



ADVENTURE BOOK

2026/2027

Secondary



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THIS BOOK
BELONGS TO







[A note for parents and carers]

This book is designed to help young people engage with the Bible and faith in a thoughtful, reflective and active way. It encourages them not only to read the stories, but also to explore their meaning and connect them to everyday life through simple, accessible activities. Your encouragement can make a real difference: whether that's giving them space to explore independently, showing interest in what they're discovering or joining in conversations sparked by the book.

Encourage young people to be curious and open to what they notice about God, their feelings and the world around them. Remember, they may not have the words to express what is happening spiritually, which is normal and okay (if a little frustrating at times!). This book recognises that much of spirituality and faith is beyond words and therefore encourages drawing, doodling, composing, singing or playing music, signing, making, being silent or any number of other ways to connect with God. Encourage young people to experiment with different things but notice their preferences and when they are most at peace with God, themselves and their surroundings.

These experiences can spark deeper discussions about faith, identity and purpose in a way that feels natural and relevant. And if you'd like to know more yourself, ask at your local Methodist church about a place on the On The Way course. Visit methodist.org.uk/OnTheWay for more information.

For more ideas to creatively engage spiritually with God for you and your family, visit methodist.org.uk/PrayerCards to download a set of Prayer Cards.



WELCOME TO THE JOURNEY OF A LIFETIME

This isn't just a book to read; it's a book to experience.

Inside, you'll encounter Bible stories that are honest, challenging and full of real human moments. These are stories about courage, doubt, hope and God's presence in unexpected places. You're invited to read slowly, to wonder and question, and to reflect on what these stories might mean for your life right now.

But it doesn't stop there. Each section includes a mini adventure – an invitation to step away from the page and try something for yourself. This might be getting outside, noticing the world around you more closely, trying something creative or simply taking time to pause and think.

These moments are about exploring where God might meet you – in the ordinary, the quiet, the messy or even the surprising. You don't need to have all the answers. Simply bring your curiosity, your doubts and your willingness to give it a go.

THE ADVENTURE STARTS HERE





[Journaling]

The weekly pages of this Adventure Book contain spaces for journaling. This isn't about writing long reflections (though you can if you want to). It's simply about paying attention – to your life, your thoughts, your feelings and those moments that seem to shimmer with something more.

Some people write, others doodle, draw or take photos. Some use stickers, others scribble one word on a page. You could even stick in things you've picked up along the way – a ticket, a leaf, a scrap of paper – anything that captures a moment. Do whatever works for you – but do it. Because the more you notice, the more you'll begin to see.



Mini adventure...

Each week, you'll be offered a simple thing to try, a little experiment that helps you live out the way of Jesus. The mini adventures won't take long, but they could be where the good stuff happens. These are the moments where you might meet God in a way that's just for you.



On The Way

We call these adventures, even though the things you're invited to do are quite simple and ordinary. Even so, they have the potential to become adventures, because the most everyday moments can become anything but ordinary when God is involved.

[Special pages]

There are a handful of special pages between the weeks in your Adventure Book. They provide more information about important times of the year, such as Advent and Lent. The Bible texts will help you reflect on these special seasons.



[Noticing God with you]

God often communicates in whispers, not shouts. Subtle messages or a feeling you can't quite name. These are some of the ways that people have recognised God speaking to them:

- A rush of emotion.
- A deep inner silence or peace.
- Unexpected clarity.
- A sense of connection to other people, nature or the universe itself.
- A flicker of excitement.
- Hearing the same message from several different sources.
- A strong sense that the way ahead has already been prepared – like following breadcrumbs.
- A song, poem, painting or phrase that seems to hold a message just for you and your current situation.
- Coincidences that feel too meaningful to ignore.
- Conversations that go deeper than usual.
- Encounters with animals or the natural world that help us notice God's presence in creation.
- Moments of heart-stopping beauty.

You don't need to make sense of it all straight away. Just notice, capture the moment. Write it down, sketch it, record a voice note – whatever helps you hold onto it.

Over time, your Adventure Book will become more than a record. It becomes a map. A way of seeing how God has been travelling with you all along.

John Wesley, the founder of the church movement called Methodism, kept a journal, too. In it, he wrote about a quiet evening at a church meeting. As someone read aloud from a book about God, he said he felt his "heart strangely warmed." It wasn't dramatic – but it changed everything. He felt God with him. That journal entry marked a turning point in his faith.



You never know when those moments will come. So, pay attention. The practice of journaling could help you catch one.



You can also use this handy tracker to show your progress as you make your way through your Adventure Book.

[A Methodist Way of Life]

Every month, the mini adventures are themed around one of the Methodist Way of Life stations, with a different one each month. These are everyday practices that help us grow in faith, hope and love.

Put together, these twelve practices make up what the Methodist Church calls A Methodist Way of Life. It's simply a way of describing how we follow Jesus day by day. But there's nothing uniquely Methodist about them – Christians everywhere try to live out these same twelve habits in their own way.



[I wonder]

Each weekly page includes prompts to help you bring your ideas and reflections together. You'll have real-life experiences from trying the mini adventure, and hopefully a sense of God being with you. As well as reading a Bible passage, you will have notes on what other people in the church have thought about that passage. The hope is that you can take some time to think and reflect on what you've discovered. Don't feel you have to come up with anything definite; our ideas about God can change and grow throughout our lives. It's a journey! And it's really valuable to put something down on paper. Getting it out of your head is a great way to clarify your thoughts. In the future, you will find it interesting to look back at your notes and see how much you've changed.

[Using the Bible]

Each weekly page features a short passage from the Bible – our trusted and enduring witness to God's work in the world and to the foundations of Christian faith. We'll explore moments from the life of Jesus and the earliest days of the Church. These writings have stood the test of time, and many people have found that God speaks through them in ways that are fresh and life-giving. We'll listen with open hearts and ask: What might God be saying to us today?

Each page includes notes to help you work out what the passage means, and useful background information. It's impossible to sum up the complete meaning of the passage in a short paragraph, but we hope it's helpful. In fact, there is no such thing as the 'meaning' of any part of the Bible. People come to the Bible with many perspectives, cultures and experiences, and it can mean different things to different people. We encourage you to think for yourself. It's always good to talk about your thoughts on the Bible with other people, as it helps to hear their thoughts and views.

The Bible wasn't originally written in English, so there are many translations. Each translation makes slightly different choices about how to express the original languages. We use the New Revised Standard Version Updated Edition (NRSVUE) in this book, but don't worry if you have a different translation.

It's also worth noting that some versions, such as The Message, are paraphrased. These are freer retellings, rather than direct translations, and can be helpful for getting the sense of a passage.

You can use a paper Bible, audiobooks or a Bible app – whatever format helps you read most easily.

The weekly sections are taken from the Revised Common Lectionary. This is a three-year cycle of Bible readings used by many churches around the world during services. It jumps around a bit, but there's something nice about knowing that millions of other people are also thinking about that passage that week. It makes you feel part of a bigger family.

If you'd like a daily Bible reading that takes you through more of the Bible, with notes to explain it, check out Word in Time (methodist.org.uk/a-word-in-time).

Remember, the goal isn't to 'get it right.' It's to notice where your attention is drawn, to listen for God's whisper and to wonder together what it means to live out your story with God now.

[Prayer]

Prayer doesn't have to be complicated. Often it begins with stillness, paying attention and listening for God. Prayer is about opening ourselves to God's presence and seeking to align our hearts with God.

At other times, prayer is simply talking with God and trusting that God listens. Sometimes we don't have any words at all – we simply sit quietly, knowing that God is with us.

Each weekly page contains a prayer activity – something that can become part of your normal day and help you to talk with God, back and forth.

Beyond the suggested prayers, say whatever you want to God. You don't need fancy words.

The Bible is full of messy, honest prayers: joy, doubt, rage, gratitude and silence. You have full permission to be real.

Whether it's a quiet whisper, a frustrated shout or a wordless sigh, God hears it all. God always listens – and delights in speaking back. Yet often, God's voice comes in gentle, unexpected ways that we can easily miss.

You might then choose to be silent for a minute, to enjoy God's peaceful presence.

So, take a breath. Start where you are. And know this: every prayer, however small, is part of your bigger conversation with the One who knows and loves you.

[Getting help]

You don't have to figure everything out on your own. Asking questions, exploring faith and making sense of your experiences is easier when you have support.



The Adventure Book online

The Adventure Book continues online, too. Visit the Adventure Book web page for extra resources, updates and content linked to what you're exploring on these pages.

methodist.org.uk/AdventureBook

Exploring Faith

If you have questions about God, the Bible or Christian faith, the Methodist Church's Exploring Faith webpages are a great place to start. You'll find articles, videos, stories and practical resources that can help you go deeper and see things from new perspectives.

methodist.org.uk/Exploring-Faith



Local support – a Methodist church near you

Your local church can be a great place to talk, ask questions and be yourself. Ministers, youth leaders and trusted adults are there to listen and support you, whatever stage of faith you're at. You might also find groups or activities where you can connect with others your age and explore faith together.

Remember, it's okay not to have all the answers. Exploring faith is a journey, and having people and places to turn to can make a real difference.

methodist.org.uk/FindAChurch

Mini adventure...

Stick your ticket here

On The Way

3GEN
GROUP
TIME

• My plan was...

• This happened:

• I was surprised when...

[I wonder...]

God often shows up when we take an adventure of discipleship.
Did you notice any of these?

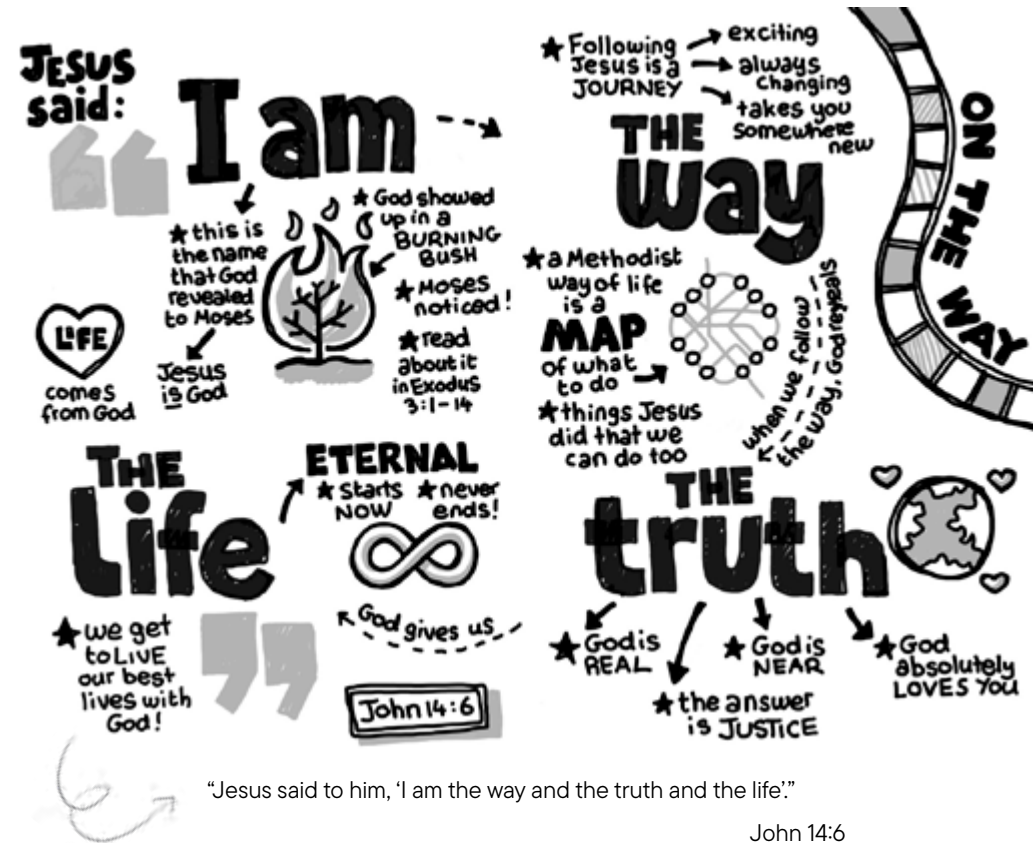
- ☐ A big feeling inside, such as joy, wonder or calm.
- ☐ A quiet, peaceful feeling in your heart.
- ☐ Suddenly understanding something more clearly.
- ☐ Feeling close to other people.
- ☐ A little spark of excitement.
- ☐ Noticing the same idea popping up in different places.
- ☐ Feeling as if God has already gone ahead of you.
- ☐ A song, picture or words that stay in your mind.
- ☐ Things that happen that feel special, not just by chance.
- ☐ Conversations that feel more important than usual.
- ☐ A moment that felt so beautiful it almost stopped you in your tracks.

• I wonder about the moments when God might have been close.

• I wonder about the part of your adventure that felt most alive, peaceful or full of wonder.

• I wonder what this experience might be showing you about God.

[3Generate On The Way session]



"Jesus said to him, 'I am the way and the truth and the life.'"

John 14:6

[The Way]

Following Jesus is like being on a journey, where each step we take can shape who we become.

I wonder about the steps you took on your adventure, and what they might show you about following Jesus' way.

[The Truth]

There is sometimes more going on than we can see at first – God is at work beneath the surface.

I wonder what was happening beneath the surface of your adventure, and how God might have been more real than you first realised.

[The Life]

Life with God is something that starts now and is about living fully, not just on the surface.

I wonder where God might have been bringing life, growth or energy in your adventure – even in small or quiet ways.

Mini adventure...

Find a creepy-crawly – a bug that you or your friends might find a bit gross. Think about what helps it to flourish, such as having food and a safe habitat, remembering that God's invitation includes all creatures.

On The Way



FLOURISH

- Look closely at the bug. As you watch it, notice what surprises you – what might God be showing you through something you'd usually avoid?

- How does thinking about the wellbeing of something tiny and overlooked help you feel closer to the God who welcomes everyone?



[Read/listen to Matthew 22:1–14]

Jesus tells a story about a wedding party where everyone is invited. God's love is like that: open, generous and welcoming. But the story also asks us to think about how we respond. Saying yes to God is not just about physically turning up, but about being open on the inside, too. Sometimes we are distracted, busy or not ready to change. Jesus invites us to consider what it means to show up with honesty and care.

[Fun fact]

In Jesus' stories, a wedding banquet wasn't just a party. Jesus used the wedding banquet as a picture of joy, love and celebration to show what life would be like with God in heaven.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is all for flourishing. In nature, everything is interconnected, from the tiny to the colossal. It's all important to God.

- What did paying attention to something small and overlooked spark in you – discomfort, curiosity, tenderness or surprise?

- In the story of the wedding party, what stands out to you about who is welcomed and who isn't?

- If everything in nature is important to God, how does that shape the way God sees people and creation differently from us?



[Prayer]

Find an empty chair. Imagine it represents someone or something usually left out. Stand back and look at the chair for a moment, then pull it slightly closer to you. Let that movement be your prayer: there is room here.

FLOURISH



Mini adventure...

Go outside (or look through a window) and notice one small detail of nature. It could be lichen on a wall, fallen leaves, the shape of a cloud or a tiny insect. Spend a few quiet minutes really noticing it. If you can, take a photo, sketch it or describe it in a few words.



On The Way

- What does this small, easily ignored part of creation tell you about persistence, value or taking care?

[Read/listen to Matthew 22:15–22]

People try to trap Jesus with a tricky question about money and power. Instead of choosing sides, Jesus helps them see a deeper truth. Coins may belong to rulers, but people belong to God. In the UK, our coins have an image of the king on them, and coins in Jesus' time had an image of the Roman emperor. Each person carries God's image, too.

This story invites us to live wisely in the world, without letting money, popularity or power become more important than love, justice and faithfulness.

[Fun fact]

The question about tax in Matthew 22:15–22 was a trap. If Jesus had said people should not pay the tax, he could have been reported to the Romans. If he had said they should, he would have upset many Jewish people who hated Roman rule. His reply avoids both traps at once.

- Where else might God be inviting you to slow down and notice what really matters?



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- As you slowed down to notice one small part of creation, what did you discover about its uniqueness or beauty?

- What do you think Jesus might be saying to us when he talks about images and belonging in the story from Matthew?

- How does the idea that all people and all of nature belong to God help explain why the earth matters to God?

[What's God like?]

The Bible tells us that everything in the world belongs to God (see Psalm 24:1) and that people are made in God's image. We could even say that God's image is imprinted on people.

[Prayer]



Think about the natural object you spotted earlier or look at something from nature nearby – the sky, a tree, a plant, or even a patch of moss. Take a slow breath and appreciate it.

Mini adventure...

Look for two things in the natural world that rely on each other – for example, water and soil, a bird and a tree, roots and earth or insects and flowers. Spend a few minutes thinking about what would happen if one was missing – you could look up how each thing relies on the other.

On The Way

- What does this relationship make you think about care and connectedness?

- How might God be meeting you through noticing this connection, balance and shared life in the world?

[Read/listen to Matthew 22:34–46]

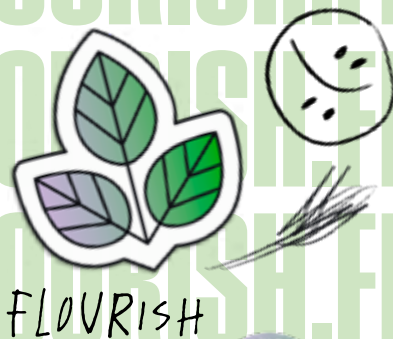
When Jesus is asked which commandment (law) is the most important, he gives a simple yet challenging answer: love God and love your neighbour. He says everything else hangs on this. Being a Christian is not about getting every rule right, but learning how to love well. This kind of love is active: it cares, notices and stands up for others. Jesus invites us to keep asking: does what I'm doing lead to love?

[Wide world]

In many Pacific cultures, the words people use for 'land' mean so much more than just soil or ground. Words like *vanua*, *fonua* or *whenua* describe the deep connection between the land, the sea, the people and God.

[What's God like?]

God calls us to love our neighbours, human and non-human alike, because the earth and all life are gifts that belong to God.



FLOURISH



[I wonder...]



Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.

- What did noticing connectedness in nature help you understand about relying on and being responsible for other people and creatures?

- Why do you think Jesus links love of God and love of neighbour so closely?

- If the earth and all life belong to God, what does that suggest about who our neighbours really are?

[Prayer]



Touch something natural nearby – it could be soil, stone, water or wood. Notice its texture and temperature.

Now place your hand over your heart and remember that your body is made from the same earth. Stay still for a few seconds, letting this truth settle: you belong here, and you belong to God.

COULD YOU BE A

**LOCAL
AGENT OF
CHANGE**



[What is it?]

The **Local Agents of Change** programme is an exciting opportunity for young people aged 8–17 to make a real difference in their church and community.

As a Local Agent of Change, you will be supported to lead fun activities, listen carefully to your friends' ideas and experiences, and share what matters most to children and young people with your local church – using creative ways to help your voices be heard and to be involved in making change. You'll receive activity packs twice a year, join online meet-ups with others across the country, and help shape the future of the Church.

Along the way, you'll build confidence, learn new skills, make new friends and explore your faith – discovering how God might be calling you to take action. With support from your church and a certificate to celebrate your achievements, it's a powerful and inspiring way to use your voice and make a difference.

**ASK YOUR
GROUP LEADER
TO SIGN UP AT:**

**[methodist.org.uk/
agentsofchange](http://methodist.org.uk/agentsofchange)**



Mini adventure...

Notice someone living out a good value in an ordinary way – such as kindness, patience, honesty, fairness, gentleness or self-control. This might be at school, at home or in your community. You don't need to speak to them. Just notice the effects of this good value.

On The Way



LIVE

- What difference does this way of living make to the people around them?

- As you noticed this, where might God have been showing you what a radiant life looks like?



[Read/listen to Matthew 23:1-12]

Jesus calls out a way of doing religion that looks impressive but actually makes life harder for others. He challenges people who care more about being seen as 'right' than about actually helping anyone. God is not interested in performance, status or religious showing-off. This passage reminds us that faith should make life lighter, not heavier. God's way is about honesty and care, not pressure or pretending to be better than others.

[Fun fact]

The word 'hypocrisy' originally meant 'wearing a mask'. Jesus uses it to describe people who appear impressive on the outside but make life harder for others.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God invites you to be yourself, made in God's image, and to let go of pressure and performance so love can be seen.

- What difference did you notice when someone lived out a good value quietly, without seeking attention?

- What seems to bother Jesus most about how some people practise religion in the passage from Matthew?

- If God is not interested in performance or status, what kind of lives do you think God delights in?



[Prayer]

Close your eyes briefly and imagine wearing a mask that makes you look impressive. Silently name what it's made of (success, confidence, popularity). Now imagine taking it off and setting it down. Open your eyes and sit as you are. No fixing. No performing. That's the prayer.

LIVE



Mini adventure...

Choose one small way to bring light into a situation this week – through encouragement, honesty, patience or calm. It doesn't need to be dramatic, simply intentional. At the end of the day, pause and think back over what you did.

On The Way

- How did living this way affect the atmosphere around you?

[Read/listen to Matthew 25:1–13]

Jesus tells a story about people waiting for a wedding to begin. Some are prepared and some are not. The story is not about being scared or perfect but about paying attention. Faith is not something we switch on at the last minute. It grows over time through love, kindness and care for others. Jesus invites us to stay awake to what really matters, and to keep our lives filled with things that bring light.

- Where might God have been working through you, even if no one noticed?

[Fun fact]

In this story, oil represents the good things we do in life.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your small, intentional action affect the mood or atmosphere around you?

- What do you think Jesus means by 'staying awake' in this story?

- What does a God who invites us to live attentively tell you about how faith grows over time?

[What's God like?]

Made in God's image, you are invited to live attentively and let the light of your true self shine out.

[Prayer]



Imagine a small lamp that gives light. Think of one thing in your life that helps you feel calmer, more hopeful or more at peace.

You might say quietly to God: "Thank you for this. Help me notice it and make space for it in my life."

Mini adventure...

Notice one situation this week where something unfair or unkind is happening, and people usually go along with it. If it feels safe, take one small step to avoid joining in – by staying silent, changing the tone, checking in with someone afterwards or quietly choosing a different way.



On The Way

- Where did you notice resistance or courage in yourself?

[Read/listen to Matthew 25:14–30]

In this story, Jesus talks about a boss who expects everyone to make more and more money. The boss seems harsh and unfair, which helps us understand what God is not like. Sometimes, doing the right thing means not going along with practices that hurt other people. This story encourages us to think carefully about money, power and success, and about how our choices affect those who are weakest or most at risk.

[Fun fact]

A 'talent' was a huge amount of money, not a skill.

[What's God like?]

God is not impressed by profit gained through harm, but delights in integrity, compassion and brave resistance to injustice.



LIVE



- When you chose not to go along with something unfair or unkind, how did you feel inside?

- What does the harsh boss do that helps you understand what God is not like?



[Prayer]

Find a way to move that feels comfortable for you; this might be standing, sitting or simply using your hands. Gently move forward in a small, intentional way, then make a sideways movement.

Pause. Repeat this pattern ten times at your own pace.

Let each movement become a prayer of choosing a different way, even when it feels awkward or uncertain – trusting that God is with you in every step.

[I wonder...]

Dot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- If God delights in integrity and courage rather than profit, what does that say about God's priorities?



LIVE



Mini adventure...

Look out for someone who may be overlooked – someone quiet, new, struggling or excluded. Do one small thing that communicates dignity or care: listen, include, help or simply notice them. It doesn't need to be labelled as a good deed.



On The Way

- How did this moment help you see Jesus in someone else?

- Where did you sense God present as love was shared quietly?



[Read/listen to Matthew 25:31–46]

Jesus describes a surprise ending: the people who did the right thing didn't realise they were doing something holy. They simply fed hungry people and helped those who were left out. Jesus says that counts, big time. This story shows that faith isn't about knowing the right answers; it's about showing up with compassion. If you want to know what God cares about, start by helping the people everyone else ignores.



[Wide world]

Can you imagine meeting Jesus at six in the morning, not in church, but on the street?

In Italy, the Methodist Church runs Breakfast Time, where volunteers quietly share food and kindness with people who are often overlooked, before heading to church. This challenges us to think about the people we walk past, who we notice, and whether our everyday choices align with what we say matters to God.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is found among the hungry, the excluded and the overlooked, counting everyday acts of compassion as holy.

- What changed when you noticed or cared for someone who might usually be overlooked?

- Why do you think the people in Jesus' story are surprised by what counts as holy?

- What does it tell you about God that everyday acts of compassion are taken seriously?



[Prayer]

Picture the moment you noticed or cared for someone this week. Now imagine Jesus quietly present in that scene. Pause for a moment, trusting that God was already there.



ADVENT: DON'T BE AFRAID

You're about to start a new part of the journey called Advent.

Advent is the four weeks leading up to Christmas. It's a time when Christians get ready for the story of Jesus' birth. But it's not just about looking back at something that happened a long time ago. It's also about noticing where God might be at work right now.



[Why 'Don't be afraid'?]

This year, the theme for Advent and Christmas is: Don't be afraid.

That might sound like something people say when everything is fine – but that's not how it works.

Many people feel afraid sometimes.

- When the future feels uncertain.
- When life changes.
- When things don't go to plan.
- Or even when something big or important happens.

Advent is a season of

waiting

noticing

and getting ready.

The Christmas story...

...is full of moments like that. People are surprised, confused and sometimes scared.

But again and again, the message is the same:

Don't be afraid. God is with you.

Over the next few weeks, you'll explore this in different ways:

- Noticing small signs of hope.
- Discovering that something new is beginning.
- Realising that God is closer than you think.
- Learning that even interruptions can matter.
- And finally, at Christmas: God comes near in Jesus.



This isn't about pretending fear doesn't exist.

It's about learning that fear doesn't get the final word.



Jesus is here



Mini adventure...

This week, try to be honest in a small but meaningful way. It might be saying yes when it's hard, admitting that you were wrong or being yourself instead of hiding who you are. Afterwards, notice how this made you feel – in your body and in your thoughts.



On The Way

- What did living honestly reveal about you?

- How might God have been meeting you through transparency and trust?



[Read/listen to Mark 13:24–37]

Jesus speaks about dramatic events, chaos and big changes using vivid images that sound frightening and intense. At the same time, he points to something simple and everyday: a tree beginning to grow leaves. The passage holds both together. God's work can involve upheaval and challenge, and it can also show up in quiet, ordinary signs of new life.

[Fun fact]

When Jesus talks about 'those days', he's using picture language to describe a future in which God puts the world back together and makes things right.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did noticing something ordinary or natural help you feel more grounded or calm?

- Why do you think Jesus points to a tree rather than something dramatic when talking about hope?

- If God is near and quietly active even in uncertainty, how might that change the way you face confusing moments?

[What's God like?]

God is always present, shaping our world and events, even when we're unsure of what will happen next.

[Prayer]



Look for something simple and natural outside – a leaf, a bud, a crack in the ground, or moving clouds.

Don't photograph it. Just watch. When you're ready, whisper (or think): I didn't make this – and I don't have to fix everything, either.

Mini adventure...

Share a sign of hope, such as a photo, drawing or song. Send it as a message or place it somewhere visible to others.

On The Way



SHARE

- What felt vulnerable or freeing about sharing something meaningful?

- How might God have been present in the act of sharing?



[Read/listen to Mark 1:1-8]

Mark starts his Gospel with bold news: something new has begun. This isn't advice on how to be better – it's an announcement that God is already acting. John the Baptist appears in the wilderness, a place associated with danger and struggle. This is important. It shows that God doesn't wait until everything is sorted out.

John prepares people for change and points beyond himself. Advent says: don't be afraid. God is already on the move, even when life feels tough or unsettled.

[Fun fact]

John's clothes and the food he ate were the same as those of prophets from centuries earlier. People would have seen him as someone calling for change.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is on the move.

- Why do you think preparing for something might be as important as the thing itself?

- Where do you see God bringing hope today, even in unexpected places?

[Prayer]

As you breathe in, ask God to help you make space. As you breathe out, let go of one worry.



SHARE



Mini adventure...

Notice one source of light today. Capture it with a photo, sketch, lyric or short line of text, then share it with others.



On The Way

- What did this light express without using words?

- What was it about the light that made you notice it?

[Read/listen to John 1:6–8, 19–28]

People question John the Baptist, trying to work out who he is. John keeps saying who he is not, then says something surprising: the one they are waiting for is already standing among them – God is present before people notice. This passage reminds us that God doesn't only show up in big, obvious moments. God is often closer than we realise, quietly at work in ordinary life.

Advent invites us to slow down and pay attention, trusting that we are not alone, even when God feels hidden.

[Fun fact]

In the Bible, 'light' often means truth, hope or clarity – not just brightness.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your light-noticing activity help you understand John's message?

- Where do you see God's light helping you or others find direction?

[What's God like?]

God is nearer than we realise.

[Prayer]

Sit near the light source and pause for one quiet breath, noticing God's light.



Mini adventure...

Think about a moment of joy, a time when you showed courage or when kindness was shown to you. And then share these thoughts in a conversation with family or friends.

On The Way

- What might this reveal about where God is already at work in the world?

- How did slowing down and responding with kindness shape the way you noticed God?



SHARE



[Read/listen to Luke 1:26-38]

When Mary meets the angel, she is frightened and confused, which is to be expected. Her life is interrupted in a big way. Before asking anything of her, God reassures her and calls her 'favoured'. This means she is loved, not because she has done anything impressive, but because grace comes first. Mary doesn't understand everything, but she chooses to trust all the same.

[Fun fact]

Mary was probably a teenager herself, living in a small village where news travelled fast.

[What's God like?]

God interrupts for a reason.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your small moment of joy help you understand Mary's response?

- Where do you see God gently bringing hope into your life?

[Prayer]

What is one uncertain thing you're facing? Place it honestly before God.



SHARE



Mini adventure...

Share something that points to the Christmas story – a crib scene, candle, star, carol or moment of quiet – through an image, a sound or short written message.



On The Way

- Which part of the Christmas story did this reveal?

- Where might God have been present as you shared something simple and familiar?



[Read/listen to Luke 2:1-20]

Jesus is born under ordinary circumstances in difficult conditions – not peaceful or perfect. The first people to hear the news are shepherds, people who were often ignored. When God draws near, fear follows, not because something bad is happening, but because something holy is.

The message is simple: don't be afraid. God hasn't come with power to control, but as a vulnerable baby. Christmas celebrates a God who chooses closeness, stepping into everyday life with us.



[Wide world]

Around the world, Christmas is shaped by place and tradition. In Grenada in the Caribbean, people gather at 5.00am to worship in darkness and welcome the sunrise. Then they share food before steel pan bands carry carols through the streets on the backs of trucks. From stillness to music, the whole day becomes a shared celebration of God drawing near.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God came to earth as Jesus.

- How does your quiet moment help you understand Jesus' humble birth?
- Where do you notice God's peace today, even in small ways?

[Prayer]

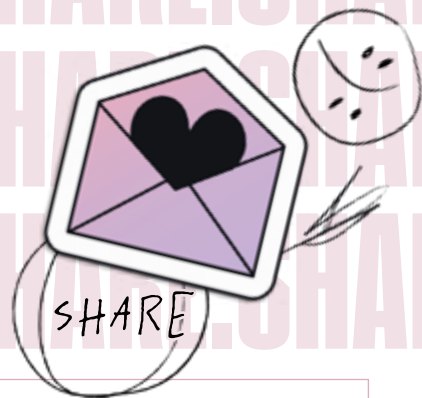
Sit quietly for one breath, noticing God's peace around you.



Mini adventure...

Share a picture of an object or possession you've had for a long time, or something that you use every day.

On The Way



- What does this object say about sticking, staying or not giving up?

- Where might God have been present as you shared something that has lasted?



[Read/listen to Luke 2:22-40]

Simeon and Anna have waited a very long time for God's promise. Yet in this moment they recognised that God had been quietly at work all along. This story reminds us that waiting doesn't mean nothing is happening. God's promises often grow slowly, like seeds underground. Faith isn't always fast or exciting, but it is faithful. Don't be afraid – good things really can take time.

[Fun fact]

Older people in the Bible are often wise individuals, not side characters. Age was seen as a gift.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your object's story help you understand Simeon and Anna's long waiting?

- Where do you notice God's faithfulness in your own life?

[What's God like?]

God is faithful over time and keeps gentle, hopeful promises.

[Prayer]

Hold the well-used object and take one slow breath, thanking God for faithfulness.



Mini adventure...

Choose one person or group that's often ignored, and intentionally support them this week through time, attention or encouragement.

On The Way



- What did supporting this person or group help you notice about God's concern for people who are often overlooked?

- How did giving your time, attention or encouragement change the way you saw where God might already be at work?



[Read/listen to John 1:10-18]

John says that God didn't stay far away, and chose to make a home among people, sharing real life from the inside. Some don't notice or welcome this, yet God doesn't pull back. Instead, grace keeps being offered. This passage shows a God who stays close, especially when people feel afraid or overlooked. Fear tells us that distance is safer; Christmas tells us that God's love shows up through presence.

[Fun fact]

The phrase 'made his dwelling among us' means 'pitched a tent', echoing how God travelled with people in the wilderness.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God makes a home among us.

- Do you normally think of God as distant or close?

- How do you feel different when you are aware of the presence of God?

[Prayer]

Ask God to be close to the person you stood with in the mini adventure.



CHALLENGE



Mini adventure...

Intentionally treat someone with extra respect. Show this through the way you speak to them, include them or support them.

On The Way

- How did treating someone with respect change the way you saw them?

- How did you feel at that moment?

[Read/listen to Mark 1:4-11]

At Jesus' baptism, the sky breaks open and God says, "You are my beloved." Not "prove yourself" or "try harder" – just love. And that's before Jesus does anything impressive. This moment sets the tone for all that follows. Faith starts with identity, not achievement. Baptism is a reminder that life with God begins with being loved, claimed and called, not with passing a test or getting something right.

[Fun fact]

Public washing rituals were common, but a voice from heaven was definitely not.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is love. God's love is unconditional – there are no requirements or expectations. God's love is for everyone, even those we find hard to like.

- Does being loved by God come before doing things well?

- Does God speak to you with words of belonging rather than pressure?

- How can you show respect so that people feel seen and valued?

[Prayer]



Touch some water if you can, or imagine some cool water. Pause for one breath and remember: you are loved.

Mini adventure...

Choose a big justice issue you've heard about and take one simple action linked to it. This could be following a campaign, signing a petition, wearing a symbol or simply sharing your thoughts.

On The Way

- What surprised you when you took part, even in a small way?

[Read/listen to John 1:43–51]

Jesus invites people with the simplest words imaginable: "Come and see." No pressure. Just an invitation to walk with him and see what happens. Faith is treated as something to explore, not something you have to fully understand. This story reminds us that following Jesus doesn't start with having all the answers. It starts with curiosity, honesty and a willingness to take the first step.

[Fun fact]

'Come and see' was the normal way teachers invited students to learn. It wasn't a slogan, just an open door.

[What's God like?]

God sees us fully and invites us into relationship with gentleness and truth.



CHALLENGE



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your surprising moment help you understand Jesus' welcome?

- Where do you notice God seeing or knowing you?

[Prayer]

Think of a time someone invited you to 'come and see', and give thanks for it.



Could you be a Youth Rep?

The Youth Reps are a team of young people, aged 16–21, who represent you in various Church meetings and events throughout the year.

Each year, they attend two residential weekends where they learn together and work hard to develop different pieces of work. They also meet regularly online, help to shape 3Generate, and get involved in loads of interesting stuff!

Here are some stories from people who have been on the Youth Rep Programme in recent years:

“ The Youth Rep Programme has played such an integral role in helping me grow. From working with young people **helping them feel heard**, to all the fun and fellowship of my Rep team. I can truly say the Rep Programme **has changed me**, developing me both personally and professionally. And I will always remember it as **an incredible programme**. ”

“ I have been **motivated** to take action on raising issues **due to passion and conversations** I have experienced around me at Rep weekends. ”

“ I decided to join Church Council because I heard other Youth Reps say they were on theirs. **I thought it might help me and other young people have a voice.** ”

To find out more about being a Youth Rep and to apply, visit:

methodist.org.uk/YouthReps

The Methodist Church 

CHALLENGE



Mini adventure...

Choose one small, repeatable action linked to the justice issue you engaged with last week. For example, finding out more, changing one habit, donating a small amount or backing a cause. Try it again, not as a one-off, but as a step you could keep taking.

On The Way



- What changed when this wasn't just a single action, but something you stayed with?

- Where might God have been present as you chose to keep going rather than walking away?



[Read/listen to Mark 1:14-20]

Jesus starts his message with more good news: God's kingdom is close enough to touch. Then he calls out to some fishermen – ordinary people hard at work who probably smell of fish – and says, "Follow me." They don't get a detailed plan or reassurance. They simply start walking.

This story shows that faith doesn't begin with being impressive or prepared. It begins with an invitation, during everyday life, to try stepping into something new.



[Wide world]

In the USA, strict and complicated immigration systems can leave people feeling uncertain, overwhelmed and at risk of being turned away. The Immigration Law & Justice Network, a ministry of the United Methodist Church, offers people legal help, practical support and a steady presence rather than quick fixes. This brings quiet hope within systems that can feel unfair.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God calls us into purpose and community through ordinary moments.

- Where might God be calling you in everyday moments?

- How does watching someone work help you understand the disciples' call?

[Prayer]



Hold your hands open for a moment, noticing God's call in daily life.

Mini adventure...

Choose an ordinary place you pass through every day and slow down the next time you're there. Notice one small detail you've never paid attention to before.

On The Way



NOTICE

• What did slowing down help you to notice?

• How might God have been present in something small and familiar?



[Read/listen to Mark 1:21-28]

When Jesus teaches, people notice something different. He doesn't just repeat clever ideas – his words bring change and healing. Even the things that trap people in fear or pain begin to lose their grip. This story isn't about fearing evil, but about hope: whatever hurts or controls us doesn't get the final say. Jesus brings freedom, not fear, and his authority is about restoration, not domination.

[Fun fact]

People noticed how Jesus spoke with authority. This shows that his words seemed to change things, not just explain them.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God brings peace and freedom wherever God is present.

• How did taking notice of an everyday place help you understand Jesus' calming presence?

• Where do you notice God bringing peace or freedom today?

[Prayer]

Close your eyes for one slow breath and notice God's calming presence.



NOTICE



Mini adventure...

Read a short Bible passage about Moses (for example Exodus 3:1–6) or Elijah (for example 1 Kings 19:11–13), then pause for a moment of quiet. Notice one image, word or feeling that stays with you.

On The Way

- What did you notice that surprised you or caught your attention?

- How might God have been meeting you through this moment of noticing?

[Fun fact]

Mountaintops in the Bible are often places where people notice God more clearly.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How might special moments make me stronger today?

- How is God with me in both the high and the low points?

[What's God like?]

God reveals beauty and truth that help us see who Jesus is.

[Prayer]

Hold one moment of wonder or confusion before God without trying to explain it.



DON'T BE AFRAID

[Lent and Easter]

You're about to begin another part of the journey called Lent.

Lent is the 40 days leading up to Easter. It's a time when Christians slow down, get honest and make space to notice what's really going on in life.

If Advent is about getting ready for something new, Lent is about facing things as they really are.

[Why 'Don't be afraid'?]

The theme from Advent continues.

Don't be afraid.

But in Lent, it goes deeper.

This part of the story doesn't avoid hard things. It names them:

- struggle
- fear
- injustice
- loss
- and even death



BUT....

The Bible doesn't pretend that everything is fine. It shows how fear can shape people, systems and the world around us.

It also tells a bigger truth:
fear does not have the final word.

[The journey through Lent and Easter]

Over the next few weeks, you'll follow the story of Jesus in a new way:

- Starting in the wilderness, where life feels tough and uncertain.
- Hearing that fear doesn't get to run your life.
- Learning that God cares about justice and fairness.
- Discovering the reality that although there is injustice, cruelty and unfairness, the world is still loved by God. Seeing how the power behind fear begins to lose its grip on us.
- Finally, walking through Holy Week (the week before Easter Sunday), where things can be intense and confusing.

At first, it might look like fear is winning, but the story doesn't end there.

At Easter, something unexpected happens: with the Resurrection of Jesus, life breaks through and hope returns. Love does not give up. That is a mystery!

Mini adventure...

Visit somewhere new to you. It could be as simple as taking a different route home from school or exploring a street you've not been down before.

On The Way

- How did it feel to be in a new place?

- Did you get a sense that God was there?



[Wide world]

In the Holy Land (Israel/Palestine), many people live with the realities of conflict, violence and systems that restrict movement and freedom. Visitors are invited to listen to local voices and experience daily life up close. They encounter stories of weariness and injustice, but also of resilience, hospitality and hope shared by communities themselves. It's a reminder that God's presence doesn't avoid difficult places, rather it is found within them.



NOTICE



[Read/listen to Mark 1:9-15]

Right after Jesus is named as God's beloved, he is led into the wilderness – a place of challenge and testing. God's love doesn't disappear when things get hard. It stays. This story shows that struggle isn't a sign of failure. God's presence meets us there. Lent reminds us that fear has a source, but it doesn't have the final word. Even in tough times, God is close.

[What's God like?]

God is with you in places of struggle.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- Where might I find God in places that feel new or unfamiliar?

- How might love be present, even in the middle of struggle?

[Prayer]

Place your hand on your chest and take one slow breath with God.



NOTICE



Mini adventure...

Do one slightly uncomfortable but right thing today – speak honestly, try something you might fail at, or keep going with a hard task instead of escaping it.

On The Way



- What did choosing the uncomfortable thing reveal about how fear affects your decisions?

- Where might God have been present as you stayed with what was hard rather than escaping it?



[Read/listen to Mark 8:31–38]

Jesus is honest that following him can be costly. Choosing love, honesty and courage can mean letting go of safer options. This passage reminds us that a life built on fear eventually shrinks, while a life shaped by trust opens up something deeper. God's promises don't leave us unchanged – they invite us into a fuller way of living.

[Fun fact]

Before it became a symbol, the cross was a brutal Roman punishment used to scare people. Jesus' words may have sounded unsettling, rather than inspirational.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is steady and strong, guiding us even when the path is difficult.

- How did the strength-noticing activity help you understand Jesus' teaching?

- Where do you notice God supporting you when choosing a harder or less popular path?

[Prayer]

Think back to the uncomfortable thing that you tried. Offer it to God, as well as your feelings. Know that God loves you through and through.



Mini adventure...

Tidy or clear one small space. Do it slowly, as an act of worship. As you do, quietly ask God to be present in what you are making space for.

On The Way



WORSHIP

- How did clearing space make you feel?

- How might God have been present as things were put back in the right place?



[Read/listen to John 2:13–22]

Jesus disrupts the temple because practices that should have made space for people to meet God had become unfair and excluding. His anger isn't random – it's aimed at injustice. This story shows that God cares deeply about those who are pushed aside. Love sometimes means challenging ways of doing things that hurt others. Lent invites us to notice where fear protects the wrong things, and where God is making room instead.

[Fun fact]

The temple wasn't just a religious place. It was also economic and political, so Jesus' actions quickly drew attention.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?...]

God is committed to justice.

- How did noticing your space help you understand Jesus' actions?

- Where do you see God renewing broken places today?

[Prayer]

Sit in your chosen space and take one slow breath with God.



WORSHIP



Mini adventure...

Sit or stand somewhere bright – by a window, lamp or even outside. Spend one minute paying attention to the light without doing anything else. Let this be your act of worship, noticing God's brightness and nearness.



On The Way

- What did you notice as you paid attention to the light?

[Read/listen to John 3:14–21]

Jesus says God loves the whole world, not just the parts that are easy or good. God's response to brokenness isn't blame or judgement; it is commitment. Light comes not to shame people, but to heal and bring things into the open. This passage shows how fear tells us the world is beyond hope, yet God sees something worth saving.



[Wide world]

Around the world, worship doesn't always look or sound the same – and at a gathering in Kenya, Africa, that became something to celebrate. Young Christians from nearly 50 nations alongside African communities from around the world, including members of the Methodist Church in Britain, shared worship shaped by their languages, music and culture. This revealed a rich picture of God's global Church. It's a reminder that God's light meets us in many forms, and no single expression can contain it.

- How might God have been present in that moment?

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did noticing shadows help you understand this passage?

- Where do you see God's light bringing hope today?

[What's God like?]

God loves this broken world.

[Prayer]



What feels hidden or difficult right now? Hold it honestly before God.

Mini adventure...

Say the Jesus Prayer twice a day this week.

Lord Jesus Christ, have mercy on me.

Say it slowly and see if anything changes or grows in you over time.



On The Way

- What did you notice as you repeated the prayer throughout the week?

- Where might God have been close as you kept saying the same words?



WORSHIP



[Read/listen to John 12:20-33]

As Jesus speaks about what's coming, he names the forces that rule by fear and control. His way of dealing with them isn't violence, but love that refuses to back down. What looks like defeat becomes the turning point. Fear doesn't disappear all at once, but its power is broken. God's work reshapes life from the inside out.

[Fun fact]

When Jesus talked about dying, his followers expected him to mean defeat. Linking death with victory was an unexpected move.

[What's God like?]

God can break the hold that fear can have.



- Why might Jesus talk so openly about death at this point in the story?

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What feels difficult, uncomfortable or confusing about what Jesus says about death?

[Prayer]

You've already been praying in the mini adventure!



WORSHIP



Mini adventure...

Listen to a worship song that celebrates Jesus as King or uses words of praise (for example *Hosanna*, *King of Kings* or *This Is Our God*). As you listen, imagine joining the crowd welcoming Jesus, even if it feels a bit uncomfortable.

On The Way



- What did it feel like sharing in praise where others could see?

- How might God have been close as you chose worship over fear?



[Read/listen to Mark 11:1–11]

Jesus enters Jerusalem quietly on a donkey rather than choosing something extravagant. People shout with hope, even if they don't fully understand what they're welcoming. This story shows a different kind of power – gentle, patient and unforced. Palm Sunday reminds us that God's way doesn't compete on fear's terms. God draws near with humility, inviting trust rather than control.

[Fun fact]

A donkey was a symbol of peaceful leadership; very different from a warhorse.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is gentle.

- How did noticing movement help you understand Jesus' entrance?

- Where do you notice God guiding you today?

[Prayer]

Take one slow step or move your hand gently, noticing God's guidance.



Mini adventure...

Each day this week, read or listen to the short Bible passage for that day, then pause quietly for a minute. Notice one word, image or feeling and carry it with you throughout the day.

On The Way

• What stayed with you as the week unfolded?

• I was surprised when...



HOLY
WEEK

[Monday]

John 12:1–11

Mary anoints Jesus at Bethany

[Tuesday]

John 12:20–36

Jesus speaks about his death; walking in the light

[Wednesday]

John 13:21–32

Jesus foretells his betrayal

[Maundy Thursday]

John 13:1–17, 31b–35

Jesus washes the disciples' feet and gives the new commandment

[Good Friday]

John 18:1 – 19:42 (or just 19:16–42)

The death of Jesus

[Holy Saturday]

Matthew 27:57–66

Jesus is buried

[Easter Sunday]

John 20:1–18

The Resurrection of Jesus

Mini adventure...

Do one small, kind thing for yourself. For example, sit quietly, step outside, have a drink or take a rest.

On The Way



- What changed when you paid attention to yourself with care?

- Where might God have been in that moment of honesty or rest?



[Read/listen to John 20:19–31]

After Easter, the disciples are anxious and in hiding. Jesus doesn't shout at them or demand instant belief. He says, "Peace." Thomas isn't convinced straight away, and Jesus doesn't shame him for it. Questions and doubts are allowed here. Faith takes time. This story shows that trust grows through honesty, not pressure. Jesus meets people exactly where they are – confused, hopeful or sceptical – and invites them gently towards deeper understanding.

[Fun fact]

When Jesus said 'Peace', it was usually as a common greeting. But here it meant much more – calm, safety and everything being put right.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God meets us with gentle care and patient understanding.

- How did noticing softness help you understand Jesus' gentleness?

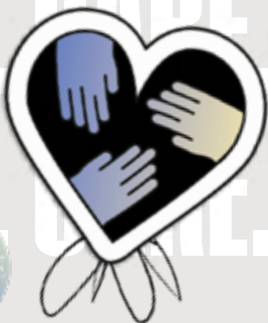
- Where do you see God offering care today?

[Prayer]

Place one hand on your chest and take a slow breath, noticing how you feel without trying to change it. You might say quietly: "God, meet me here."



CARE



Mini adventure...

Offer one simple act of care using something ordinary: some food, a drink or a small, helpful action. It could be making someone a snack, helping with a task or sharing one of your belongings.

On The Way

- How did that feel?

[Read/listen to Luke 24:36b-48]

The risen Jesus appears and does practical things: he talks, he listens and he even eats. He's not a ghost or a vision; he is fully present. Fear slowly turns to amazement. Jesus helps his friends connect their story to the bigger story of Scripture, showing that God has been at work all along. This passage reminds us that faith isn't about escaping reality. It's about discovering that God meets us right in the middle of it.

- How might God have been present in something so ordinary?

- How did that small, practical act make a difference?

[Fun fact]

Jesus showed his friends that he wasn't a ghost by letting them touch him, and by eating fish in their presence. His Resurrection reminds us that God's new life is real, physical and full of hope, not something vague or invisible.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God brings peace, understanding and nourishment to our lives.

- Where is God nourishing you today?

- How did the prayer activity of noticing comforting food help you understand Jesus' peace?

[Prayer]

Hold some food or a drink for a moment, noticing it before you eat or drink. Then say quietly: "Thank you for what sustains me."



Mini adventure...

Check in with someone. Send a short message, ask how they are or take a moment to really listen when you see them. Keep it simple and real. What did you notice when you gave someone your attention?



On The Way

- Did anything surprise you about how it felt to care like this?



[Wide world]

In Ukraine, Oleg and Yulia from the United Methodist Church are responding to the war by creating spaces of refuge for displaced people and planning long-term support for healing and recovery. Their work goes beyond emergency aid – it is about walking with people through loss, trauma and uncertainty over time. Like the shepherd in John 10, their care refuses to disappear.



[Read/listen to John 10:11–18]

Jesus calls himself the good shepherd: someone who knows, protects and stands by the people in his care. A good shepherd doesn't disappear when things get difficult. Jesus stays close and refuses to abandon anyone. Faith means being known and cared for, even when life feels confusing. Jesus promises faithfulness, not distance – presence, not pressure.

[What's God like?]

God protects and cares for us with steady, attentive love.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did noticing protection help you understand Jesus as the shepherd?

- Where do you notice God's protective care today?

[Prayer]

Think of one person you've encountered this week and hold them gently in your thoughts. You might simply say: "Be close to them."



CARE



Mini adventure...

Notice one thing in your life that helps you stay connected and healthy. It might be a friendship, a habit, time outside, music or prayer.

On The Way

- What helps you feel more connected or alive?

- Where might God be sustaining you through that connection?



[Read/listen to John 15:1–8]

Jesus compares life with God to being part of a plant. That might sound odd, but it makes a good point. Plants don't grow by trying harder; they grow by staying connected. Some trimming is needed, which may sound harsh, but it's about supporting healthy growth, not punishment. This passage reminds us that faith isn't about constant effort. It's about staying connected to love, letting go of what drains life and trusting that growth will happen over time.

[Fun fact]

In vineyards, branches are often trimmed back quite far. It may look like nothing is left, but this helps the plants grow stronger and produce more fruit in the future.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God nurtures and sustains life through deep, loving connection.

- How did noticing connection help you understand this passage?

- Where do you notice God sustaining you today?

[Prayer]

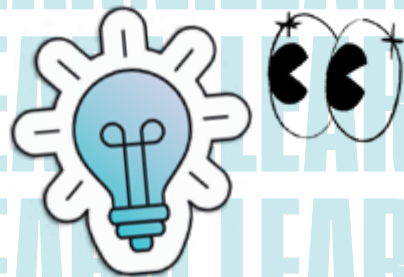
Look closely at something living, like a plant or tree, and notice its quiet growth. Let this be your prayer: stay connected and sustained.



Mini adventure...

Learn one small thing about someone else.
Ask a simple question or notice something
about them you hadn't paid attention to before.

On The Way



LEARN

- What did you discover when you took time to learn about someone?

- How might God be helping you see people more fully?



[Read/listen to John 15:9-17]

Jesus sums up his way of life in one command: love each other. Not forced, fake or polite love, but real love that shows up as friendship, loyalty and care. He doesn't call his followers servants, but friends. That's huge. Faith isn't about blindly following orders; it's about relationships. This story invites us to see God not as distant or bossy, but as someone who wants connection, joy and love to shape how we live together.

[Fun fact]

In Jesus' time, calling someone a 'friend' showed trust and closeness, not just being friendly.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God's love is endless and invites us into friendship and joy.

- How might noticing a circle help you understand God's love?

- Where do you see signs of God's love today?

[Prayer]

Ask God to bless the person that you learnt something about.



LEARN



Mini adventure...

Try learning something by listening.

Spend a few minutes listening closely – to music, a podcast, nature or someone speaking – without multi-tasking or interrupting.

On The Way

- What did you notice when you really listened?

[Read/listen to John 17:6–19]

Just before things get really hard, Jesus prays. Not for himself, but for his friends. This is telling. He asks that they be protected, strengthened and shaped by truth. He knows they'll mess up, feel afraid and get confused, but he trusts them anyway. This passage shows the depth of Jesus' care. Faith isn't about getting everything right. It's about being held, prayed for and loved, even when you're still figuring things out.

- Where might God have been in what you heard or understood?

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did your noticing activity help you understand Jesus' prayer?

- Where do you notice God's protection today?

[What's God like?]

God protects, guides and holds us in truth and love.

[Prayer]



Think about something new you've learnt about someone and hold it for a moment. You might say: "thank you for what I'm learning about others."

Mini adventure...

Try one small, new thing that feels a bit bold: speak up, try something creative, start a conversation or do something you'd usually hold back from.

On The Way

- How did it feel to step into something new or slightly uncomfortable?

- Where might God's Spirit have been giving you courage, energy or a nudge to begin?

[What's God like?]

God's Spirit brings energy, courage and new life.

[Read/listen to Acts 2:1-21]

Suddenly, the quiet waiting is over. Wind, noise, confusion – and then courage. The Holy Spirit arrives, and ordinary people start speaking with boldness and hope. Pentecost isn't about everyone suddenly becoming experts. It's about people realising they're not alone. God's Spirit shows up to help, guide and connect them. This story reminds us that faith was never meant to be a solo project. God's power is shared, messy, creative and for everyone.

[Fun fact]

At Pentecost, people heard the message in their own languages – even though they came from different places.

[Prayer]

Take a slow breath in and out as you imagine courage rising in you. You might pray: *God, give me courage to begin.*

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.

- Where do you sense God's Spirit today?

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LEARN



Mini adventure...

Ask one honest question about something you don't understand. It could be about faith, life or the world.

On The Way



- What did it feel like to name a real question instead of pretending to know?



[Wide world]

Across the Pacific region, young people are taking the lead through the work of the Pacific Conference of Churches. They help run workshops, share lived experiences and influence how their communities respond to challenges such as rising sea levels, inequality and mental health. Their voices are increasingly taken seriously by church leaders and politicians. Perhaps this is the Spirit at work: giving people the courage not only to speak, but to be heard.

[Fun fact]

Nicodemus came to Jesus at night, possibly because he didn't want others to see him asking questions.



[Read/listen to John 3:1-17]

Nicodemus turns up at night with big questions and no easy answers. Jesus doesn't shut him down. Instead, he invites him to think differently. Faith, Jesus says, is less about starting from scratch and more about opening yourself to a new life from God. Growth can feel confusing and uncomfortable, like being pushed by the wind. This story reminds us that asking questions isn't a problem. Curiosity is often where faith begins.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God brings new life through deep, renewing love.

- How did noticing the three-part object help you understand this passage?

- Where do you see God bringing renewal today?



[Prayer]

Read a book about something that you want to learn as a prayer. Pay attention to the new insights and how exciting that feels. Thank God for learning.

Mini adventure...

Pause for one minute and do nothing but breathe slowly.

If your mind wanders, that's fine – simply bring your attention back to your breathing.



On The Way



PRAY

- What did it feel like to stop instead of rushing?

- Where might God have been in that moment of stillness?



[Read/listen to Mark 2:23 – 3:6]

Jesus gets into trouble for allowing hungry people to eat and for healing someone on the Sabbath. The rule-keepers are furious. Jesus' point is sharp and clear: people matter more than systems. Rest, worship and rules are meant to help life flourish, not trap people or make them feel guilty. This story invites us to ask whether our choices bring freedom and care or simply keep things 'correct'. Jesus chooses compassion, even when it costs him.

[Fun fact]

The Sabbath was a special day of rest each week, meant to help people reflect on God and enjoy life.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God brings rest, freedom and compassion to our lives.

- How did pausing help you understand Jesus' compassion?

- Where do you notice God bringing rest today?

[Prayer]

Sit still for a minute and focus on your breathing, letting thoughts come and go. Simply being here is your prayer.



Learning on the Leadership Year

The Leadership Year brings together a small group of young adults aged 18–30, who come together three times a year for residential weekends at Cliff College in Derbyshire. During these weekends, there is time to worship and be in fellowship together, as well as to engage with the creative sessions that explore the characteristics needed for effective Christian leadership.

Here are some stories from people who have been on the Leadership Year in recent years:

“The Leadership Year was a unique learning experience. I learnt a lot about myself and what leadership looks like in the Church. I also had the opportunity to meet and learn from a lovely group of young people like me, all with different experiences to bring to the table.”

“The Methodist Leadership Year came at a time in my life where I felt far from God. I signed up anyway in hopes that it would help me feel more aligned with God and the kind of leader I hoped to be. I didn’t see myself as a leader and I had this idea that leaders were bold, confident and knew exactly what they were doing.”

“What I’ve learnt is that leadership can look completely different. It can be about showing up, being honest and choosing kindness when you could just as easily disengage. It’s made me think more seriously about things like integrity and vulnerability, not just as concepts but as actual ways of leading.”

LEADERSHIP YEAR

Methodist
Young
Adults

gathering
supporting
developing

“The people I’ve met this year have honestly been such a gift. They’ve shown me what it looks like to follow Jesus in small, consistent ways and it’s really changed how I see things, not only in the Church, but in my corporate job, too. The biggest shift is that I’ve stopped waiting to become a perfect version of a leader and started shaping myself into the one I want to be, which isn’t based on what other people think I should be doing, but based on who God has made me to be.”

To find out more about joining the Leadership Year, visit:
methodist.org.uk/LeadershipYear

PRAY



Mini adventure...

Pray for someone else in a simple way.
Think of someone you know and quietly hold them before God for a few moments – no long words are needed.

On The Way

- What was it like to focus on someone else in prayer?

- Did it change the way you saw them?

[Read/listen to Mark 3:20–35]

People start whispering that Jesus has gone too far! Religious leaders accuse him of being dangerous. Jesus responds calmly and clearly: God is not working against goodness, healing or love. Then he says something surprising: real family is made up of those who do God's will.

This passage reminds us that belonging isn't about bloodlines or labels, but about living God's way together – choosing love, justice and faithfulness. The warning about speaking against the Holy Spirit has sometimes made people feel anxious, but at its heart it is about refusing to recognise God's goodness at work. If you are seeking God, wanting what is good and learning to follow Jesus, you are already responding to God's Spirit at work within you.

[Fun fact]

Beelzebul was a name some people used for a powerful evil spirit. When people said Jesus was working for Beelzebul, they had completely the wrong idea about where his power came from.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did praying for someone help you understand Jesus' teaching about the importance of connections to other people?

- Where do you notice God drawing people together today?

[What's God like?]

God draws us into a wide, loving family.

[Prayer]

Find a quiet moment and say out loud (or in your head) one simple sentence to God about your day. Then sit quietly for a few seconds, as if you're leaving space for a reply.



Mini adventure...

Hold a seed in your hand. It could be a pip from a fruit, or a bean or a nut.

As you hold it, quietly ask God to grow something good in your life or in the world, even if you can't yet see how.

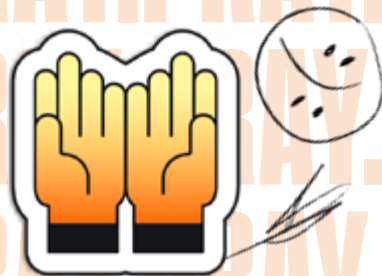
On The Way

- What did this small object help you notice about growth or patience?

- Where might God be at work beneath the surface?

[What's God like?]

God grows good things in quiet, surprising ways.



PRAY



[Read/listen to Mark 4:26-34]

Jesus compares God's kingdom to seeds. Not fireworks, not instant success – seeds. They grow quietly, often unnoticed and beyond our control. This can be frustrating as we prefer quick results. But Jesus says growth doesn't depend on us constantly fiddling or panicking. Our job is to show up, do the small, faithful things and trust that God is working beneath the surface. Big change often starts small, and that's not a failure – it's how it works.

[Fun fact]

A seed grows downwards before it grows upwards. The roots come first, even though you can't see them.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- How did noticing the small seed help you understand this passage?

- Where do you see God growing something good today?

[Prayer]

Hold the seed again and think of one thing you would like to grow or change. Quietly say: "God, grow this in your way." Then pause and hold the seed for a few seconds more.



PRAY



Mini adventure...

When something feels stressful or overwhelming today, pause for a few seconds and simply think or whisper: *God, be with me.*

Then carry on.

On The Way



- What difference did that small prayer make, if any?

- How might God have been present during the moment?



[Read/listen to Mark 4:35–41]

The disciples panic during a storm while Jesus sleeps. They think danger means abandonment, but Jesus wakes and calms the chaos. He doesn't shame them for being scared. He questions why fear gets the final word. This story isn't saying 'don't be afraid', but 'you're not alone in it'. When life feels overwhelming and noisy, Jesus is still present. Trust doesn't mean no storms; it means knowing who's with you in them.



[Wide world]

Last year, in Cuba, after devastating Hurricane Melissa, Methodist teams reached affected communities with food, care and prayer, sharing a simple message: you are not alone and you are loved. That prayer didn't stay local. People in Great Britain joined in, holding the same hope across the world. In this, we glimpse prayer as connection, presence and quiet courage in the middle of chaos.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God brings calm and steady presence in fearful moments.

- How did noticing movement help you understand Jesus calming the storm?

- Where do you notice God bringing calm today?



[Prayer]

Think back to the moment you paused earlier today when something felt difficult. Quietly repeat the same words – *God, be with me* – and take one slow breath, noticing you're not alone.

Mini adventure...

Pay attention to your reactions when you are interrupted today. It could be when a teacher calls your class to attention, or when a parent or carer calls you to do something.

On The Way



• What happened?

• How did it feel to be interrupted?



[Read/listen to Mark 5:21-43]

Jesus is interrupted – twice – by two people in desperate need, and he's completely fine with that. He stops, listens and takes them seriously. Both people would have been ignored or avoided by others, yet Jesus brings dignity, care and restoration. This story isn't a formula or a promise that everything gets fixed instantly. It shows God's deep compassion. It reminds us that people matter more than schedules, and that love often looks like paying attention even if that disrupts your plan.

[Fun fact]

Touching people who were unwell or excluded was unusual at the time, but Jesus chose to come close and show care.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God is open and responsive to all who reach out in need.

• How did the mini adventure, about interruptions, help you understand Jesus' compassion for all people?

• Where do you see God's openness today?

[Prayer]

Think of someone else and picture them for a moment. Hold them quietly in God's care.



OPEN



Mini adventure...

Make space for someone this week.
It could be inviting someone to sit with you, including someone in a conversation or choosing not to shut someone out.



On The Way

- What made it easy or difficult to make space for someone else?

- As you did this, where might God have been present in the act of welcome – in you, the other person or the moment itself?

[Read/listen to Mark 6:1–13]

Jesus returns home and is brushed off as 'just a carpenter'. The people who think they know him best struggle to see who he really is. This still happens. People can still be dismissed by others who see only that person's role or position in society. Jesus then sends his followers out with very little backup. This is not to show off, but to rely on God and each other. This story reminds us that being underestimated doesn't define us, and that faith isn't about being impressive. It's about trust, courage and taking the next step.



[Wide world]

In Togo, where people of different faiths live closely together, relationships between Christians and Muslims are carefully nurtured. Through shared meals, conversations and community work, churches and mosques choose openness over division. Together, they challenge fear and build peace. As in Mark's Gospel, this reminds us that faith often grows when we step beyond what feels familiar.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What happened when you chose to make space for someone?

- Why did the people in the story find it hard to recognise Jesus as someone special or accept his teaching?

- Where might God be present in ordinary moments where welcome is offered or missed?

[What's God like?]

God empowers ordinary people to share peace and hope.

[Prayer]



Imagine someone you made space for sitting nearby.

Quietly think: *there is room here.*

Mini adventure...

Offer something small, without being asked.
This might be sharing food, giving time, helping with a task or offering encouragement.



On The Way

- What did it feel like giving something freely, without waiting to be asked?

[Read/listen to Mark 6:14-29]

This is a dark and uncomfortable story, and it's meant to be. John the Baptist dies because powerful people care more about saving face than doing what is right. Nobody comes out looking clever or heroic. The Bible doesn't pretend that following God protects people from injustice or cruelty. This passage reminds us that choices matter, especially for those in power.

[Fun fact]

Herod wasn't actually a king in the official Roman sense – his official title was tetrarch, which means 'ruler of part of a region', not the whole country.

[What's God like?]

God is present with courage and truth, even in difficult moments.



OPEN

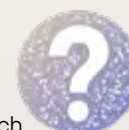


- What did giving something small help you notice about yourself?

- What stands out to you about how power and fear show up in this story?

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- Where might God be at work in quiet acts of generosity, even when they seem small?

[Prayer]

Look at a world map (or imagine one).

Pause and hold in prayer the people who are facing injustice or imprisonment today.



OPEN



Mini adventure...

Widen your attention.

For the next few minutes, think of someone you don't often notice – someone in your class, family or community. Do one small thing to acknowledge them: send a message, say hello, or if they're nearby, take a moment to really listen to them.



On The Way

- What helped you notice this person when you usually overlook them?



[Read/listen to Mark 6:30–34, 53–56]

Crowds follow Jesus everywhere. They bring excitement, need, exhaustion and messiness – Jesus responds to them with compassion, not irritation. He sees people who are tired, lost and overwhelmed, and he doesn't push them away. This story reminds us that God notices when we're worn out or struggling, even before we say anything. Love doesn't rush past people. It slows down, pays attention and responds with care.

[Fun fact]

A shepherd was responsible not only for feeding sheep but also for guiding, protecting and keeping the flock together – it was a demanding, everyday job.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God sees us with compassion and cares for our needs.

- What did it feel like to notice someone you often overlook?

- What do you notice about the way Jesus responds to people who are tired or in need?

- How might God be at work when we draw people together through attention, care and compassion?

[Prayer]

Bring three people to mind and quietly say their names.

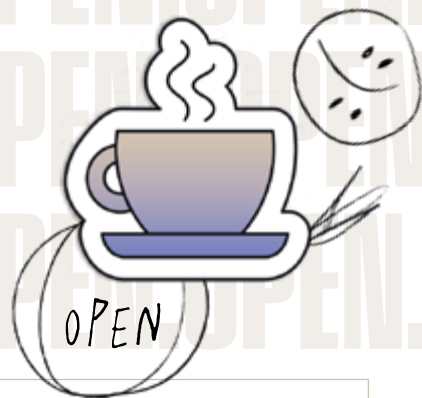
Pause, trusting they are seen and known by God.



Mini adventure...

Give someone something you have with you right now. It could be your time, your attention, a snack, a seat or letting someone go first in a queue.

On The Way



- What did it feel like to give something small but real?

- Where might God have been present in what was given, received or shared between you?



[Read/listen to John 6:1-21]

Jesus feeds a huge crowd with a small amount of food, then later walks on water to reach his frightened friends. Both moments point to the same thing: God isn't limited by what seems small or impossible. The food comes from a child. The courage comes when Jesus says, "It's me! Don't be afraid." This story invites us to trust that God can work with whatever we bring, even when it doesn't feel like enough.

[Fun fact]

In the ancient world, travelling teachers such as Jesus didn't usually provide food for crowds – people were expected to bring their own or rely on nearby towns. A large group in a remote place would quickly become a problem.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What do you notice about how Jesus responds to need and limitation in this story?

- Where might God be present when something small is offered and shared?

- How might God use your small actions to make a bigger difference than you expect?

[What's God like?]

God provides generously and stays close in uncertainty.

[Prayer]

Prayerfully imagine a world where everyone has enough food to eat.

How does that feel?



Mini adventure...

Do one small, practical thing that helps someone this week.

Look around you right now – is there a task you can do, something you can tidy or a small way to make life easier for someone else?

On The Way



SERVE

- What did you notice as you chose to help in a small, practical way?

- As you did this, where might God have been present – in the need, your action or the difference it made?



[Read/listen to John 6:24–35]

The crowd wants more bread. Jesus points them to something deeper. Real life isn't just about being full for a moment. It's about what truly sustains us. Jesus calls himself the bread of life, meaning deep, lasting nourishment, not quick fixes. This passage gently challenges us to notice where we look for satisfaction. Faith isn't about ignoring daily needs. It's about discovering a source of satisfaction and hope that never runs out.



[Wide world]

In South Africa, the Methodist Church responds to everyday challenges such as poverty and inequality through food projects, education and a constant presence in community life. Shaped by local people and lived experience, this service offers more than immediate help – it builds dignity, strength and hope over time. Like in our reading, it points to a deeper kind of nourishment that lasts.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God nourishes us with presence, truth and hope.

- What stands out to you about Jesus using everyday things like bread in his teaching?

- What would it look like to rely on God each day the way we rely on food and drink?

[Prayer]

Next time you eat a piece of bread or toast, slowly say this prayer:

"Jesus you are the bread of life. Fill me with peace and lasting love always. Amen."



SERVE



Mini adventure...

Give someone your full attention.
Find a moment to really listen – without interrupting, letting your mind wander or thinking about what to say next.



On The Way

- What did it feel like to give someone your full attention?

[Read/listen to John 6:35, 41–51]

People start grumbling about Jesus' big claims. He doesn't back down, and says he is the bread of life: not food that fills you briefly, but life that lasts. The crowd struggles with this because Jesus refuses to stay small or comfortable. This story reminds us that faith can be challenging, not because it's cruel, but because it invites deeper trust. Jesus isn't offering quick fixes. He's inviting people into a whole new way of living and belonging with God.

- Where might God have been present as you listened – perhaps holding the space between you?

[Fun fact]

The word "complain" here echoes older stories in the Bible. In the Old Testament (for example, Exodus 16:2–8), God's people complained about food and leadership and regularly forgot about God's care for them.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- Why do you think people found Jesus' words difficult or confusing in this passage?

- How do you feel about God not offering quick fixes but meeting your deeper needs?

- How might this inform how we serve others?

[What's God like?]

God offers lasting hope and faithful presence.

[Prayer]



Pray for the person that you listened to in your mini adventure. Tell God all that they told you – not that God doesn't already know!

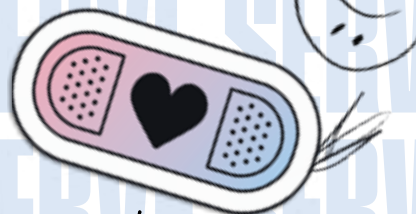
Mini adventure...

Encourage someone directly and honestly.
Say or send something such as "thank you",
"well done" or "I noticed this about you"

On The Way

- What did it feel like to name something good about someone else?

- As you spoke or wrote those words, where might God have been present – in what you noticed or in how it was received?



SERVE



[Read/listen to John 6:51–58]

This is one of the strangest-sounding passages in the Bible, and it's okay to find it confusing. Jesus uses strong images to say something important: life with God is meant to shape us deeply, from the inside out – not just what we say or do on the surface, but who we are becoming. Faith isn't about watching from a distance. It's about connection, shared life and a relationship that changes us.

You don't have to understand everything here. This passage encourages us to stay curious.

[Fun fact]

Words like 'flesh' and 'blood' sound shocking, but in the ancient world they were often used as a way of talking about real, physical life – not just ideas or beliefs.

[What's God like?]

God gives life and renews the world with love.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What feels strange or surprising about the language Jesus uses here?

- Where might God be present in real, honest connection between people?

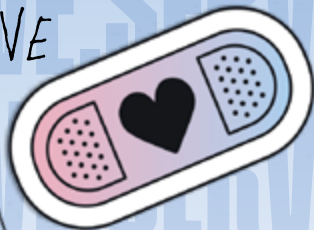
[Prayer]

Write a short, encouraging word or sentence for someone you can't speak to.

Read it once more, holding that person before God.



SERVE



Mini adventure...

Take one small step that makes something fairer or kinder.

This might be sharing a snack, making space for someone to sit down or helping with a chore.

On The Way



- What difference did your small action make, even if it felt unnoticed?

- Where might God have been present in that choice towards fairness or kindness?



[Read/listen to John 6:56-69]

At this point, lots of people give up and walk away. Jesus doesn't chase after them or water things down. He turns to his closest friends and asks if they want to leave, too. Peter answers honestly: This is hard, but the alternatives are worse. Jesus, he says, has the words of life. This story reminds us that doubts and difficulties are normal. Faith isn't always easy, but it is still worth choosing, even with questions.

[Fun fact]

Rabbis (teachers like Jesus) often had groups of followers, but it was normal for people to stop following if they found the teaching too difficult or confusing.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God speaks truth that strengthens and sustains us.

- What might it look like if we choose to stick with and trust Jesus, even when things get tough or confusing?

- Where might God be present when you choose to stay with what is good, even when it's not easy?

[Prayer]

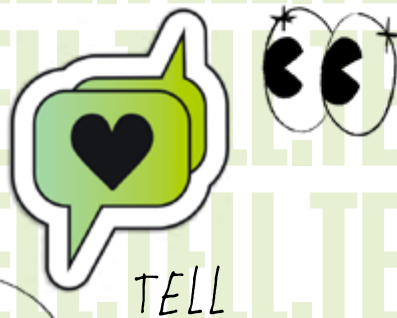
Be honest and tell God all the things you find difficult about being a follower of Jesus. God will still love you.



Mini adventure...

Notice where God might already come up.
In your next conversation, listen for a moment where something deeper appears – hope, fear, meaning or big questions. Gently stay with it rather than changing the subject.

On The Way



- What did you notice when the conversation went a little deeper than usual?

- Where might God have already been present in what was shared or noticed together?



[Read/listen to Mark 7:1–23]

Jesus challenges those who care more about appearances and traditions than about what's happening in their hearts. Rules can be helpful, but they are not the goal. What matters is what shapes us into kinder, more authentic people. This passage invites us to think about why we do what we do. Faith isn't about ticking boxes or looking religious. It's about becoming more loving, more honest and more alive, from the inside out.

[Fun fact]

The word 'tradition' here doesn't mean something optional or old-fashioned. It refers to carefully passed-on teachings that many people believed were as important as Scripture.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God cares about our hearts and brings truth from within.

- What would it look like to invite God into your thoughts and feelings, not just your actions?

- Where might God be present in hidden acts of care or quiet choice?

[Prayer]

Ask God for more opportunities to have deep conversations.



TELL



Mini adventure...

Share one small part of your own experience.
In a conversation, mention something honest
about your life or faith – it could be a question,
a moment or something that matters to you.

On The Way

- What did it feel like sharing something real about yourself?

- As you spoke, where might God have been present – in your honesty, the other person's response or the space between you?

[Read/listen to Mark 7:24–37]

Jesus meets a woman who refuses to be ignored. She challenges him and doesn't back down. Jesus listens to her – and that matters. This story shows that faith isn't about being quiet, polite or knowing your place. God can handle questions, challenges and persistence. Jesus then brings healing and restoration to someone who had been shut out. This passage reminds us that God's love crosses boundaries and grows through honest, courageous encounters.



[Wide world]

In Sri Lanka, young people from tea plantation communities are often overlooked and not expected to succeed at school. But through Methodist Church after-school classes, they create space to learn, support one another and make their voices heard. Like in Mark's story, the students, with the support of the Church, are refusing to be ignored by society.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What do you notice about how this conversation unfolds between Jesus and the woman?

- How might this influence how you talk with God?

[What's God like?]

God listens with compassion and responds with healing love.

[Prayer]

Think of someone whose voice is not often heard or taken seriously.

Pause, asking God to break down barriers and make space for them to be heard.



Mini adventure...

Ask one gentle question.

Ask someone something that invites reflection, such as "What's been good for you lately?" or "What keeps you going when things are hard?"

On The Way

- What did you notice about the other person as they responded?

[Read/listen to Mark 8:27-38]

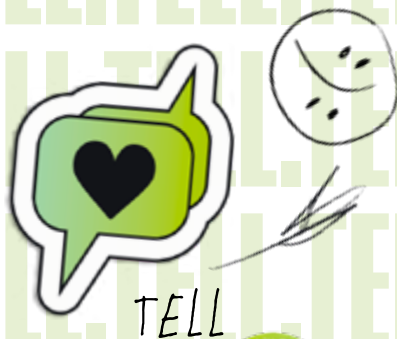
Jesus asks a big question: "Who do you say that I am?" Peter answers bravely, then immediately gets confused about what it really means. Following Jesus isn't about comfort, safety or status. It's about choosing love, even when it costs us something. That sounds heavy, but it's also freeing. This story reminds us that faith is a journey, not a single right answer. Getting things wrong doesn't disqualify us – it's part of learning.

[Fun fact]

Caesarea Philippi, the place where this conversation happens, was famous for temples built to different gods and to the Roman emperor. It was a place full of competing ideas about power and identity.

[What's God like?]

God guides us into truth through love and wisdom.



[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- Why do you think Jesus asks his followers who they think he is?

- Where might God be present in questions, responses and growing understanding?

[Prayer]

Hold this question in your mind: Who is Jesus to me? Pause, letting your honest answer take shape without rushing it.



TELL



Mini adventure...

Think of something positive.

In a conversation, point out something you appreciate – in that person, the moment or what's happening – and name it out loud.



On The Way

- What happened when you introduced something positive into the conversation?



[Read/listen to Mark 9:30–37]

The disciples argue about who is the most important, which is very human. Jesus responds by putting a child – someone with no power or status – right in the middle. He flips their idea of greatness upside down. In God's way of seeing things, humility matters more than popularity. This story reminds us that faith isn't about winning, being noticed, or coming first. It's about welcoming others, especially those who are easy to overlook.

[Fun fact]

People in the ancient world often showed their status by where they sat or stood. Being close to an important person was a sign that you mattered more.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



[What's God like?]

God cherishes those who are small, unnoticed or vulnerable.

- What do you notice about how Jesus challenges ideas of importance or status?

- What would it look like to choose to be the last or to serve others in everyday life?



[Prayer]

Do something playful or silly that you used to do when you were five years younger. God loves that version of you as much as the current one!

Mini adventure...

Say something about God in your own words.
It doesn't have to be big or perfect – it might be “I think God was in that”, or “that felt like more than just coincidence”

On The Way

- What did it feel like to speak about God in a simple, natural way?

- Where might God have been present – in giving you the words, in the moment itself or in what followed?



[Read/listen to Mark 9:38–50]

The disciples complain about someone doing good things without being part of their group. Jesus tells them that goodness isn't owned by one team. God works in wider, messier ways than we expect. Jesus also uses exaggerated language to say: take care of what pulls you away from love. Faith is serious, but not harmful or shaming. This final passage reminds us to stay focused on what brings life peace and shared goodness.

[Fun fact]

Salt was valuable in the ancient world. As well as flavouring food, it was used to preserve it, helping it last longer without going bad.

[I wonder...]

Jot down ideas, circle words, sketch or simply think quietly – whatever works for you.



- What might it mean to recognise that God can work through people who are different from us?

- What might Jesus mean when he warns about causing others to stumble?

[What's God like?]

God welcomes generously and encourages peace and kindness.

[Prayer]

Think of the places of worship in your area – churches and those of other faiths. Pause, holding each one before God.





WHAT YOU'VE ACHIEVED

You've reached the end of your Adventure Book – well done!

Take a few moments to notice what you've achieved this year: trying mini adventures, exploring the Bible and taking time to wonder what God might be saying to you. That takes curiosity, courage and commitment.

God has been with you through it all.

[Celebrate your year]

Look back through your book and reflect:

• What has been a highlight for you?

• What did you enjoy most?

• What surprised you?

Use this space to plan it – and maybe invite your friends to try it with you.

• Do you have an idea for a new mini adventure?

[Share your story]

Your experiences matter. You have a story worth sharing.

You might want to talk to your minister or group leader about ways to share your journey with your church – maybe during a service or in a group setting.

Here are some prompts to help you reflect:

- What have you learnt about God?
- What have you experienced this year?
- When have you been most aware that God was with you?

Your story could encourage someone else to start their own journey of faith.



Here are some ways you can keep growing as a disciple:

- Keep trying mini adventures with God.
- Make space to talk to God and listen.
- Keep reading and questioning the Bible.
- Be an agent of change by:
 - helping others at school
 - showing kindness in your friendships
 - caring for people in your community
 - getting involved in your church.

You have the chance to reflect God's love in everyday life.

**We'd love to see you at 3Generate 2027.
It's a chance to meet others, have fun and
explore faith together. We're excited about
the ways that God might show up.**



Remember

You are part of something bigger.

God is with you – in the ordinary and the extraordinary.

Every day is a new opportunity to grow, make choices and make a difference.

The adventure with God doesn't stop here – it keeps unfolding.





The **Methodist** Church

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The Methodist Church, registered charity no. 1132208

If you would like to request this resource in an alternative format,
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ISBN 978-1-85852-560-0

Printed and bound by CPI Group (UK) Ltd, Croydon, CR0 4YY



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