

Close your right hand into a fist.

Think of five different things you are thankful for and as you think of each, raise a finger.

With an open hand, spend a few moments in silent prayer, thanking God for what He has done.

In the Old Testament God is often known as the "I Am." He is the one who always was, who always is, and who is to come. He is Lord of the past, present and future.

Stand up and face the back of the room. Let this symbolize you facing your past. Think through the situations where you have seen God work in your past. Silently pray to God with sentences which start with "God, I saw you working when . . ."

Praise God for moving in your past in these ways and thank Him in advance for the work He will do in your future.

Place your hands tightly over your ears. Silently ask God to help you drown out the noise, business, and distractions of every day so that you can hear Him more.

**For I know the plans I have for you," says the Lord. "They are plans for good and not for disaster, to give you a future and a hope. In those days when you pray, I will listen. If you look for me wholeheartedly, you will find me."** (Jeremiah 29:11-13)

Stand and point your finger forward, as if to the future. Ask God to reveal to you a glimpse of what He has in store. Stand in silence, listening for God's guidance.

Monks chant very simple prayers to God. They repeat a short phrase over and over until both their mind and heart are convinced of the truth.

Bow your head, close your eyes, and repeat this simple prayer 20 times.

Don't rush through this exercise. Take long, deep breaths. Say it silently to yourself a few times and then whisper it a few times. Allow yourself to focus on each of the words of this prayer.

"God, have mercy on me, a sinner."

**If we claim we have no sin, we are only fooling ourselves and not living in the truth. But if we confess our sins to Him, He is faithful and just to forgive us our sins and to cleanse us from all wickedness. If we claim we have not sinned, we are calling God a liar and showing that His word has no place in our hearts.** (1 John 1:8-9)

Confessing our sin isn't for God. He already knows; it's no surprise to him. Telling God about our shortcomings is for us. It reminds us that we didn't save ourselves, but that God alone saves.

Silently confess your sins to Christ and thank Him for paying the price your sin requires.

**But people are counted as righteous, not because of their work, but because of their faith in God who forgives sinners.**

**“Oh, what joy for those whose disobedience is forgiven, whose sins are put out of sight. Yes, what joy for those whose record the Lord has cleared of sin.” (Romans 4:5,7-8)**

Stand with your arms stretched out beside you, palms up. Picture yourself letting go of a heavy load and silently thank God for forgiving you.

**Your eye is a lamp that provides light for your body. When your eye is good, your whole body is filled with light. But when your eye is bad, your whole body is filled with darkness. And if the light you think you have is actually darkness, how deep that darkness is!**  
(Matthew 6:22-23)

Place your hands over your eyes. Silently pray that you have the wisdom to discern between what is light and dark. Pray God gives you the strength to only look at things which are pure and honor Him.

Confessing our sins to God is to be followed by repentance. Repenting means turning away from our sin and turning towards God. In other words, we actively take steps to remove the sin from our lives and replace it with things that honor God.

Consider your own habitual sins:  
What steps could you take to sinning less?  
What could you do to put God first in this area?

Silently pray that God would help you take these steps and if you're sincere, commit to taking the first step.

It's easy to pray for those that we love, but in Matthew 5:44-45 Jesus says **“Love your enemies! Pray for those who persecute you! In that way, you will be acting as true children of your Father in heaven.”**

Think of one person that you have trouble loving. Place this card between your hands and pray silently for this person.

Place your hand on the shoulder of the person on your right and pray that this person will have boldness in their faith. If appropriate, you may pray out loud.

Place your hand on the shoulder of the person on your left and pray that this person will find peace. If appropriate, you may pray out loud.

Place one hand on your lips and meditate on this scripture:

**“Don’t use foul or abusive language. Let everything you say be good and helpful, so that your words will be an encouragement to those who hear them.”**  
(Ephesians 4:29)

**Paul writes, “I urge you, first of all, to pray for all people. Ask God to help them; intercede on their behalf, and give thanks for them. Pray this way for kings and all who are in authority so that we can live peaceful and quiet lives marked by godliness and dignity. This is good and pleases God our Savior, who wants everyone to be saved and to understand the truth.”** (1 Timothy 2:1-4)

Silently pray for the leaders of our nation. Pray that they lead unselfishly and with wisdom.

Pray for our local leaders and police force as well.

**Jesus said, “Everyone who acknowledges me publicly here on earth, I will also acknowledge before my Father in heaven.”**  
(Matthew 10:32)

Pray silently for courage to respond to and create opportunities to share the good news of salvation through Christ.

Feeling particularly bold? Stand on your seat and proclaim Christ!

The adults in this room spend their time at youth gatherings like this because they love teenagers like you.

Reach out and touch the shoulder, back, or hand of the adult standing nearest to you. Thank God for this person and the work he/she does. Ask that God would bless his/her work and family. Pray that this person would have wisdom, patience, and strength as he/she works with the teenagers in the church. If appropriate, you may pray out loud.

Kneel and read this verse as a prayer aloud:

**A single day in your courts is better than a thousand anywhere else! I would rather be a gatekeeper in the house of my God than live the good life in the homes of the wicked. For the Lord God is our sun and our shield. He gives us grace and glory.**  
**The Lord will withhold no good thing from those who do what is right. O Lord of Heaven’s Armies, what joy for those who trust in you.**  
(Psalm 84:10-12)

Place your hand over your heart. Ask God the following question:  
“What do you love about me?”

Sit and listen for the whisper of God.

If you are male, turn this card over.

If you are female, stand and read aloud the following passage:

**You made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous—how well I know it.**

(Psalm 139:13-14)

Re-read this passage silently to yourself and meditate on what it means for you.

Bow your head and read the prayer on the back of this card in a whisper.

Find me here, God. Speak to me. I want to feel you. I need to hear you.

You are the light that is leading me to the place where I find peace. You are the strength that keeps me walking. You are the hope that keeps me trusting. You are the life to my soul. You are my purpose. You are everything. You calm the storms and you give me rest. You hold me in your hands; you won't let me fall. You still my heart and you take my breath away.

How can I stand here with you and not be moved by you? Could it be any better than this? No, because you're all I want. You're all I need. You are everything.

Adapted from "Everything" by Lifehouse from the album No Name Face

God has many names.

Look at the names on the back of this card. Stand and read aloud five to ten names that particularly speak to you.

If you are female, turn this card over.

If you are male, stand and read aloud the following passage:

**Don't let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.**

(1 Timothy 4:12)

Re-read this passage silently to yourself and consider what it means for you.

The Way, the Truth, and The Life  
Sanctuary                      My Stronghold  
Immanuel                      Abba  
Alpha and Omega  
The Holy One                  God Most High  
Father of Compassion  
The Great I Am                The Mighty One  
The Messiah                  King of Kings  
The Righteous One  
Everlasting  
Lord of Lords                  My Savior  
Lamb of God                    Prince of Peace  
The First and the Last  
The Living God                  Shepard  
Light of the World              God Almighty  
Healer                            All in All  
Bread of Life                    Redeemer  
Cornerstone  
Refuge                            Creator

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