



# Experiment with hands-on Spirituality

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# Build a house of cards

Discuss the control needed to build a successful pyramid, and how this might grow inner strength.

God is with those who choose to control their strength,  
because they will grow inner strength.



# Put your group on trial

Write out different 'crimes'  
(e.g. cheating in a test, stealing food,  
breaking someone's heart). Each person  
takes a crime, and the group must act as  
jury to decide on a fair punishment.

God is with those who seek true fairness,  
because they will find it.



# Paint each other's faces

Paint each other's faces. Use the time to have a discussion about how our outsides do not match our insides.

God is with those who are real,  
because they will see God



# Write to your MP

Research a conflict happening in the world, write a letter to your MP about making peace in that area.

God is with those who make peace,  
because people will call them God's children



# Heaven is a place on earth

Get a map of your local area, and write across it: “Heaven is a place on earth”. Ask the young people to write and draw how their community is already like heaven, and how it isn’t.

God is with those who are attacked for doing good,  
because heaven belongs to them



# Go Food Shopping

Research your local food bank. What do people need most? Take your group to the supermarket and do a shop for the food bank.

God is with those who are poor,  
because heaven belongs to them.



# Play Cards & let someone else win

Then on the back of the cards ask the young people to write different emotions that they have felt when they've lost someone or something. Share the emotions and stories.

God is with those who have lost,  
because they will find comfort.



# Forgive your neighbourhood

Make postcards & placards that announce forgiveness to the local area for the things you don't like about it. Stick up the cards around the area (i.e. 'We forgive the local shop for banning young people').

God is with those who forgive people who don't deserve it,  
because they will be forgiven.