

# Sample Overview: HOPE

*'I alone know the plans I have for you, plans to bring you prosperity and not disaster, plans to bring about the future you hope for.'*

## Jeremiah 29:11

**Suggested Time:** 45mins

This session aims to give our young people a space to just be, to reflect on the past few months in particular and begin to look forward to the future with hope. The team will lead the young people through a series of mini activities in the outreach tent all based around the theme of Hope. Our time together will end with a time of prayer and mission giving the young people the opportunity to think actively about how they can be a people of Hope to those around them.

Time	Activity
5min	<b>Gather, sit etc.</b>
5min	<b>Introductions</b> Team intros & Welcome to the Tent!
5min	<b>Icebreaker</b>
6min	<b>Introduction &amp; explanation of theme</b> A time to unpack the chosen theme and to explore what this might mean in our lives and where we may have witnessed or encountered <b>HOPE</b> .
6min	<b>Scripture</b> In the style of Lectio Divina we will listen to the scripture and invite the young people to share the words that stand out to them.
3min	<b>Mindfulness Reflection</b>
15min	<b>Closing Prayer</b> Focusing on the theme we will think actively about how we can be a people of <b>HOPE</b> as we move forward and reflect on where we see <b>HOPE</b> in our lives.
	<b>End</b>