

Youth Group Reconciliation/Lenten Reflection

A resource to use throughout Lent

Aims and Objectives

- Exploring Matthew 4:1-11
- Group discussions
- Prayer and reflections

Duration of session

40 – 45 minutes

Time	Activity	Resources needed
0-1 mins	Opening prayer	See sheet
1-10 minutes	Introduction/ Ice breaker	Print off people bingo
10-25mins	Group discussion	Question sheet
25-35mins	Meditation	Meditation sheet
35- 40	Prayer time	Sticky notes, candles, pens
40- close	Closing Prayer	See sheet

Opening Prayer

Lord we ask that you bless each one of us gathered here today, that you will guide us in our discussions. We pray for our loved ones; that you will comfort them and protect them. Lord, during this Lenten Season, nourish us with Your Word of life and make us one with You in love and prayer. Amen

Introduction to session

5 minutes

This Lent, come to know Jesus as a friend, and experience God's unbelievable love and generosity toward us.

Lent is traditionally a time to give things up that we enjoy doing, to reflect more on our faith and prepare ourselves for Easter, with Christ's resurrection. We are surrounded with so many distractions on a daily basis, and during lent we try and combat this distractions by giving them up and focusing more on are faith and prayer.

This Lent, come to know Jesus as a friend, and experience God's unbelievable love and generosity toward us.



1. Just turn to the person next to you and what they have given up for Lent in previous
2. Ask the young people to feed back about what's been shared, and write the responses down.
3. So having heard how some of the young people and what they have given up for lent the next part of the session asks them how they think they should actually prepare, or at least generate a discussion among the young people.
4. Things we all look forward to at Easter , but are we truly thankful for those moments forgetting the real meaning of Easter before we know it lent is over and you begin to realise you didn't fully enter into the lent season you were too busy.

5. Scripture reading

Matthew 4:1-11

Jesus Is Tested in the Wilderness

Then Jesus was led by the Spirit into the wilderness to be tempted by the devil. After fasting forty days and forty nights, he was hungry. The tempter came to him and said, "If you are the Son of God, tell these stones to become bread." Jesus answered, "It is written: 'Man shall not live on bread alone, but on every word that comes from the mouth of God.'^[b]"

Then the devil took him to the holy city and had him stand on the highest point of the temple. ⁶ "If you are the Son of God," he said, "throw yourself down. For it is written:

He will command his angels concerning you,
and they will lift you up in their hands,
so that you will not strike your foot against a stone.'^[c]"

Jesus answered him, "It is also written: 'Do not put the Lord your God to the test.

Again, the devil took him to a very high mountain and showed him all the kingdoms of the world and their splendour.

"All this I will give you," he said, "if you will bow down and worship me."

Jesus said to him, "Away from me, Satan! For it is written: 'Worship the Lord your God, and serve him only. Then the devil left him, and angels came and attended him.



Group questions to help with discussion

6. After reading this scripture reading what things come to your mind?
7. What stood out for you during this reading?
8. What things have you given up in the past?
9. What would be extremely difficult for you to give up this lent?
10. How have you prepared yourself in previous years over lent?
11. What would help you prepare better this lent?

7. Short Meditation

Take a moment to gather your thoughts and clear your mind, become familiar with the sounds that surround you at this moment, now focus on what's been said this evening, what you've shared with others, what are some of the promises you have made to yourself, what you have asked Jesus for help with. Maybe you feel anxious, a little stressed, focus on your breathing, what is it that is making you feel this way, there is always a solution to how you feel right now, so ask Jesus to help you overcome these feelings, ask him to fill you with his peace, for when we are at peace we are one with him. Feel his presence; perhaps he is trying to tell you something, what is it? Listen into the atmosphere that surrounds you, enjoy the silence; feeling that peace you have now perhaps you can hear more clearly what Jesus is trying to tell you. It may be only a few words or a sentence, perhaps it's something you have known about, while you enjoy the stillness and the silence that surrounds you, take a moment to reflect on what you need to prepare yourself over Lent, how you will achieve this, and what you will ask God for in your prayers, just think and focus on this for a few seconds, and when they come into your mind, keep them there for a second, taking a moment to remember what it was you said would be very difficult to give up, why is it? Is this perhaps preventing you from becoming closer to God, is it having a negative impact on you as a person and those you love, just ask Jesus to help you overcome this, and he will, he will give you strength. Take this moment to give it over to Jesus. In this silence and stillness you will have become very peaceful, it will have relaxed you, thank God for this moment. If you have any other worries or are anxious give them all over to Jesus now so he can free you to be the person he wants you to be. So just take a moment to think of any other things that worry you at the moment.....Now give them over to Jesus, whatever they may be. Let them go.....
Now when you are ready you can open your eyes and take a few seconds to readjust..



8. Closing Prayer ideas

This Lent, let us go forth into the desert with Christ, where, along with him, we deny ourselves out of love. Let us prove to God we love him above all else. Let us engage in acts of voluntary self-denial, training our body, nourishing our spirit that, in prayer, we may begin to truly see the unfathomable value and riches of giving ourselves entirely over to God. It is about cultivating a love for Love. It is about, as our Savior showed us, commending our spirit unto God. For then, when at Easter we celebrate Christ's resurrection on the third day, we may enter more fully into that wondrous plan of salvation our Savior himself has given us with such great sacrificial love.

- encourage the young people to make some sort of gesture, lighting a candle, or writing a letter to Jesus (that they keep, and don't share) asking for his help in the things that they struggle with..
- Reflective music in the background with a prayerful atmosphere, someone reading things to give the young people something to focus on
- Lenten promises
- Something as simple as writing your Lenten promise on a sticky note and placing it around the blessed candle or under their own candle (before they light it)
- Taking your letter away that you have written with you

We pray for our families at this time of the year that any conflicts or ill feeling are healed and forgiven. – **Lord hear our prayer**

We pray for ourselves that we may fully enter in the season of lent and prepare ourselves for the Christ's resurrection.- **Lord hear our Prayer**

We pray for those who are lonely this time of the year, those who need comfort in their distress, that God will embrace them with his love.- **Lord hear our prayer**

We pray for peace around the world,

We pray for all the young people across Shrewsbury Diocese that they come to a deeper understanding of their and faith and that God will bless them in his love and mercy. – **Lord hear our prayer**

