and living simply when it's not your choice e.g. not having heating on, cheap foods. Know your group and their home situations well to be able to support nurturing conversations.

The passage talks about giving everything away and giving to the poor can be a difficult aspiration. Discuss how not to take it literally, what is Jesus really asking of us here?

Jesus reminds us to consider where your treasure is, what do you treasure, what's most important to do. Is it your relationship with God and the impact on others (Love God and Love others)? It's about relationships and doing things with people rather than having lots of stuff, giving time rather than giving gifts. We do this because we love our neighbour, our environment, love life, love God.

This is an opportunity to consider how we live in a throw-away culture – how can we repurpose things as part of treasuring the earth. Do we always have to have “new”?



Triggers to be aware of – The passage refers to God as the Father; for some in our group this might not be a positive relationship. Exploring how to live simply and living with less, could cause overthinking, leading to anxiety and guilt. It is important that we remind one another that God loves us and wants us to live life to the full. How can we do this simply?

Together

Let's start our time with God and each other well

If used in a mixed-age group, then young people can support younger ones in using the gathering prayer in Faith Adventures: Children Together. If used in a youth group, you could use this opening prayer or encourage young people to open the session with a prayer of their own.

All mighty God,

Be with us as we learn more about you through stories and people in the Bible.

Help us to walk in your way and follow your path.

Be with us as we make decisions that affect our lives, and the lives of those around us.

Amen

In-person and online game

See this week's Faith Adventures : Children Together for suitable games for this theme.

How many ways to use a...

You will need:

- A selection of everyday objects (eg paper clip, carrier bag, paper cup, elastic band, spoon)
- Paper and pens for writing

Divide the group into teams and randomly assign a different object to each team. Give teams 2 minutes to come up with as many unexpected uses for their object as possible. Encourage them to think creatively and outside the box. Once time is up, each team presents their list of ideas to the group. Score teams based on number of unique ideas, creativity and originality. Repeat the activity using different objects.

Experience

Research different versions of this reading on <https://www.biblegateway.com/>
Recommended versions to try are NRSV, Easy-to-read, The Message, NIRV



Listen to this song as a way of reminding yourself of the Bible verse and then watch the video clip:

Luke 12 32 to 34 fear not little flock by fighterversongs
<https://youtu.be/C6VZtfw-b8U?si=wxmpclEC2IB8cgO2>

Watch the YouTube video: How can we live simply? By Eco-Catholic
<https://youtu.be/xa1QTowzKLk?si=g6S04s79Q0JZAmt6>

Questions for discussion

- What are your values and priorities, do they need to be reassessed?
- How can you live more simply?
- What does it mean to live more deeply?
- What take away thought will you take from this video?

Explore

Ideas and activities to explore this week's Bible passage together

A new way to explore the theme

You may wish to use the explore section from this week's Faith Adventures: Children Together to guide or follow the activity below.

To explore the Luke passage further, work as a group to create research for church members. The research should explore an environmental issue the group are particularly interested in or concerned about. For example: whether refreshments served are Fairtrade; how the church's outside space is used or the church's energy usage.

Research will also enable the group to share what they have discovered with the church and communicate any changes they would like to see.

Remember: Restrict charts and questionnaires to one topic. Keep questions simple and, if possible, ask questions with a limited number of options (Yes/No/Not Sure) to help make the results clearer.

Compiling the questionnaire.

- Choose an area to explore together, such as; travel, energy and insulation or climate as a theme for worship.
- Think of around five questions, relating to this topic.
- Ask members of the congregation your questions.
- Compile your answers. What have you found out? How can you share the information with church members and church leaders? Is there a change you would like to see?

Whilst planning which areas of research to cover you may want to consider comparing questions asked in the Eco Church questionnaire and the Live Simply award for more ideas.

Eco Church - An A Rocha UK Project

LiveSimply award (cafod.org.uk)

The research may help to highlight the good things that your church is already doing well, as well as areas which could be improved.



What next?

- How could findings from the group's research be communicated with church members and church leadership?
- Are there things that you would like to encourage the church to change?
- Is there a church member or leader who is happy to communicate regularly with young people about the progress being made?

Modern parables

This section includes references to TV programmes, films, books, TED talks, TikTok etc aimed at this age group that will have been widely seen, or where a clip is available to use as a stimulus for discussion. You may also enjoy the picture book recommended for Faith Adventures: Children Together and explore the relevance of the story to the theme of the session in more depth – young people and adults are often well tuned in to the deeper meanings in materials aimed at younger people and the authors are often very aware of the adults reading the books to or with younger ones.

Toy Story 3 https://youtu.be/Ekpl4FaJaPg?si=n_1FO0-Uv2fjhur5

In this clip we see Andy is moving to college and is having a clear out, choosing what to take with him, what to store in the loft and what to donate to others. The toys decide that they would like to go to Sunnyside Nursery. Watch the clip and consider these questions.

- What are the things that you could never get rid of?
- We are now eight weeks after Christmas, I wonder what you got and whether you have had an opportunity to have a clear out and give some toys to others. Research in your area where you could donate your items.
- How much stuff is enough for you?
- Where do you see God or God's kingdom in this clip?

Talking together: Going deeper

- Does this passage really mean that God wants you to give absolutely everything away? What do you think it is saying?
- How can you live simply day to day?
- How can you love living simply if it isn't your choice?
- What does loving living simply look like when you haven't got much and what does it look like when you've got a lot?

Conversation starters

- What three things would you take with you to a desert island?
- Is it easier to worry less if you have fewer things/money or have more things/money?
- How much is 'enough'? How much do you actually need to live well?
- If everyone recycled their phones rather than throwing away and buying new, we might never need to mine any more copper. What makes people decide to change their phones?



Express

How do we respond to what we've discussed and express our faith personally?

Praying together

Prayer Respond to the theme by writing or saying a short prayer. Alternatively use the creative prayer from Faith Adventures: Children Together for this session, or use the prayer activity below.

Alternatively light a candle and play some music while you listen and talk to God together.

(Invite participants to join in the response in bold together.)

Dear God,

Thank you for the incredible universe you've created. It's awe-inspiring and full of wonder.

Help us to live simply and love it.

Help us to appreciate the blessings in our lives, big and small. May we be grateful for the opportunities and experiences you've given us.

Help us to live simply and love it.

Guide us to be good stewards of your creation. May we use resources wisely and protect the environment.

Help us to live simply and love it.

Inspire us to share our time, talents, and possessions with others. May we live a life of service and compassion.

Help us to live simply and love it.

Help us to grow in our love for you and for one another. May we build strong, meaningful relationships.

Help us to live simply and love it.

In Jesus' name, Amen.

Responding together

This is an opportunity for a social justice challenge, some research, craftivism, or a craft or STEM activity. You may have a specific activity chosen but free choice is also an option. Here are some suggestions for this week's theme. See Faith Adventures: Children Together for a craft and a STEM activity which may also be appropriate. Choose whatever will work best for your group.

Community Projects

Watch the videos showing examples of community projects. Explore the questions below.

2020 Community Project Awards – Chorley Repair Café, URCUK

https://youtu.be/xcuTSIBFSNU?si=8Q5iF_5o5_OqUNO9

2022 Community Project Awards – Community Uniform Swap Shop, URCUK

https://youtu.be/AQNLDIASyBY?si=ydtFjzr1_M1s5MOF



Discussion Questions:

- What issue is addressed by the community project?
- How does the project promote sustainability and care for the environment?
- Imagine you were part of this project. What would you do? What skills and talents could you bring to the table?
- Do you think these projects could be replicated in your community? How would you adapt them to meet the needs in your area?

Challenge

Discipleship doesn't stop when you walk out of the church door – it is a part of everyday life. Take a challenge with you and try to make it part of your week.

You may think of your own suggestion of what you as an individual or a group might do in the coming week in response to what you have explored today? If not here are some suggestions:

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- Use one of the “conversation starter” questions or the question below to talk with someone of a different generation or from a different setting and share your questions, thoughts, insights together. **How do you live simply?**
 - Research something suggested by JPIT, [Resources \(jpit.uk\)](https://www.jpit.uk) Commitment for Life [cforl.co.uk](https://www.cforl.co.uk)
 - Perhaps you could help, along with the rest of your group to sort through the youth group cupboards.
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Thank you for exploring the **Luke** passage with us.

Please let us know what you liked or what you would find useful by emailing children.youth@urc.org.uk or by sharing it on https://bit.ly/FACT_FB