

Discussion Starters/ Reflection Ideas/ Activities

- Try playing a trust game with your family or friends. For example, one person stands in the middle of a tight circle. He or she falls, eyes closed and body stiff, into the arms of one person and then is passed across and around the circle. Or, one person is blindfolded and led through a forest or house that he or she is unfamiliar with.
- With a group of your friends or as a class activity, give each person a chance to list three things they are faithful to.
- Talk about the different stages on your journey of faith. When did you experience your first doubts? Did you ever fall away from your faith in God? What drew you back? What new experiences of faith do you look forward to?
- Share a story about a dark time in your life when your relationship with God was a source of strength.

