

National Junior High Sunday 2023

“Worried and Distracted,” based on Luke 10:40-42

Action ideas outside of worship

By Becky Ullom Naugle

- Watch for distraction and/or worry in yourself. When you are feeling worried or distracted, pause. Take a deep breath. Share your distraction and worry with God and ask for help in releasing those thoughts, replacing them with an invitation for the Holy Spirit to work for good in the situation.
- Increase your endurance for living without your phone. Every day for a week, try to put down your phone for at least an hour during the afternoon or evening. You can do it! Instead, focus on the people around you. If no one is around, try reading scripture. How about Luke 10?
- How can you be more focused in your faith? Try adding one spiritual practice into your day every day for a week. Need ideas? Check out this website about spiritual practices for youth, created by Church of the Brethren pastor Gabe Dodd:
<https://www.iamdiscoveringgod.net/home/category/Prayer+Activity>
- Grow your tolerance for stillness and silence. Every day this week, sit somewhere comfortable and close your eyes. Work to still your thoughts. Listen to what is around you. Listen for God. Be still and know that God loves you. Start with 5 minutes and try to increase your time every day.
- Need some journaling or doodling questions to ponder? Here you go!
 - Who do you feel most like: Martha or Mary? How do you feel about that?
 - Are there expectations of you that feel burdensome? What are they?
 - How can you invite God to help you live into your full identity as a child of God?
- Create a Worry Box. When you catch yourself worrying, take time to write down/draw the worry as completely as possible. Then leave that worry in the box. Invite God to help you see the movement of the Holy Spirit in your life as it relates to that worry. After a week, reflect on how your relationship to that concern has changed. Are you less worried? Is God calling you to seek additional help with your concern? What type of help?