

Life in Rooms

Youth Session



This session could be done in an empty house or one of your church family's homes with their permission. If that wouldn't work, you could 'set the scene' for each room in your meeting space. You could also play a game of Sardines to start or end your meeting, just to use and enjoy the space! The purpose is to get the young people thinking about the different aspects of their faith development, relating to each room/space in a house.

Kitchen/Dining Room

Real life: We eat here, we prepare meals here. This is where we decide what kind of diet we are going to follow. This is our place of nourishment. We come here when we are hungry.

Why not read and consider John 4v1-15 with Jesus interacting with the Samaritan woman. Alternatively you might want to consider the Last Supper looking at Matthew 26v17-30 and discuss the principles of communion.

Faith Life: How do you nourish yourself spiritually? How is your devotional life? How is your prayer life? How is your worship life? What things do you do in your week which make you feel full of life? Are these based around church or worship or prayer?

Study/Library

Real Life: This is where we read and study. We feed our minds here. It is our thinking space. You might do your homework here and reinforce the lessons you have learnt at school or prepare arguments for class the next day.

Have Philippians 4v8 available for the young people to think through.

Faith Life: What do you think about? What do you meditate on? Are they the things of God? What are your mental obsessions? What do you think about that gives you stress or gives you pleasure?

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Living Room

Real Life: We hang out here. It's a place where we unwind and relax. Some of our hobbies happen here. Many of our conversations happen here. It's where life happens.

How about reading Colossians 3v5-15 about considering what a life lived in Christ looks like in everything from the big moves to the small decisions.

Faith Life: How is your lifestyle? Are there areas that are out-of-bounds to God? Do you entertain language or joking that's not exactly appropriate? Do you engage in any kinds of conversation that you know doesn't please God? How is your choice of music, movies, and online presence?

Family Room

Real Life: This is where we watch TV, or play games with our family. We lounge on couches here with friends. We watch movies, enjoy a fireplace, and let ourselves go in the presence of those we trust the most, our family and friends.

You could read Ephesians 6v1-3 regarding family relationships and Proverbs 17v17 & Proverbs 12v26 regarding friendships.

Faith Life: How are your relationships with each member of your family? Are we living our best example of faith to every single one of them? How are your friendships? Do you have a core of friends that build up your faith and keep you flying straight? Are there friendships that are a negative influence on you?

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The Basement/storage space

Real Life: This is where we keep things that don't get used often. Sometimes they're things we should have gotten rid of, but we just can't bring ourselves to let them go. Other times, we put things down here that we don't want laying around to clutter up the house, or things that we don't want people to see. Down here, it's out of sight, out of mind, and out of the picture.

Read Matthew 6v19-21 about the value of storing up treasure in heaven and Colossians 3v5 about putting bad deeds away.

Faith Life: What parts of life do you try to keep out of sight for God? Are there any skeletons in your closet? Are there any parts of your life that you hold on to down here that you should have gotten rid of? Any attitudes, habits, self-perceptions? Do you ignore parts of the Bible or teaching in church because you want to hold onto the sinful behavior?

Bedroom

Real Life: This is our private space when we have time on our own, where we are unseen. It often gives us space to sleep in peace but often we can have those moments of reflection here.

Read Matthew 6v6 about the value of prayer and the heart behind it.

Faith Life: What do you do in those secret moments? Do you use the quiet to cry out to God or fill the space with music & dancing? What things are you glad that others cannot see, yet full of shame at the idea that God can?