

## God steps into our mess – Activity

### **Items needed:**

1. Chits of paper with the list of 10 items mentioned below – one chit per student
2. Pens/pencils
3. Bowl/something to collect the chits

### **For a small group (20-40 students) –**

- I. Print out the following list of struggles people have (one copy per student) and ask students to circle the struggles they have personally experienced. They do not need to put their name on the sheet.
  1. A broken heart
  2. Feelings of worthlessness
  3. Depression
  4. Physical sickness
  5. A lost relationship
  6. Death of someone you loved
  7. A broken dream
  8. Dissatisfaction with life
  9. Lack of purpose and meaning
  10. Turmoil/restlessness
- II. Once students have marked their sheet. Ask them to fold it and put into the bowl.
- III. Pass the bowl around and let each student pick up a chit.
- IV. From the list of 10 struggles, call out one item at a time and ask those who have it circled on the chit they picked up to stand up

### **Reflection:**

1. No one is exempt from suffering. Most points will have several people standing.
2. Sometimes we try to hide our suffering because we feel that no one will understand. The truth is that many people experience the same suffering, but everyone tries to hide it and pretend like their life is perfect.

*For a smaller group, you can print out the list and ask people to pick as many of the items that are applicable to them. Once done, ask how many have 5 or more items marked on the sheet.*

*Close by sharing the same points from the reflection above.*

*For a larger group of students, you can simply name some of the 10 examples listed above and ask people who have experienced any of these struggles to stand up.*

*Close by sharing the same points from the reflection above.*