

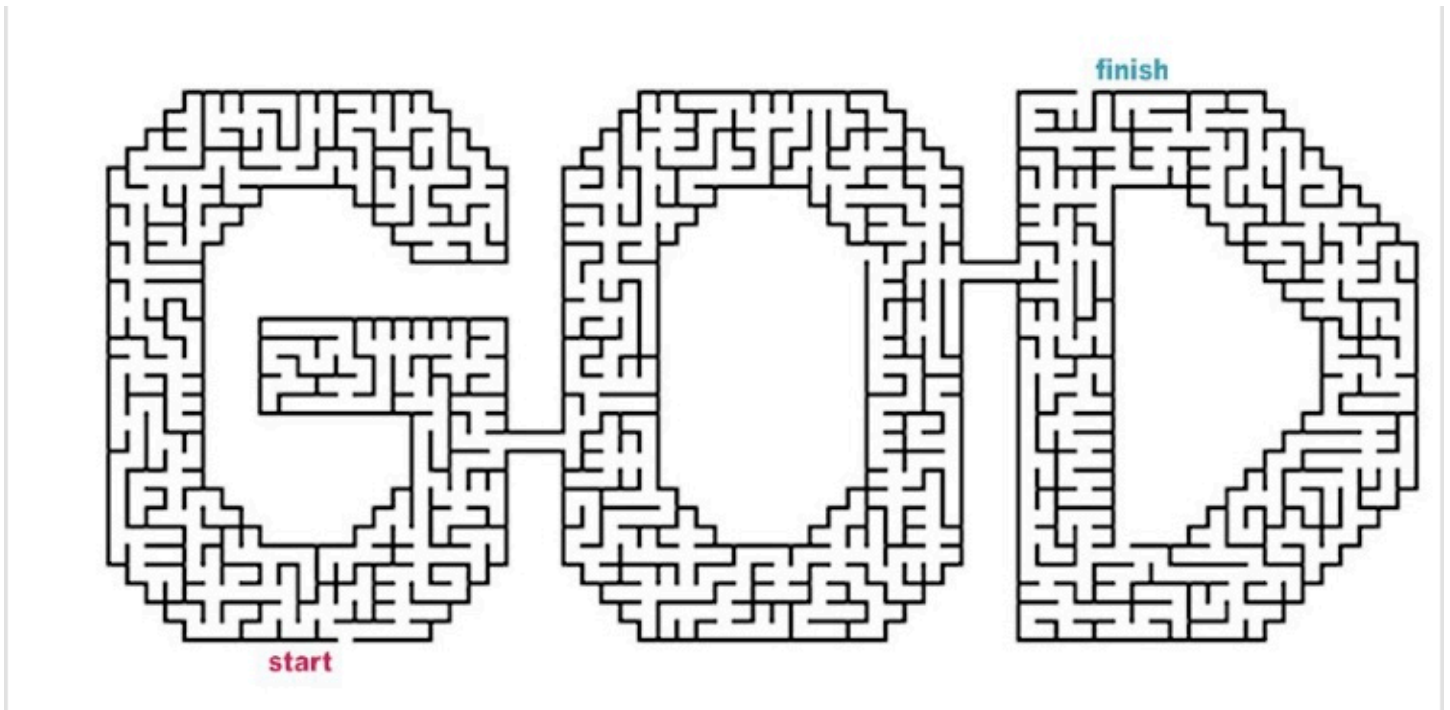
# #Selfie with God

Resource Activity: Sunday 18<sup>th</sup> July

Hi lovely young people!

**We hope you are keeping well and that you've had a good week and that you are enjoying the sunshine!**

**First let's start with a little fun! How quickly can you find your way out of the maze?**



## Today we will be focusing on - Anticipation

Many of you will be anticipating the summer holidays - a well-earned break from school or college. Some of you might be excited and even a little nervous about the next step in life, if you are heading off to college or university.

You may also have a sense of anticipation about the easing of lockdown restrictions and considering how life will be when you can do a little more, see people you might have missed seeing during this time and have a little more freedom to go where you want. Anticipation is experienced in the waiting - waiting for a change, waiting for something new or waiting for a prayer to be answered.

**Anticipation** is an emotion involving pleasure or anxiety in considering or awaiting an expected event.

Anticipation can motivate us, move us along in our lives, keep us hopeful and focused. Anticipation can also aid with survival. Considering events to come can help us to plan, put things in place in preparation and be ready for the event we know is coming.

We can't predict the future, but as humans we definitely anticipate it. Sometimes the thing we anticipate happening may be exactly how we hoped it would be, other times it may not go the way we had wanted it to but either way our mind will often prepare and create expectations ahead of it.

**What anticipation do you have about the next steps in your life?**

**Anticipation can bring excitement and joy but also, sometimes uncertainty, anxiety and fear. Which feelings do you most frequently feel about your future?**

**Do you wonder what the world will throw at you or what God has in store for you?**

Many characters in the Bible experienced anticipation. Moses and the Israelites anticipated God giving them a new home and their freedom. Mary and Joseph anticipated the birth of Jesus.

So many people have waited with expectation for something that God was to bring about in their lives.

**What are you waiting for?**

Sometimes we can feel impatient waiting for those things we have lifted to God, sometimes we might even feel frustrated that things are taking longer than we expected or aren't turning out exactly as we had planned.

In all of these feelings there can be a peace in knowing that God is at the very heart of the situation and is walking alongside you, with you towards the good things He has in store for you. He has your plan and knows the blessings He wants to pour out over your life. Sometimes we can lose sight of this but it's so important to remember.

Micah 7:7 (NIV) says:

**But as for me, I watch in hope for the Lord,  
I wait for God my Saviour;  
my God will hear me.**

The confidence in this passage is so wonderful and assuring. It's a statement that in my life I will wait on God in faith with an expectancy. This is the belief that something will happen in God. It's so powerful when we do this in our lives.

Read the below statement and take a moment to shut your eyes. When you do, please think of those things you have been lifting to God, the things you are waiting for.

But as for me (Your name), I watch in hope for the Lord,  
I wait for God my Saviour;  
my God will hear me.

Giving God back the control might feel unnerving or difficult but when we do this in our lives, it makes space for peace to flood in and teaches us to trust Jesus, even when things may feel out of reach or even impossible. Jesus is beside us as we wait in anticipation, blessing us and preparing the way for our futures and all the promises He has prepared for us.

**Prayer: Dear Lord, please help us to trust in you more and more. Guide us and comfort us as we anticipate our futures. Pour out your reassurance that you have wonderful things in store for us. Thank you that you are a God of promises. Amen.**

# Feel Good with Selfie!

(with updated links for your enjoyment)



To help you stay healthy and positive remember to:

- Limit how much news and social media you look at to give your mind a rest.
- Do something nice that you love; read a good book, play a game you enjoy or do some baking.
- Exercise each day, it will help boost your mood.
- Get in touch with friends, connecting with others always makes us feel good.
- Speak to God about your thoughts and worries, find rest in Him.

Something to make you smile:

<https://www.youtube.com/watch?v=DdDPmJ5PbLg>

A song for your spirit:

[https://www.youtube.com/watch?v=Q\\_r47Xhkf20](https://www.youtube.com/watch?v=Q_r47Xhkf20)

A song for your feet:

<https://www.youtube.com/watch?v=qEvEVALLjNQ>

Quotes to Inspire: “The future belongs to those who believe in the beauty of their dreams”  
- Eleanor Roosevelt