

Spirituality Centers for Youth Leaders

“You can’t be too careful what you tell a child because you never know what he’ll take hold of and spend the rest of his life remembering you by.” –Frederick Buechner

These spirituality centers are a great way to motivate and encourage people who work with youth. These centers could be used as part of youth leader training worship or retreat. They will add to a discussion of what youth need today and how to shape youth ministry. If your youth leaders consist of both youth and adults, this activity will be a great way to strengthen that relationship.

Set these stations up around the room or throughout several rooms. Instruct participants to complete as many stations as possible during the allotted time. They do not have to go in order or complete all the stations. As the facilitator, you can choose whether to ask participants to do this quietly or to allow people to talk.

Station 1

Materials: Rocks, Basin of water, Sharpie Markers

Instructions: Read 2 Timothy 3:12-16.

Take a moment to think about those people who have influenced you in your life. Who is someone that has encouraged you or nurtured you in your faith? Draw a cross on a rock and drop it into the basin of water, watching the ripples that the rock creates. Think of that one person who has taught and nurtured you. Write that name on the newsprint above the basin.

Station 2

Materials: Best done outside

Instructions: Read Romans 5:1–11.

You have been justified through faith; Christ has always claimed you and called you. In this exercise, you will claim Christ and say, “Yes” to God. Find a space away from others; spend time in prayer or conversation with God. Reflect upon your assets that God has given you and ways in which God is calling you to serve. As you spend time with God, continually say, “Yes!” to God and affirm your calling. When you are finished, allow a loud, “Yes!” to escape your mouth and yell to God.

Station 3

Materials: Large Banner-Sized Paper

Instructions: Set out paper, markers, and crayons and invite participants to express their prayers for youth ministry through the created image.

Station 4

Materials: Newsprint and Markers

Instructions: Read the story of Jesus washing the Disciples' feet, John 13:1-17. After reading the story, reflect upon ways that you can use your assets to serve others. Write ways to serve and be a servant to others on the newsprint wall.

Station 5

Materials: Juice, Cups, Bread, Napkins, Post-It's, Pens

Instructions: Read the story of the Walk to Emmaus, Luke 24:13-32. Sit down at table and share in the bread and juice. On the Post-It notes provided, write down words of gratitude for the many gifts and talents that you have to share.

Station 6

Materials: Tea Lights/Votive Candles, Matches

Instructions: Read John 8:12, "Again Jesus spoke to them, saying, 'I am the light of the world. Whoever follows me will never walk in darkness but will have the light of life.'"

Spend some time in silence. Light a candle and reflect upon Jesus as the Light of the world. Smell the scent of the candle and the warmth of the flame.

Remember that Jesus said, "You are the light of the world" (Matthew 5:12). Leave your candle lit and let your light shine.

Station 7

Materials: Paper, Pen

Instructions: If possible, find someone in the group that you do not know well. Each person will ask the other, "Who are you?" ten times. Each time, you must come up with another answer (For example, friend, sister, child of God, etc.). When both partners have gone, take time to write an affirmation about each other.

Station 8

Materials: Magazines, Newsprint, Scissors, Tape/Glue

Instructions: Read the "Great Commission," Matthew 28:16-20.

After reading the scripture, sit down and look through the magazines. As you look through the magazines, cut out pictures of those people (especially young people) who need witness or are in need of care. Place the pictures on the newsprint.

Station 9

Materials: Scrabble Game Boards, Letter Blocks

Instructions: Reflect on the youth ministry for your setting. Offer up a prayer of thanks for God’s presence with the youth in the church or community. By using the letters, create words on the game board that describe what youth ministry means for you. Consider connecting your words “Scrabble-style” to the words added by others, symbolizing the way in which our different experiences of God come together in community, just like youth ministry.

Station 10

Materials: Variety of Different-Sized Mirrors

Instructions: This prayer station is made up of a variety of mirrors placed on the ground. Stand over the mirrors and look down into them. What do you see? The sky? The tops of trees? Move your position until you see yourself reflected in the mirrors and meditate on what you see. What do you think God sees? Offer a prayer of thanks for who you are and what gifts and talents you have to offer youth ministry as you consider your own reflection.

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