



ENERGIZERS



Sometimes, a Sunday service can benefit from an injection of energy or a change of dynamic.

This can help people who have different worship and learning styles engage more effectively with the service.

These activities can be used on an 'as and when' basis alongside other Young People's Sunday resources.

Questions you have never dared to ask

Why not have a 'suggested questions box' and during the service keep pausing to dip into the box and pull out a question. Read out the question and invite people to answer/discuss it. You could prepare all or some of the questions and/or ask people to put questions in the box before or during the service. Only give people a maximum of 30 seconds to speak and offer an answer.

Some examples might include:

Should our church be doing more community work?

Who feels loved by the church and how can we do more to help people feel loved?

Who feels that they have let the church down?

Who feels that church has let them down?

How can we be more honest with each other?

Why are there no (insert people group as appropriate; e.g. Black, white, Asian, young, old, homosexual, smelly, poor, rich) people in our church?

Films, plays, books

Pre-invite a few people to talk about their favourite film, play or book. They must give a 15 second summary of the film/story line and then no more than a 15 second summary of why they like it.

Give aways

During the service, why not give something away to everyone who is there as a way of helping people mark/celebrate/remember Young People's Sunday. It could be a flower for everyone, some prayer beads and bands for people to wear, a candle to light, a packet of seeds to plant. Anything that will help people connect with the subject matter and each other.

Fast peace, slow peace

In the Anglican church people often exchange 'the peace'. They do this by greeting each other and blessing one another by saying something like, 'the peace of God be with you'. Why not do this but with a slight variation. Either try and do it with as many people as you can shake hands with in 4 minutes (give a prize for the person who shakes the most hands!) or only greet one person (who must be from a different age group) and spend all the time talking/praying with them.

Clap hands, stamp feet, rub head

Ask people to stand up and say that we are going to clap hands (everyone does), stamp our feet (everyone does) and rub our heads (everyone does). Then say, however, that we will stamp our feet when asked to clap our hands, rub our heads when asked to stamp our feet and clap our hands when we are asked to rub our heads. Then (starting slowly) issue instructions to clap hands (people should stamp their feet), stamp feet (people should rub heads) and rub heads (people should clap hands). Keep repeating and speeding up the commands and then mix up the order they are done in. Chaos!

Refreshments

Jesus often practiced spirituality whilst eating and drinking (much to the annoyance of the religious). Why not take a coffee/refreshment/comfort break during the service or serve fruit, sweets, drinks to one another as the service takes place. Ask the young people to serve the old or vice versa.

Stones

Have a selection of stones to hand (you can now buy them in many stores) and pass these amongst people asking them to think about the process that has taken place to get the stones to the size and shape they are. Compare this to how God moulds, works on and shapes us. Invite people to share their reflections with one another.