There Is Hope for Me

An interactive trauma recovery journal for youth

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The Facilitator's Guide

A Crisis Care Training International Publication

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More in-depth help can be found in Healing for Hurting Hearts: A Handbook for Counseling Young people and Youth in Crisis

These tools will help parents, Sunday school teachers and other caring adults support and help young people who have gone through traumatic experiences that have caused them to experience vital losses resulting in feelings of sadness.

Introduction:

This workbook provides opportunities for young people to talk about their trauma-related feelings as they work through the activities. For young people, how they feel about a traumatic event is very important. They often experience troubling emotions that may be new to them.

Another feature of a person's trauma is the losses they have experienced through a traumatic event. Young people need help identifying these losses and understanding what these mean to them, both now and later. To bring closure to their trauma, young people need to grieve their losses in a way that is meaningful to them.

It is important to let young people know that you really want to understand what they are feeling or what they need. Sometimes young people are upset but they cannot tell you what will be helpful. Giving them the time and encouragement to share their feelings with you may enable them to sort out their feelings. Young people will need long-lasting support. The more losses the child or adolescent suffers, the more difficult it will be to recover. This is especially true if they have lost a parent who was their major source of support. Try to develop multiple supports for young people who have suffered significant losses.

Task

A facilitator's task is to guide the young people through the activities in their journal. Young people need help in identifying and grieving their losses. They also need help in realizing what these losses will mean to them both now and long-term. The notes in this guide will help you accomplish this task.

The Facilitator's Guide also expands on the young people's concept of trauma, fear, sadness and such. Following a trauma, young people have changes in their behavior. Usually these reactions will occur immediately following the trauma. Sometimes a person will seem to be doing fine at the time of the trauma and then have a delayed response weeks or months later.

Be supportive and compassionate in talking with young people to help them feel safe. Help young people share in maintaining their feelings of safety by asking them about their specific needs for comfort and self-care.

The following points provide you with several important guidelines to remember when planning to use the young people's journal. Following these guidelines will ensure success in helping the young people.

Using the Facilitator's Guide

1. Make the event specific to the young people's traumatic experiences.

Young people globally suffer a wide variety of traumatic events: natural disasters, war, accidents, being orphaned or being sold for sexual exploitation to name a few. When young people experience any of these traumatic events, they also will experience major losses. Depending on the trauma, losses could include home and family, friends, safety, trust, education, self-respect, feelings of being loved, sense of belonging and, finally, hope.

These losses cause deep feelings of sadness within a person. It is important that young people are given many opportunities to identify and express their feelings for emotional and spiritual healing to occur. Young people also must be given time to process their losses and have them restored where possible. A mother who dies in a traumatic event cannot be brought back to life. A loving caregiver or friend however, can be provided, thus making the person feel safe and loved.

Because young people go through similar thoughts and feelings in all traumatic experiences, this recovery journal can be used with young people experiencing any kind of traumatic event.

You, the facilitator, should identify and refer to the specific type of trauma and resulting emotions as you work with the young people. When the text refers to a

traumatic event or thing that made the young people feel sad, be sure to name the specific event—flood, fire, war, etc. You also can word your questions to fit the person's experience. Ask them if they were afraid when the earthquake (or tornado or tsunami) occurred. What was there about the war (or living on the street or becoming orphaned) that was most frightening?

Do, however, be very sensitive when addressing issues involving sexual abuse. In these situations, let the individual take the lead in how much and when to share.

2. Before starting your sessions, choose whether you will use peer or individual grouping.

Some prefer to have young people complete these activities in a peer group setting; others prefer to work one-on-one with a single person. In a natural disaster such as an earthquake, where most have had similar experiences and feelings, though perhaps varying in degree of trauma, it is generally most helpful for young people to process what has happened with a supportive peer group.

If the trauma has caused an individual feelings of shame, such as from domestic violence or sexual abuse, you may want to provide one-on-one mentoring, at least until the person feels comfortable being with a peer group.

You also will need to consider whether you will have all boys, only girls, or both in the group. The configuration of the group will depend on local culture and the trauma issues involved.

Time-Frame

Each session is planned for about one hour. This allows plenty of time for talking together before and after their activities. In starting a new session, you also will want to give young people time to share new thoughts they have had from yesterday's session. Ask them frequently if there are things they would like to share. However, never make them feel that they must.

Young people absorb or process ideas slowly. One session per day usually is most helpful. If you have more time available with the young people, plan relaxing, happy experiences (songs, dance, playing games, storytelling or perhaps a movie, etc.). Fitting back into familiar activities and routines helps young people achieve emotional stability.

Bible Verses

Bible verses are often included on the Journal Activity sheet or The Facilitator's Guide. Have the young people memorize these verses and review them often. Make learning them easier and more fun by making the verses into a song with a simple tune. You might also want to have quiz competitions.

Young People's Journal

Encourage the young people to share the activities they have each day with their parents or caregivers. You may wish to visit these caregivers in their homes or have them visit you where you meet with the young people. They may benefit from counseling sessions, too. Decide whether it is best for the young people to take their journals home at night or to keep them in their meeting room. Make sure their names are on their journal.

Introduction to the Young People's Journal Activities

The activities in the young people's journal are designed to give young people opportunities to explore and express their feelings about the events they have experienced during and after a traumatic event. They will do this through supportive conversations, art work, and writing activities. Once the young people have identified their losses and expressed their feelings about them, the facilitator can help the young people come to closure on their grief issues.

The pages with borders on the right-hand side of The Facilitator's Guide are the same pages the young people have in their journals. The notes on The Facilitator's Guide page will help you understand key concepts to talk about for the journal page. Study these pages before meeting with the young people. You may have additional ideas to talk about, too.

Help young people and families feel connected to peers and adults who can provide support and decrease isolation. Be aware of local resources to help young people and families obtain additional help if it is needed.

Note:

In this journal, we have used the names that represent the Persons of the Trinity. Although we as adults struggle with the mysterious nature of the Trinity, young people usually just accept it; they exhibit remarkable faith. Though it is rare for young people to ask questions about the Trinity, you need to be prepared to give a simple answer should a child ask. For very young young people, simply teaching that there is one God who is the Father, the Son, and the Holy Spirit may be enough. For older young people, you could use an illustration like this: I am my father's daughter; I am my husband's wife; I am my son's mother. I am three persons; yet I am one. God is one but three persons: God the Father, God the Son, and God the Holy Spirit.

First group session:

Purpose

To help the young people find comfort in having Jesus as a Friend who loves them all the time. Get acquainted with the others in the group.

Introduction

Early in life young people begin to interact with young people outside the family. The friendships young people have with each other are different than those they have with parents and relatives. Family relationships provide closeness, a deep sense of intimacy, but they are not a substitute for other relationships. Starting young and continuing through adulthood, friendships are among the most important activities of life and are a necessity for healthy psychological development.

Therefore it is important that young people, who may have lost friendships through their traumatic experiences, first talk about the comfort and support they have received from their friends. Remembering these experiences will help the young people be happy in learning that Jesus wants to be their Friend, giving them the same comfort and support. This session also allows the young people to know each other on a more personal level, making it easier to share at a deeper level in further sessions.

Talking Together

Have the young people talk about their friends. What did they do together? Did they go to the same school? The same church? What games did they like to play? Movies? Music?

How do friends make you feel?

We all need friends! However, we first will meet the friends sitting around us. Have the young people give their names and tell one thing about themselves such as the town they are from; the school they went to; or their favorite thing to do with friends.

Have the young people learn the Bible verse Proverbs 17:17 as a reminder that Jesus wants to be their Friend at all times, even when bad things happens.

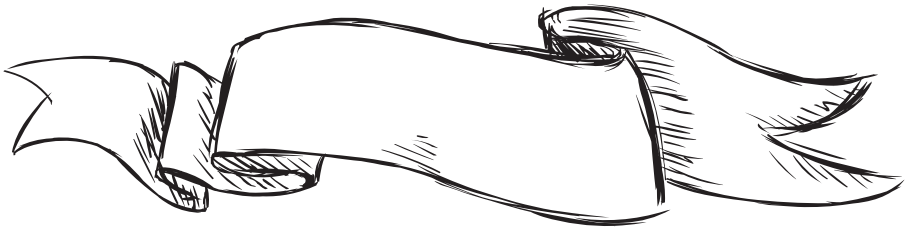
Journal Activity (pg 3)

Hand out journals and have students put their names on them

Prayer Time

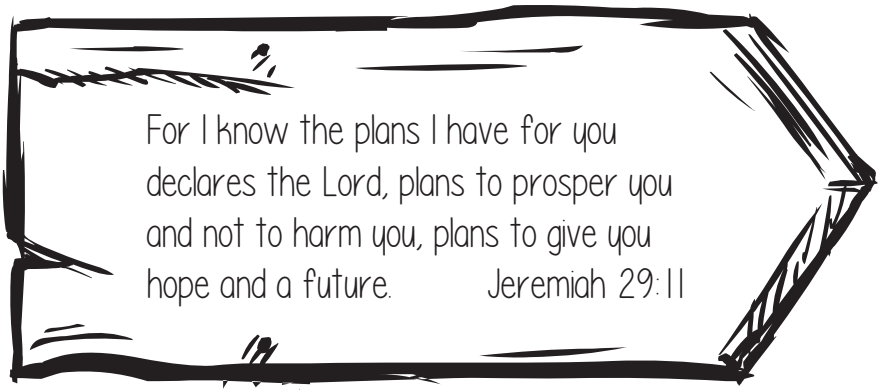
Have the young people thank Jesus for being their Friend.

This journal belongs to:



Date: _____

This journal was given to me by someone who wants me to know that I am special and that God loves me and has a wonderful plan for my life.



This Is Me!

Purpose

To help young people learn that no matter what has happened to their family or community because of the traumatic event they have experienced, they still are special to God, their heavenly Father.

To Do

Before starting the session, prepare a banner or pretty wall hanging for the young people with the words of Isaiah 43:1 written on it as shown on page 5 of the young people's journal.

Talking Together

Show the banner to the young people and have them read it together.

Talk with the young people about how special they are, bringing out that God knows each of their names and He says to each person, "You are mine."

Remind the young people that God also has created each one of us.

Share ideas together about what it means to have been created in God's image (His likeness): They can think, express their feelings, be creative, love and so much more.

Journal Activity (pg 4-6)

Draw a picture or write about a time when you were very sad. (pg 4)

Let people share and talk about their drawing or writing if they so choose.

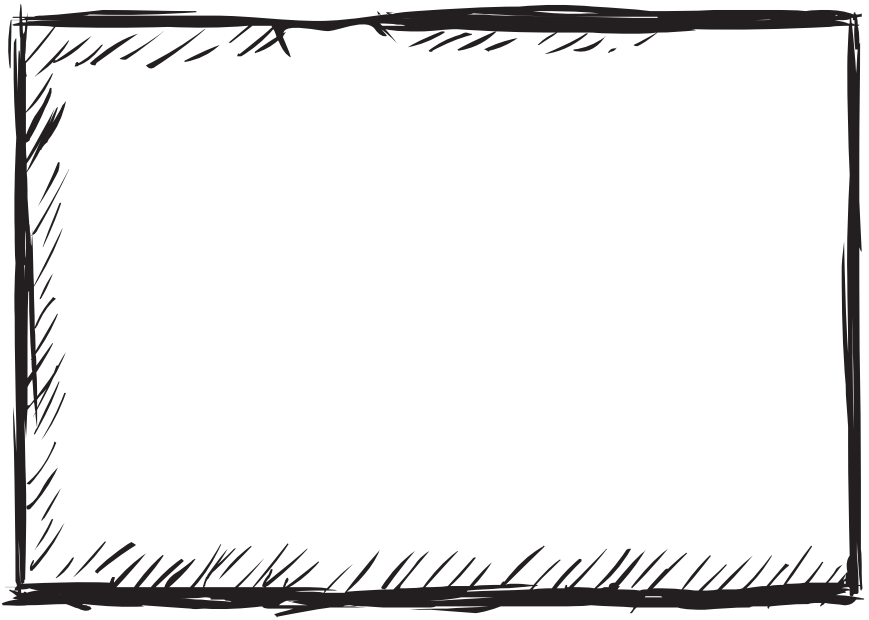
Page 5, has Matthew 11:28 – Giving students a chance to write about what the verse means to them and also how they might apply this verse to their life today.

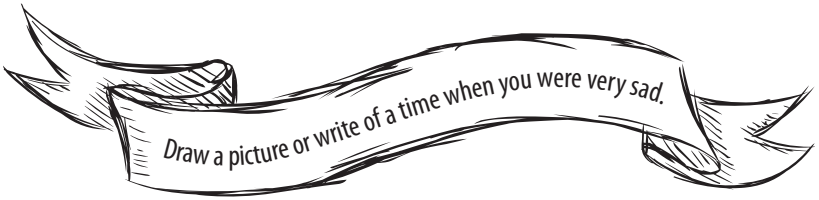
Fill out page 6 with drawing, writing, or using analogy to describe who they are or how they feel.

Prayer Time

Thank God that every person is special to Him.

Personalize the prayer by calling out the young people's names. For example, "Thank you God that Brendon, Amy and Joseph are so special to you." Be sure to include all their names!




Draw a picture or write of a time when you were very sad.

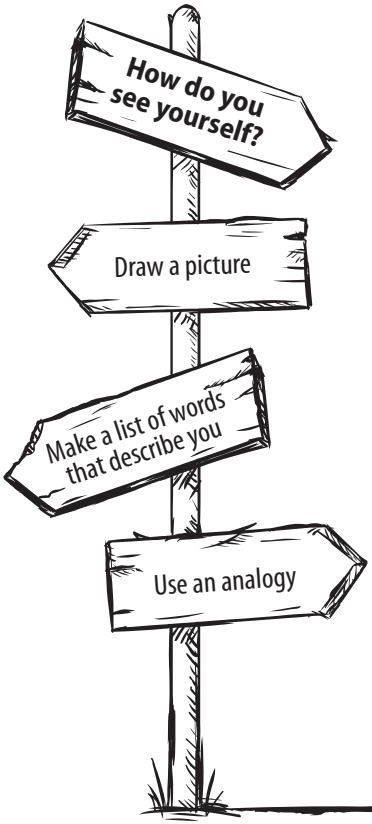
Then Jesus said, "Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.

Matthew 11:28 NLT

1. What does this verse mean to me?

2. How can I apply this verse to my life today?

This is me!



I am like...

(Example: I am like a tiger, because I am roaring inside with anger.)

I am like...

My Favorite Things

Purpose

To give the young people an opportunity to further explore their identity (who they are) and to recognize that their identity has not changed because of their traumatic experiences.

Introduction

One of the most fundamental needs we all have is for a sense of identity. Who we are matters very much to all of us, including the young people. Talk with them about who they are: a girl, a boy, a brother, a friend, one who loves Jesus, etc.

Journal Activity (pg 7)

Have the young people fill in their, "My Favorite Things" page.

Have the young people talk about what has not changed about them since the events that made them feel sad.

Their name.

Their birthday.

Their likes and dislikes.

Talking Together

Talk about their Scripture verse (Isaiah 43:1), reminding them that another thing about them that has not changed is that God still says, "You are mine."

Help the young people make up a song with a simple or familiar tune using words from their memory verse.

They may have experienced new feelings, yet who they are as a person has not changed.

Prayer Time

Have the young people thank God that they are the same person and that His love for them is the same.

My Favorite Things

Birthday Memory

Animal

Book or Movie

Song or Type of Music

Color

Season or Weather

Best Friend

Food

Sport or Outdoor Activity

"Do not fear, for I have redeemed you;
I have called you by name; you are Mine!"
Isaiah 43:1 Amplified Bible

God Will Help Me

Purpose

To give young people a sense of safety in knowing that God will not only help their family and community, but He also will help them personally.

Introduction

For healthy childhood development, young people need a safe environment to explore their world.

In spite of the destruction and confusion traumas cause, young people can find comfort in knowing that God loves them and those who care for them—their family and community.

He will help them all overcome the problems the traumatic event caused.

Talking Together

Have the young people talk about the ways God helped them through the sad thing that happened to them.

Ask the young people if they are aware of God's help in their community, and have them tell how.

A school has reopened.

A church was repaired.

What are some things that still need to be fixed in your community?

A supply of safe water to drink.

Electricity turned on.

Provision of food.

Journal Activity (pg 8)

Have the young people jot down 3-5 things that show how God has cared for them.

Have people share, ask for details if the conversation lags.

Or if people are willing, compile a list of everyone's ideas about how God cares and shows His love.

Prayer Time

Pray together, thanking God that just as He has helped them in the past.
He will continue to help them now.

God Will Help Me

God made you, He loves you. He cares about your family and your circumstances.

God is interested in helping us overcome our problems.

The Lord is my helper; I will not be afraid... Hebrews 13:6

Jot down 3-5 things that shows how God has cared for you.

1 _____

_____

_____ 2

_____

3 _____

_____ 4

5 _____

Before & After the Event Happened

Purpose

For the young people to begin exploring their feelings before and after the sad event that troubles them.

Introduction

All traumatic experiences eventually lead to damaged emotions stemming from how young people feel about what happened to them during the traumatic event. These feelings include—

Guilt or feeling at fault

Afraid

Feeling unloved, unwanted or abandoned

Anger

Sad, lonely

Talking Together

Using the various faces on the young people's page, have the young people share their thoughts and feelings about what happened.

Have a few young people volunteer to show (physically) what their faces looked like during their sad experience and what they want their faces to look like now.

Have the other young people guess what emotion each face is expressing.

Review the verse: Hebrews 13:6

Journal Activity (pg 9)

Have the young people mark the faces with an X that show their feelings of how they felt before the event happened and a check mark or tic, how they feel now about the event that happened. There is a place to record other thoughts or feelings as well.

Assure the young people that it is alright to be afraid, angry or sad when a frightening thing happens to them.

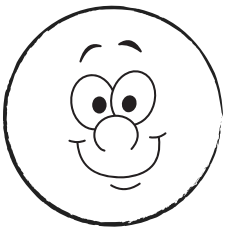
Emphasize that God is always with them and He can help when they feel sad or afraid.

Prayer Time

Pray with the young people, asking God to help them have more positive emotions.

Before and After the Event

Make an ✗ next to the face for how you felt **before** the event, and a ✓ for how you felt **after**.



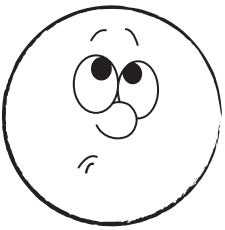
Happy

Sad

Afraid

Angry

Frustrated



Confused

Describe other thoughts or feelings you had before or after the event.

God Understands My Feelings

Purpose

For young people to learn that God understands our feelings and can help us have good feelings as well change our perspective.

Introduction

Be sensitive to cultural differences among young people who have experienced traumatic events or losses.

For some young people, expression of emotion may not be acceptable or comfortable.

Journal Activity (pg 10)

Give young people time to work in their journal.

Have those who would like to show their pictures or discuss what they wrote do so.

Encourage the young people to talk about their feelings before and after their sad experience.

Listen to their stories without judging.

Allow the young people to cry, be sad, or be angry.

Do not force expression of the traumatic event, but let young people know that it is normal for everyone to feel upset, angry, or afraid when something bad happens.

Talking Together

When all have shared their feelings, point out that people have different kinds of feelings when bad things happen.

Sometimes they are happy, sad, angry, fearful or anxious.

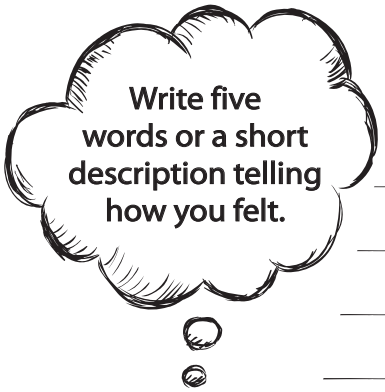
Whatever they felt during their sad experience was okay, but now God wants to help change their sad or angry feelings to good feelings.

Prayer Time

Pray together thanking God that He understands the young people's feelings and can help them have good feelings again.

God Understands My Feelings

Was there a time when you felt angry or afraid over what happened to you?



Circle the words from the word list below that best describe your feelings.

Mad	Terrified	Want to hit something
Frozen	Nervous	Panicked
Crying	Screaming	Bitter
Hot	Worried	Raging
Offended	Anxious	Stamping my foot

Whatever you felt was okay!

Things I Lost

Purpose

To help young people identify and release to God the losses they have suffered as a result of the event.

Introduction

Talk with the young people about losses.

Explain that when sad or bad things happen to us, we lose things.

Losses cause us to feel sad, frightened or angry.

Journal Activity (pg 11)

Ask the young people to draw pictures or write some of their losses in the appropriate columns of their journal.

Have them talk about these losses.

Ask them how it feels to think about the things they have lost.

Remind them that Jesus cares about how they feel.

Talking Together

Talk about God's love and the ways He is restoring their losses.

Will they have a new home? A new caregiver? Has someone given them food, clean water to drink or clothing?

Even though bad things have happened to us, God still shows us that He loves us.

Prayer Time

Pray with the young people asking God to comfort them in their losses and to continue His care for them.

Ask if anyone wants to thank God for loving and caring for them.

Things I Lost

Loss can be so much more than tangible things.

Friends

Family

Dreams

Tangible Things

Other

Blessed are those who mourn,
for they will be comforted. Matthew 5:4

Remembering Family & Friends

Purpose

To help young people talk about death and to understand death as a significant loss in their lives.

Introduction

Talking to young people about death must be appropriate for their developmental level, respectful of their cultural norms and sensitive to the person's capacity to understand the situation.

Young people will be aware of the reactions of significant adults as they interpret and react to information about death and tragedy.

For younger young people, adult reactions will play an especially important role in shaping their perceptions of the situation.

Allow the young people to guide you, the facilitator, as to their need for information or clarification of the information given.

Loss and death are both part of the cycle of life that young people must understand.

Talking Together

Encourage young people to ask questions about loss and death.

Do not be concerned that you may not know all the answers.

Treat each question with respect and a willingness to help the person find his or her own answers.

Remember, you cannot assume that everyone in a certain age group understands death in the same way or with the same feelings.

All young people are different, and their view of the world is unique and shaped by different experiences.

Journal Activity (pg 12)

Have the young people write inside the floral wreath the names of their friends or family members whom they want to remember in some way.

Have the young people talk about why these people were so special in their lives.

What fun things did they do with their friend or family member?

Have students write a favorite memory of one of the people they listed.

Prayer Time

Ask God to comfort the young people who feel sad about the losses they have experienced.

Remembering Family & Friends

Write the names of family and friends who you want to remember

Write a favorite memory you have from one of the names you wrote in the flower wreath above.

God Takes Care of Me

Purpose

To let the young people know that although they have experienced a lot of sadness because of their losses, God's love and care for them can make them happy again.

Talking Together

Have the young people talk about all the happy times they have had during the past week, emphasizing ways God took care of them.

Have them talk about the people in their lives that God used to care for them.

Did a friend do something to show they cared?

Did someone cook food for them, hug them, or go for a walk with them?

Journal Activity (pg 13)

Remind the young people that God has many ways to care for them.

Have them write or draw on their page 3-5 special ways God has cared for them.

Have them take turns sharing with one another and telling the story behind the picture.

Help the young people learn the memory verse I Peter 5:7

"Cast all your [cares] on him; because he cares for you." I Peter 5:7

People could make up a song with a familiar tune, about God's love and care.

Prayer Time

Thank God for the ways He cares for each person.

God Takes Care of Me

Even though losses can make me feel sad, afraid, angry, or other feelings, knowing God cares for me can help to change my view of life.

Make a list of 3-5 ways that God is taking care of you. Or, you can draw a picture.

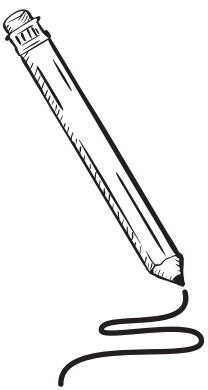
1

2

3

4

5



Thank You God

Purpose

Thanking God for His care is a reminder to the young people of the many ways God cares for them.

Introduction

God has entrusted the care of young people to families. When young people are first born, they are wholly dependent on the care provided by their families. In traumatic times families often are fragmented, leaving young people without care. Yet in trauma, young people have additional need for the provision of safety, security and nurturing. Young people feel very afraid when they do not have a person with whom they feel safe to care for them. It is comforting for them to know God always cares for them.

Talking Together

Talk about how the young people will need God's care in the week ahead. This will help you know what their immediate needs are. Is food a concern? Safety? School? Sickness? Emotional support?

Journal Activity (pg 14)

Help the young people write a prayer thanking God for His care.

After they have written their prayers, have them read the prayers out loud to the group, if they so wish.

You may want to have the young people exchange prayers and read someone else's prayer.

After each prayer is read, ask, "Who else has experienced God's help in this way?"

Help them choose a praise (thanksgiving) song to sing to God for the wonderful ways He has helped them.

Remind them that in times when they feel sad, they can look for ways God cares for them.

Prayer Time

Have the young people thank God for His care.

Thank You God

Write a prayer thanking God for His care.

Dear God,

Positive Things I Can Do

Purpose

To help young people think about practical things they can do as acts of self-care.

Introduction

Young people can feel helpless in traumatic situations.

The next two activities will help them feel empowered to change their feelings of sadness by doing positive things.

Talking Together

Using the ideas on the young people's page, have the young people talk about the helpful things they can choose to do to help them feel better when they are feeling sad.

Explain that "crying" sometimes helps us feel better because we have expressed our sadness and are now ready to choose other things. It is not a sign of weakness or immaturity. God gave us emotions for a reason.

Have them think about additional things they can do.

Care for an animal.

Write a friend or relative a letter.

Read a book.

Help the young people understand that they are not helpless; there are helpful, alternative choices they can make.

Journal Activity (pg 15)

Have the young people circle the choices they think would help them the most.

Then have them write their own thoughts of helpful things to do.

Tell them some of the things they have circled on this page of their journal will be shared on the next page.

Point out the verse Romans 15:13.

Prayer Time

Have the young people pray, thanking God that they can choose helpful things to do when they feel sad. The facilitator should pray, asking God to help them remember the helpful things they can do when they are sad, afraid or lonely.

Positive Things I Can Do

When we are feeling sad there are some things that we can do to help ourselves feel better and change the direction our thoughts.

Circle some things you like best from the list below.

Drawing

Taking a walk

Spending time with a good friend

Reading

Journaling

Listening to music

Praying

Asking a trusted person for help

Write down your thoughts or ideas of other things that you can do to help redirect your mind.

May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.
Romans 15:13

Things That Help Me Feel Better Discussion Page

Purpose

To reinforce the fact that young people are not helpless; they can do things to change their feelings of sadness.

Introduction

Young people often feel helpless during a traumatic event. Their experiences and feelings tell them that they are in a situation they cannot control and that they do not understand. Young people are constantly afraid of something they cannot understand or control. There is the added fear and anxiety that comes when family and home no longer function as the safe, supporting structures they were in the past. It is frightening for young people also to feel that parents are no longer n control. This lesson encourages the young people in knowing they are not helpless; they can do things to change their feelings of sadness and feel hopeful that things will get better.

Talking Together

Have the group brainstorm things that could help them feel better, or coping strategies that they have used or are currently using to change their attitude and feelings.

Use the verse Proverbs 12:25 *"Anxiety weighs down the heart, but a kind word cheers it up."* Talk about how encouragement of each other is important, so people don't feel like they are alone or they only one who has gone through traumatic circumstances.

Journal Activity (pg 16)

They can write down the list generated by the group for future reference

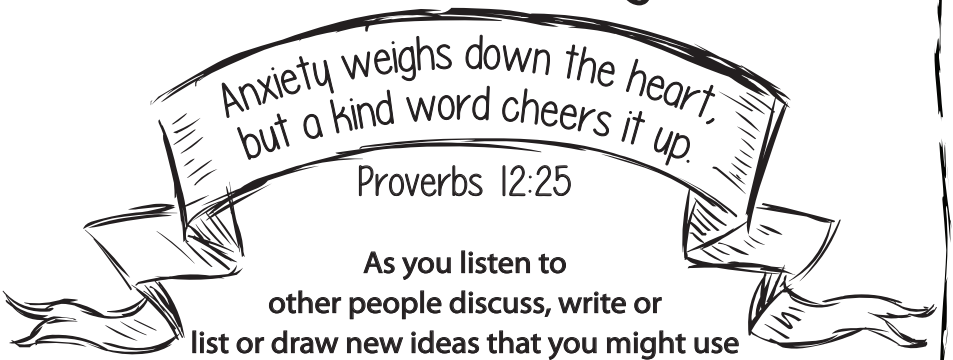
Or draw some pictures to remind themselves of other ideas.

Listen carefully to their stories so you can make helpful comments.

Prayer Time

Have the young people ask God to help them remember the good things they can do that help them when they feel sad.

Discussion Page



As you listen to other people discuss, write or list or draw new ideas that you might use in the future to help redirect your thoughts and make yourself feel better.

Telling My Story

Purpose

To develop a good relationship with the young people through listening to their stories.

Introduction

Young people need someone who will really listen to them as they share their stories.

We help young people heal by giving time to listen and encouraging them to express their impressions and feelings about the trauma they have experienced.

When young people know that someone is listening seriously to them, they become more trusting and accepting of themselves.

In sharing their stories, young people relate to themselves in ways that help reveal their inner strength.

Talking Together

Have the young people talk about to whom they would most like to tell their stories of sadness.

Ask them why they chose that person.

Let them know it is okay if they want to keep it a secret.

You also could talk about where they would like to talk to that person.

By the riverside, in their room, while taking a walk.

Journal Activity (pg 17)

Have them choose a favorite place that is special to them.

Have the young people draw a picture or write a paragraph of that place and of themselves telling their story to the person they have chosen.

Prayer Time

Have the young people thank God that He is always with them and likes to listen to them talk about the things that trouble them.

Telling My Story

To whom would you most like to tell your story? Describe the person who is listening to you and where you would like to share your story. Or, draw a picture of this scene.

Jesus Our Help in Time of Trouble

Purpose

To give the young people comfort in knowing that Jesus is always near to them and will never leave them.

Introduction

Read the Scripture verse on the young people's page together.

What a wonderful promise Jesus has given to us!

Talk about why this promise is so special.

He is always near when I need help; I can talk to Him at any time, etc.

Talking Together

Have the young people tell about a time when they knew Jesus was with them or a time when they asked Jesus to be near them.

Be prepared to share with them a similar experience, too.

Journal Activity (pg 18)

Help the young people as they write their songs or poems.

Have the young people share their poems or songs with the group.

Choose one or two of the young people's writings to put a simple tune to so the young people can sing the songs when they feel lonely or afraid.

Alternate: have students write and act out a short skit.

Prayer Time

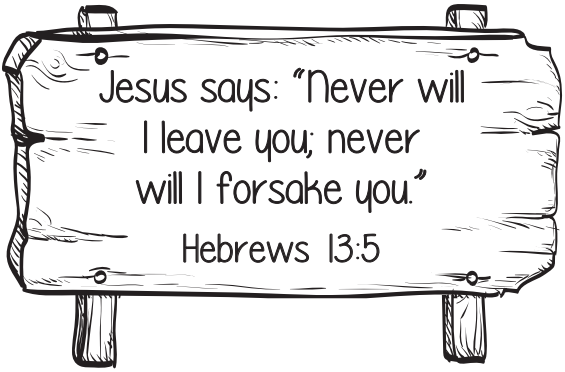
Have the young people thank Jesus that He is always near to help them.

Have the young people make their prayers specific: "Thank You, Jesus, for helping me with my school work" or "Thank You, Jesus, that you help me to not be afraid."

Suggestion

After the session is over, if possible, put together a small journal of all their writings. Make duplicate copies and give a copy to each person.

Jesus Our Help in Times of Trouble



Write a song, poem or prayer that tells how Jesus can help you with how you feel.

God is our refuge and strength, an ever-present help in trouble. Psalm 46:1

Plans for the Future

Purpose

To give hope to young people through knowing that Jesus loves them so much that He has made good plans for them.

Introduction

Start off by having the young people act what they would like to be in the future.

A fireman—pretending he has a hose and is putting out a fire.

A nurse caring for a sick baby.

An airplane pilot zooming around the room.

As a person demonstrates his or her choice, the other young people can guess what they are portraying.

Talking Together

Talk about the young people's pictures and remind them that Jesus will help them fulfill His plans for their lives.

Read Jeremiah 29:11 together. Point out how this verse shows that Jesus loves the young people very much. He has made good plans for every one of them—plans that will give them hope for the future.

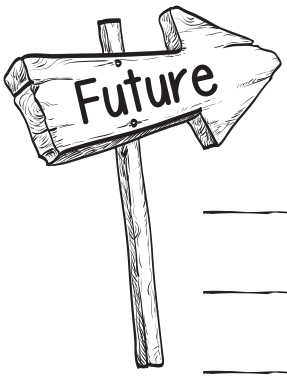
Journal Activity (pg 19)

Have the young people write or draw pictures showing what they would like to do in the future.

Prayer Time

Have the young people thank Jesus that He has shown His love for them by making good plans for their lives—plans that give them hope.

What would you like to do in the future?
How would it be different from your life now?



Be strong and take heart, all you who hope in the Lord. Psalm 31:24

God's Wonderful Promise to Me!

Purpose

To assure the young people that God's plans are good plans; they can trust God's plans for their lives.

Introduction

Plan a way you can have a special celebration time for the young people's completion of their journal.

They could enjoy singing songs.

They can have fun playing games.

They can enjoy having refreshments.

Journal Activity (pg 20)

Have the young people read and recite Jeremiah 29:11 together.

Encourage the young people to keep their journal in a place where they can look at it often and be reminded of God's special plans for their lives.

Prayer Time

Have the young people thank God for loving them and making good plans for their lives.

God's Wonderful Promise To Me!

Memorize the Scripture verse below. Personalize the frame.

"For **I know** the plans I have for you," declares **the Lord**, "plans to prosper you and not to harm you, plans to give you **hope** and a **future**."

Jeremiah 29:11

The difficult things you have been through have made you strong. You have experienced God's love for you in wonderful and unique ways.