

“Top 5” Lists



A weeklong activity to help discover and contemplate how God is actively present in our lives, where we struggle with faith and where growth is taking place.

For

Young Adult

Season

Spring

Needed

notebook/journal, quiet place to complete activity, a friend or two

Prepare in Advance

Find a friend you are comfortable sharing with and who is willing to participate in the activity along with you (make sure you will keep each other accountable for writing a list each day)

Pray with that friend at the beginning of the week

Activity Plan

1. Before making your list each day, say this prayer:
Lord, help me to better understand my faith and recognize your presence in my life. Amen.
2. Answer the question for each day in the form of a “Top 5” list based on your faith, feelings, and opinions.
 - Monday : What do you believe to be true about God?
 - Tuesday: What confuses you about God?
 - Wednesday: What people have you encountered that you have seen God through?
 - Thursday: Where are the most unlikely places you’ve experienced God?
 - Friday: What separates you from God?
 - Saturday: What do you find yourself asking God the most?
 - Sunday: What burdens are you willing to let go of and lift up to God?

Example for Friday: What separates you from God?

 1. *Too much television*
 2. *Money*
 3. *Taking on too many responsibilities*
 4. *Peer pressure*
 5. *Anger*
3. At the end of the week, share your lists with your friend(s) and chat about the most interesting, surprising or difficult answers. Use your lists as reference points for understanding your faith and look back occasionally as a reminder of where God is creating growth in your life.
4. Continue the activity beyond one week time by creating your own list topics.