

# **LIFE Meeting**

## **Signs from God**

### **September 14, 2016**

- 1. Ice breaker: Signs in smaller groups**
  - 2. Opening Prayer**  
**Grant**
  - 3. Large Group: Group Expectations, Video, Our Signs**  
**Viveca and others**
  - 4. Small Group: Signs from God**
  - 5. Large Group: Discussion and Reflection**
  - 6. Closing Prayer**  
**Morgan**
- **Next Meeting: October 12<sup>th</sup>**
  - **Planning Meeting September 28<sup>th</sup>**
    - **Food: Anna, Grant, Viveca and Becca**
    - **Need to think about our Hope Totes!**

## Icebreaker

### Signs

Start by sitting everyone in a circle facing inwards. Each person should choose their own unique 'sign' which is a movement or motion such as touching their nose, brushing their hair, giving two thumbs up etc. Go around the circle and give people the chance to demonstrate their sign to the rest of the group.

Choose someone to be the 'guesser'. Get them to close their eyes whilst you choose someone in the circle to start the game. The guesser can then open their eyes. This person you choose to start then has to secretly 'pass' the sign onto another player without being caught by the 'guesser'. To pass, you must make your sign followed by the sign of the player you are passing to.

The game continues until someone is caught, then they become the guesser.

## Opening Prayer

Signs by Five Man Electrical Band

<https://www.youtube.com/watch?v=oeT5otk2R1g> (no lyrics)

Let us remember that we are in the presence of the Lord, join hands with those around you by interlocking fingers so that our strengths cover up other people's weaknesses.

And the sign said "Long-haired freaky  
people need not apply"

So I tucked my hair up under my hat and I  
went in to ask him why

He said "You look like a fine upstanding  
young man, I think you'll do"

So I took off my hat, I said "Imagine that.  
Huh! Me workin' for you!"

Whoa-oh-oh

**Sign, sign, everywhere a sign**

**Blockin' out the scenery, breakin' my mind**

**Do this, don't do that, can't you read the  
sign?**

And the sign said anybody caught  
trespassin' would be shot on sight

So I jumped on the fence and-a yelled at  
the house

"Hey! What gives you the right?"

"To put up a fence to keep me out or to  
keep mother nature in"

"If God was here he'd tell you to your face,  
man, you're some kinda sinner"

Now, hey you, mister, can't you read?

You've got to have a shirt and tie to get a  
seat

You can't even watch, no you can't eat

You ain't supposed to be here

The sign said you got to have a  
membership card to get inside

Ugh!

And the sign said, "Everybody welcome.  
Come in, kneel down and pray"

But when they passed around the plate at  
the end of it all

I didn't have a penny to pay

So I got me a pen and a paper and I made  
up my own little sign

I said, "Thank you, Lord, for thinkin' 'bout me.  
I'm alive and doin' fine"

Wooo!

## **Reflection**

This song is not only a reflection on our society but also on ourselves. The man in the song goes about his life and only sees signs that prohibit him from doing anything. He is told that he is not good enough and not of the same value as his neighbors. That changes though when he sees a sign at a church that says all are welcome. God welcomes all of us. Whether it be a sign right in front of our eyes or a subliminal sign that is hard for us to recognize, we have to be willing to accept God and His signs that he sends us. I encourage everyone to keep their eyes and heart open to God and His signs throughout this meeting and also throughout this school year. As your people let us joyfully proclaim, may the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary.

## **LIFE Expectations**

Chaminade started small faith communities in order for people to share their faith with each other and in turn strengthen their faith. We along with several other teenagers throughout the country gather together as a LIFE community to do just that.

In order to get the most out of our community, we have some expectations that we would like everyone to follow in order to ensure that everyone is able to get the most out of our gatherings!

- Eating
  - Bring food to share
  - Don't Overload your plate and don't take two plates
  - Don't take food if you don't like it
  - Don't play with your food or drink
  - Clean up after yourself
  - It is bad to waste food
  - Food does NOT go into the hallway
- NO judgement
- If something is said that is deep or heavy in small groups make sure it stays confident/trust
- Respect others when they are speaking in both large and small group
- Wear what makes u comfortable, no need to impress
- Be open to new experiences
- Be here now
- Be serious during prayer
- Being aware of surrounding and environment and emotions

- Participate don't anticipate
- While in small group pay attention to leader(s)
- Everything we do at LIFE has a purpose. For example the reason we eat before every meeting is because it's a Marianist practice that promotes and creates a feeling of community between members. "Those who eat and pray together, stay together."
- While we would like everyone to come to meetings, this is not a mandatory thing. If you don't want to participate you don't have to come.

## Large Group

Signs from God can come in all sorts of forms, whether it be an actual sign or just a moment where you felt God was really with you and you heard Him clearly. In the Bible God gives His people signs all the time for example: Moses and the Burning Bush, The pole with the serpent on it that healed those who looked upon it, or even the ten plagues of Egypt. Today we will delve into talking more and more about the many ways we can see God in our lives.

Video: <https://youtu.be/SX7BFCSf9Jw>

### **Personal Signs**

LIFERs gave some personal stories about signs in their lives.

### **Reflection into small group: Viveca**

Close your eyes. Imagine you are driving down a road after a particularly long, stressful day. Everything that could go wrong went wrong. Everything that could go right didn't. How do you feel? You begin to make a mental list of the multiple things you must get done by tomorrow morning and look at the clock. It is already 9:45 pm. You won't get any sleep tonight. You begin to worry about the fact that you won't get any sleep and slowly as you are driving your to do list becomes longer and longer and you become more and more agitated.

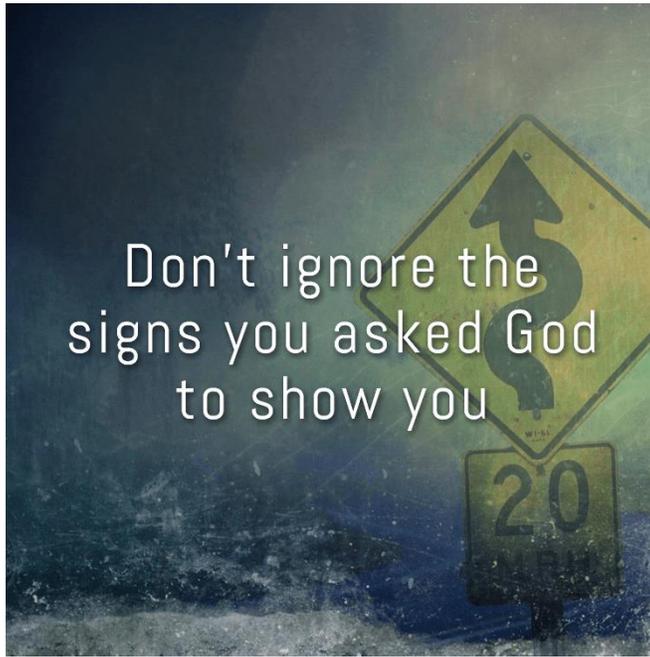
But then. Then you hear your favorite song come on the radio that you had playing in the background just for white noise. You freak out because radio stations never play this song. You immediately roll down the windows and crank the volume. You scream the lyrics to the song at the top of your voice, blocking out everything else. Blocking out your bad day, your long long to do list and everything else that maybe on your mind. You let yourself only listen to the music and only think about the lyrics. You just be. You let yourself just relax and exist.

After the song ends. You roll up the windows. You turn down the music a couple of notches. You think about how free you felt for that 3 or 4 minutes the song lasted. You smile to yourself. You realize that you just needed to readjust your perspective on life. Today wasn't really that terrible. You were just dwelling on things too much. The list isn't really that long if you just prioritize. You can get some sleep tonight easily, that paper won't really take that long to write, you were just psyching yourself out. You were too much inside your own head.

You look at the cross you have hanging from your rearview mirror. You thank God for making you stop and be for a couple of minutes. You thank Him for helping you before you completely freaked out. You thank Him for giving you these problems and not worse ones. You thank Him for putting that song on that radio station right when you needed it most.

Open your eyes and listen as we head to small groups.

Don't ignore the  
signs you asked God  
to show you



## Small Group

Sit in circle, and interlock fingers so that your strengths cover up other people's weaknesses.

### **Proverbs 3: 5-10**

"Trust in the Lord with all your heart, on your own intelligence do not rely; In all your ways be mindful of him, and he will make straight your paths. Do not be wise in your own eyes, fear the Lord and turn away from evil; This will mean health for your flesh and vigor for your bones. Honor the Lord with your wealth, with first fruits of all your produce; Then will your barns be filled with plenty, with new wine your vats will overflow."

### **Reflection**

This bible passage is about trusting in God. When God sends us a sign, it is important that we follow through with what he is telling us to do. We need to trust the sign he is sending us because he truly has our best interest at heart, and will help us through our toughest times. No matter how big and extravagant or small and simple the sign is, we need to trust in God and pursue it and everything will be okay.

### Small group questions

1. Name some good experiences that you have had that you believe are signs from God?
  - a. Have none? Think about it...can you see it as God working in your life now?
1. How can you be a sign of God to others?
2. If God could talk to you right now what would he say to you?
  - a. Is he trying to say this to you through nature, or a person and you just keep missing it?
    1. Name some warning signs from God? Either personally or otherwise.
    2. Can you think of any other bible stories that were signs from God?
    3. What lessons can be learned from those bible stories?
    4. What signs or symbols from God do you see in nature?
    5. What about signs of God from your friends and family?
    6. Do people always recognize signs from God? Why/why not?
    7. How should we respond to these signs?
    8. Do people always listen to signs from God?
    9. What are the good/bad consequences of listening to signs? Can they be long-term consequences?
  10. Have you ever ignored signs from God? (like that little voice in your conscience telling you yay or nay)

### **Activity:**

Draw or write a word or phrase to keep somewhere noticeable at home or in your room that reminds you of God's eternal presence. It can be something from a story you shared or something someone said that has stuck with you throughout the meeting. It can be a list of small tasks you can do to be a Sign from God everyday. It can be a symbol, like something from nature or maybe something relating to your family and friends.

There are so many different ways that we are reminded of God. Psalm 40:3 says, "He put a new song in my mouth, a song of praise to our God. Many will see and fear, and put their trust in the Lord." Let this sign you make be a visible reminder to put your trust in the Lord.

## Large Group

Ask if anyone has good witness stories

## Closing Prayer

Blessings by Laura Story

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

Let us join hands and interlock fingers as a visible sign of our unity and so are own weaknesses are covered up by other people's strengths.

We pray for blessings, we pray for peace  
Comfort for family, protection while we sleep  
We pray for healing, for prosperity  
We pray for Your mighty hand to ease our suffering  
And all the while, You hear each spoken need  
Yet love is way too much to give us lesser things

**'Cause what if your blessings come through rain drops  
What if Your healing comes through tears  
What if a thousand sleepless nights are what it takes to know You're near  
What if trials of this life are Your mercies in disguise**

We pray for wisdom, Your voice to hear  
We cry in anger when we cannot feel You near  
We doubt your goodness, we doubt your love  
As if every promise from Your word is not enough

And all the while, You hear each desperate plea  
And long that we'd have faith to believe

When friends betray us  
When darkness seems to win  
We know that pain reminds this heart  
That this is not,  
This is not our home  
It's not our home

'Cause what if your blessings come through rain drops  
What if Your healing comes through tears  
What if a thousand sleepless nights are what it takes to know You're near

What if my greatest disappointments or the aching of this life  
Is the revealing of a greater thirst this world can't satisfy  
What if trials of this life  
The rain, the storms, the hardest nights  
Are your mercies in disguise

What if your blessings come through raindrops? What if your healing comes through tears? After listening to this song, those two lines really stuck with me. We may not always understand what God is trying to say to us but everything he does, he does for a reason. We receive signs from God every day whether we realize it or not. Some signs are more obvious and other signs you really have to look for. God is constantly reminding us that he is there for us and he is always trying to lead us in the right direction. Talking to God isn't always about just praying. After you pray, remember to listen. God speaks to us in the most mysterious ways. From all of the great signs you receive like God sending a special person into your life or something beautiful in nature like a rainbow in the distance to the harder signs like losing a loved one or something really hard is going on in your life, remember that God is doing everything with the best intentions possible and everything happens for a reason. Remember that God is always there for you and always will be. Don't forget to look for the signs that he is giving you and don't ignore them. Even if you don't understand why God is telling you something, listen and let God take you on a journey. I'd also like to take this time to ask you all to keep one of my very close family friends in your prayers- she was just recently diagnosed with breast cancer.

As your people let us joyfully proclaim, May the Father and the Son and the Holy Spirit be glorified in all places through the Immaculate Virgin Mary Amen.