

LIVING WISELY

WEEK 2 | YOUTH

SESSION 1

Here are some discussion questions off the back of our 'chat' video, looking at the theme of 'living well'.

CHAT:

How do you react when you are told you can't do something?

How do you feel when restrictions are put on you? For example, not being able to meet up with your friends or not being able to go to the clubs and events you'd normally go to?

Have you got any helpful ideas you can share with your friends, family, youth leader for how to cope when we are self-isolated?

God wants us to live life at our best. What does your best look like? You could use 5 words to describe the best you e.g. thoughtful, artistic, funny, competitive, good listener.

What rhythms could you introduce into your life to be at your best?

- What things can you do to train – how about learning a new skill or doing some exercise?
- What about working – have you got a space where you can do your schoolwork, are you going to have certain times to do schoolwork?
- What ways can you rest – what helps you to switch off, to unwind and relax?
- Would it be helpful to write this onto a wall planner or put reminders on your phone?