



Talk 2



These talks are short, snappy and presented in bullet-point format to help those who might not have the time, resources and experiences to develop their own talks.

It may be that you have your own talks that would work equally well or that you would prefer to use.

If you have used a talk that has worked well for Young Peoples' Sunday, we would love to hear about it and put it on this web site if you were willing.

Beautiful body!

Ask everyone to think about which part of the body they would be if they had to choose a part that best describes them (e.g. Someone who thinks a lot might choose the brain, someone who is an activist might choose their feet, someone who likes making things might choose their hands). Then ask them to draw this part of the body and chat to someone next to them saying why they have drawn what they have drawn. (base don an original idea by Zoe Merriman, 15)

Read Out 1 Cor 12

We will look at just one specific part of the body to help us remember how important we all are in God's Kingdom. Look at each of your hands and consider each finger or digit. Let's use these as a way of reminding ourselves of how each part of our bodies is significant.

First of all we consider our thumb. Without our thumb our hand becomes difficult to move, gripping and holding on to things isn't so easy. Consider how important God is on our life. God wants to be the central source of strength someone we need to hold on to when we are challenged or worried about something.

Stop for a moment and reflect on what God means to you in your life right now. What do you need to ask God at this time? What help do you need from God? How do you see God? Take a moment to acknowledge God's greatness.

Consider our index finger – our pointer finger. We use it for showing and guiding people when we give directions. Consider your direction in life. Who are the people who help you; Parents, teachers, workers, friends old and young? Thank God for them in the different ways they help you.

Take a moment to consider your direction at this time? How are things at school? At home? With friends? Where are you clear of direction? Where are you not so clear?

Our middle finger stands tall in the centre and we are called to stand tall valuing ourselves and our individuality. Pause for a moment and consider the things you have done recently that you have felt proud of. Things that people may or may not have known about but something that you are aware of, perhaps a time you helped someone, an achievement at home, school or work or an encouragement you received from someone. Consider things you would like help on in order to value yourself more.

Our ring finger perhaps links us to relationships in our lives. People we are close to, people we find difficult. Let us spend a moment thinking about the people in our lives; perhaps those we miss for all sorts of reasons, those who help us feel good about ourselves, those who love us and encourage us, those who we find difficult.

Our little finger perhaps represents those weaker than ourselves and so we pray for those who struggle, we pray for our struggles, and then we remember those who are less fortunate than us: Those who have no home, those who have no family, and those who struggle in many ways.

To end, remind people that we are all part of one body and every bit of that body is important.