

# JEDNOTA JE NAŠA SILA

## Zamyslenia





**Tieto zamyslenia vznikli počas účasti Hanny a Idy v rámci Európskeho dobrovoľníckeho roka v OC SEM Púchov.**

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## Jesus stillt den Sturm – Vertrauen

Where is God, when I need him, but don't feel him? When I am in trouble, In Marc 4:35, Jesus' disciples ask this question themselves.

Read the text Marc 4:35:

(Der Text beginnt damit, dass Jesus und seine Jünger nach einem langen Tag in ein Boot steigen, um an das andere Ufer zu fahren und Jesus sich schlafen legt. Ein starker Sturm kommt auf, die Jünger fürchten sich sehr und wecken Jesus, der aufsteht und den Sturm stillt. Dann fragt er die Jünger, warum sie ihn geweckt haben, ob sie keinen Glauben hätten? Die Jünger haben große Ehrfurcht.)

„And he said to them, Why are you full of fear? have you still no faith?“ Mark 4:35

What have the disciples done wrong? The storm was very turbulent and they were very afraid?

We don't know, if this storm was made by God, but it was a test for the disciples about their faith.

In their situations full of crises, they should trust on Jesus, that in their situations of crises, he is with them in their boat and they don't have to be afraid. Even more their faith makes them responsible to act and to steer their boat out of the storm and shows them (new) ways.

I think, this thought fits on many of our crises, big storms, like also small ones in our daily life. And it also tells me, that I'm supposed to know that Jesus is always with me, also when it sometimes feels like he is sleeping.

Listen to the song „Ty mi dávaš nádej“, that is about that we can always trust on God.

<https://www.youtube.com/watch?v=NZJO9qqn3pY>

Take a climbing rope or a similiar rope and speak with the group about the comparison, that our faith is like a rope during climbing on a rock.

The way on the rock to the top stands for our daily life.

Ask the group: Which facts support this comparison:

examples:

-you have to trust the rope and it holds you, you can't fall

-when you need a brake/time out from climbing (daily life), you can sit in the rope/  
Gurt, and have a rest and the rope can even pull you up.

-the rope leads to the goal on top = you can look for your own ways, but good has  
always a plan for you

-it's your own decition, if you take this rope

Is this comparison good/bad/do you like it?

## Jesus macht 5000 Menschen satt

The last tacts, last thankful words to the publicum and your steps down the platform. You breath in the warm, thicky air of the backstage space and lean against the wall. Your performance was good and the band was great today, from the tribunes, you still here the exculging publicum. But now you´re just tired and exhausted and everything you want is to go home and rest from being a superstar. You look to your band mates, they look like feeling the same..

On your way to the car, as you leave the backstage square of the concert hall, you recognize, that the situation got out of control: A huge crowd of screaming, celebrating people is was waiting there for you and your band. Some security people are trying to hold them back, but as the fans see you, they freak out and try to get closer. And you know: for your fans, the evening has just begun...

Read together the bible text Markus 6, 30 bis 44

-after a long day, Jesus tells his disciples to sail with him in the boat to a calm place, to have a rest, because they even had no time to eat.

-but even at this place, a lot of people followed them

-Jesus doesn´t send them away, he speaks to the people and invites them to be his guests for dinner: he first takes care over the needs from the people, lift them ower his ownes. The community is important for him and he tells his disciples to share everything, they have.

-He gives us more than enough from what we need

-like the disciples gave their food to Jesus, we can bring him, what we have and he makes something great out of it.

-in the end we find out, that the people were about 5000!

-the disciples learn, that they themselves can't do wonders. Just God can do wonders, but he does it through us!

-he is our shepherd, cares for us and doesn't send us away, he invites us and teaches us to give this also to other people

→ conclude with the text from the beginning, ask the youths

What would the superstar do, if he was Jesus?

### Action

Look at a water tap, turn it on

God is like a source or a water tap, from that constantly flows love like water. So much, that it's too much to drink it by ourselves. It overflows our hands and we can give it to others

Song: Father God I wonder

# Menschenmaschine

Spiel Menschenmaschine:

Eine Person beginnt: sie geht auf die Bühne und macht eine fortlaufende Bewegung, kombiniert mit einem Geräusch. Nun setzen sich nacheinander alle anderen in einer beliebigen Position an die sich bereits auf der Bühne befindenden Personen an und machen jeweils eine neue Bewegung und ein neues Geräusch. Mit der Bewegung können sie die Bewegung einer anderen Person aufgreifen und ergänzen. So entsteht nach und nach eine große „Menschenmaschine“. Vielleicht erkennt man einen Nutzen? Stellt die Maschine etwas her?

Gedanken dazu:

Die einzelnen Teile (=Personen) wirken in ihrem Bestehen/Tun sinnlos oder nutzlos, aber alle zusammen ergeben ein komplexes Gesamtbild, das sich ergänzt und zusammenarbeitet.

Manchmal sehen wir auf den ersten Blick nicht den Sinn hinter einer bestimmten Sache oder Begebenheit und verstehen sie nicht. Aber oft vergessen wir, dabei das Große Ganze zu betrachten, über den Tellerrand hinaus zu schauen und den Zusammenhang zu erkennen.

Manchmal fühlen wir uns allein, kraftlos und unfähig. Aber wenn wir uns zusammen tun mit anderen Leuten, dann können wir uns gegenseitig ergänzen und Großes schaffen.



## Bibelstelle Epheser 1.15-23

Zum Beispiel mit fünf Fingern: Jede\*r zählt auf oder schreibt in eine aufgemalte Hand

Oder alle wählen aus Symbolen (ausgedruckt/extra Karten/farbige UNO-Karten ziehen/..)

-Das finde ich gut → Lachgesicht

-Das merke ich mir/das will ich anwenden →Ausrufezeichen/Gehirn

-Da bin ich anderer Meinung → Stoppschild/Blitz

-Das verstehe ich nicht/da habe ich Fragen → Fragezeichen

-Das kommt zu kurz →Lupe

Gedanken zur Bibelstelle

-Paulus dankt Gott für die **Nächstenliebe** in den Menschen und die **Liebe** zu Gott

-Weil wir nicht Gott dienen können, ohne unsere Nächsten zu lieben sind **Glaube** und Liebe in gegenseitiger Dynamik

-Menschen sollen Gottes Weisheit, Absicht, **Hoffnung**, sein Ziel für uns, wie reich er uns beschenken will, erkennen.

-die Kraft, mit der er an uns wirkt, ist dieselbe, mit der er an Christus wirkt, der an Gottes Seite in himmlischer Welt thront. Sie ist so groß, dass sie Tote zum Leben erwecken kann, er behandelt und schätzt jede\*n einzelne\*n wie seinen Sohn und will auch uns an seiner Seite

-V. 21 → ewiges Leben

-Paulus wil dass wir Kraft erkennen: Versprechen, dass wir ewig auf Jesus vertrauen können; lebendig hoffen; lieben auch da, wo es fast unmöglich scheint und Liebe Gottes beweisen

-Jesus ist alles unterworfen, überall, v.a. ist er das Haupt der Gemeinde: sein Leib (-Joh:14.6. Jesus sagt: Ich bin der Weg und die Wahrheit und das Leben, niemand kommt zum Vater denn durch mich – indem wir Jesus folgen, können wir an Gottes Reich arbeiten, an seine Seite)

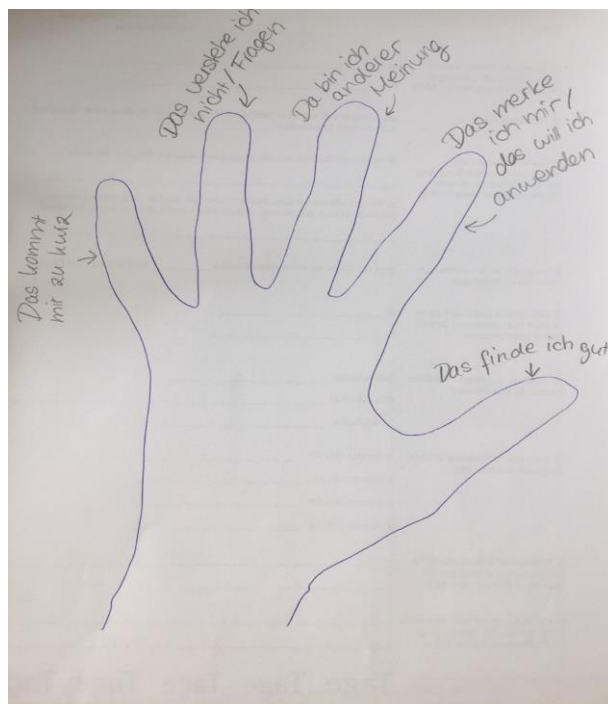
(-Mat. 18.19 Da wo Meschen in Jesus Namen versammelt sind, da ist er unter ihnen)

-Am besten können wir Gott in Gemeinde dienen

-Vater – Sohn – Heiliger Geist (-->V 3 – 14) alle arbeiten zusammen, wir brauchen besonders Heiligen Geist, der uns erkennen lassen soll

(-Glaube und Liebe sind als christliche Grundsätze oft Bestandteile unseres Alltags, aber wir sollen uns auch trauen, Hoffnung zu zeigen und die Jesus' Kraft erkennen, mit der wir alle Probleme überwinden können)

z.B. passender Worship-Song (Central Worship-Happy Day /Befreit durch deine Gnade...)



## The parabel oft he mustard seed.

Game:

- *a small mustard seed becomes a large tree, which stands fort he kingdom of god*

-parabel speaks about the kingdom of god and not the church as an institution

-so the kingdom of god is a living and growing process, what is growingg here on earth

-god puts his power into the small to make something great come into beeing

-because with god, the smallis vallued just as much aw anything else. He even allows the small to become great, since it is precisely the small that is important to him fort he expansion of his kingdom

-so it is perfektly okay to start small, because with the process of growth it is getting bigger

-so don't stress yourself that you don't have quiet time with god a soften as you might wish, but see every little step in which you include god more in your daily life as growth

-you think you're tos mall to build god's kingdom-STOP- You're just the right person god wants to have in his kingdom. He has big plans for you to stand up for his kingdom!!

-in every season, Lockdown or not,God i sexpanding his kingdom, even if we do not see it

-YouTube, podcast and other platforms on which we share our christian faith, make it much more easier for people to come into contact with the faith.

-other non-christians may see that our christian faith is much more than just the church as a building. Our faith is colourful, full of joy for life and is growing all the time

Conclusion: You are not tos mall to build gods kingdom aand make it bigger.

Let's pray together

## **Jesus walks on water:**

Game: Bible up

The youth holding their bible in the air, the leader is saying one bible passage, youth repeating and leader says go, the one who first finds the passage is allowed to read it

Bible text: markus 6, 45; Johannes 6,15; matthäus 14,22

### **Jesus walks on water:**

in the story the disciples are again alone in the boat, then Jesus comes to them on the water and they are afraid

-> the disciples who are on the road with Jesus every day and see his works are afraid

-> We too have moments from time to time when we are afraid of the glory of God, but I think that is part of our faith, because through these moments our eyes and hearts are opened more and we recognize more and more the glory of God

In Matthew it is reported, and only in Matthew, that Peter says to Jesus that if Jesus is really Jesus, he (Peter) should command him (Jesus) to walk on the water and come to Jesus.

The thoughts of the other disciples at the time were determined

- he's crazy! Doesn't Peter see the storm raging around us?! That's not normal

But for Jesus it is possible and he answers: Come here.

And Peter gets out of the boat and goes to meet Jesus on the water. But when he got to Jesus, he noticed the storm around him and was startled. At the same moment he begins to sink. Then he yells: Lord, help me! Immediately Jesus holds out his hand to him, holds Peter tight and says: Do you trust me so little? Why did you doubt?

This situation of Peter on the water can be compared with everyday life. Everyday life here is the storm that rages around us and Jesus appears in the middle and comes towards us. And then there are the situations where we are Peter and want to meet Jesus and nothing seems impossible, especially when we turn our eyes to Jesus and we start "walking on the water".

Everyday life seems to be so small compared to the prospect of Jesus.

But as soon as we begin to turn ourselves to everyday life and see and feel what is raging around us and think that we can not do it and that much can not be possible, we begin to sink. Just then, like Peter, we realize how important it is to focus on Jesus.

Do you know that when you are in need, you often cry out to God and ask him for help? We all know this all too well of ourselves, pray more intensely, cry out to God and think that it will be too much.

We only have to ask ourselves whether we are focused on Jesus in the situations. Whether we have given our doubts too much space again.

But Jesus loves us so much that we can cry to him: Help me, Lord! and he extends his hand to us and draws it back to him. He won't let you and me go down !!!

In the story, Jesus gets into the boat with Peter and the storm subsides. This is also a good picture for us and our everyday life. Without Jesus in our hearts we are troubled and tossed back and forth in the storm of everyday life like a boat in a storm. But if we let Jesus get in and give him space, in us and in our everyday life, then the storm subsides and we find peace and everyday life gets direction.

Summary: It is not easy to always focus on Jesus, but we should know that Jesus is always there when we have failed and extends his hand and pulls us back to him.

## **Reminder: Prayer is our conversation / our connection to God**

Do we pray enough?

everyone prays differently - psalms as prayers when we don't know what to pray

When making a phone call, if you want it to be a successful phone call or

conversation, it is important for a good relationship that both sides get to talk.

Praying in everyday life, before leaving the house. when driving a car / bike, eating, going for a walk -> no matter where, God is happy to hear from you.

Prayer is important to our relationship with and with God.

Prayer can be divided into two categories:

### 1. Everyday prayer

Question: How often and when do you pray? Is the prayer more of a to-do, what you chop off and are happy to have done for the day? Or are you already taking God into your everyday life? Maybe it's already a mixture of both?

Without a Christian environment, it is even more difficult to pray and include prayer in everyday life.

And when you come back into the Christian environment, you are often disappointed not to have prayed.

Don't put any pressure on yourself, it's all a process and it starts where you want to pray more and include God in your life.

How can one improve one's everyday prayer?

To do this, everyone has to find out for themselves what is good for them and their own relationship with God.

Everything you read and get said are just tips for you.

When and where can you pray?

everywhere, cool right? when leaving the apartment, driving the car, shopping, before eating, going to bed. Simple prayer in which you thank you for water and bread, soap, that you are healthy.



There are many ways to take God with you through everyday prayer. It is important that you mean business.

## 2. the deep prayer

What counts in deep prayer is that you really take your time to pray, ask, thank and confess your guilt before God.

This type of prayer does not belong in the stress of everyday life, but needs rest.

This kind is part of the quiet time with God to come to rest. Either at the time of your Bible reading or in the evening before going to bed.

Put aside everything that concerns you and what is on your mind before God.

Letting God speak in the quiet time is also very important.

Last point: Often you are annoyed by the same sentences that you pray or you don't know what to pray.

Tip: read psalms (are prayers)

Our father

Jesus also prayed psalms and gave us the Our Father precisely for it.

## **Love letter from god.**

Sweet Child O Mine,

life just seems hard or unfair. You struggle with everyday life, do your best not to go under. The stress of everyday life comes and goes like the waves of the sea.

Sometimes they seem too high and too strong. You get scared and start to sink. Try to breathe and start screaming: Help me Lord!

My dear child, I am here. Give me your hand. I won't let you go down I draw you to me, very close to my heart. Look at me, see in me what I see in you. I pull you out of the water and take away all fear. Give me a place in your heart I can guide you through life, calm every storm and let you walk on the water. For me, no storm is too big and no sea too deep. Don't give up looking for me and looking at me.

I'll be there. I'm there.

I love you.

Your father

the almighty God