

# LIFE Meeting Trust August 30, 2017

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Maggie

3. Video: Meet your Core Team

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Sophia and Alex

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Sophia

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Alex

- Next Meeting: September 13<sup>th</sup>- Teamwork
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## Icebreaker - Mail Call

1. Get in a big circle with one person in the middle. Everyone in the circle has a chair (except the middle person)
2. Person in middle says "I have mail for anyone who ..."
3. Everyone who has that mail switches and the person who is left becomes the middle person
4. The person who is in the middle has to say their name, and one interesting fact about them

## Opening Prayer

Tightrope by Walk the Moon

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

Hold Hands and interlock fingers so that all the weaknesses in the group are covered by each other's strengths.

Easy now with my heart

Easy now, oh, with my heart

Walk a tightrope, walk a little tightrope

You walk a tightrope, walk a little tightrope

**Oh, oh, oh, oh, oh, oh, oh, this heart is  
burning up**

**I said Oh, oh, oh, oh, oh, oh, oh, this heart is  
burning up**

And all the beads of water move up the  
glass

You speak your mind, you cannot take it  
back

Walk a tightrope, walk a little tightrope!

Walk a tightrope, walk a little tightrope!

It's, it's burning up

Oh, oh, oh, oh, oh, oh, oh, oh, oh...

Careful now with my head

I said careful now, what you do to my head

Make your mind up, make your little mind up

To each his own, each his or her o-o-own

In my bed I'm rolling over

I'm tangling up in the chains on the swings  
on the set, on the night that we met

## **Reflection**

The hardest parts, or rather the hardest moments on the journey to achieving your dreams are the stretches where you feel alone and as if no one is there to help you. These moments are a make or break in whether or not you succeed. You may seem to feel like you are walking a tightrope. Tension, like in a rope used to walk on, exists between faith and trust. Vulnerable to everything around you and having to have full trust in what is before you. At this point you have a choice to make. You can give up like most people, you can rely solely on yourself, or you can put your trust in God. The most important thing we can do is to not give up but to persevere and trust in the Lord. God is always there to help us but there will be times, no matter how hard you try that you will feel like God is not there, even when he is. During these times the rope may feel too loose and like you are going to fall. There is no better person here on earth to trust in than God. It is so important for you to not only rely on others but to also rely on yourself when necessary. When you are all alone and when you feel weak remember you are stronger than you think, and with the trust of God and other people you can be as strong as you let yourself be. Have trust in each step you take and you truly will be able to walk any tightrope.

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.

## **Large Group**

- In a second, talk to your neighbors.
- Ask them if they were in the middle was it scary to be in front of so many people who you may not know? If they weren't ask them how they would have felt having to be in that position.
- PPT about Trust

## Transition

This meeting today is about trust and vulnerability. To trust someone you have to be able to open up and be vulnerable with them. The number one rule here at L.I.F.E. meetings is that what is said in your small groups stays in your small group. This rule is so important because to open up to our peers you have to form a level of trust with them. In your small groups try to be as vulnerable and trusting as possible so you get the most out of your L.I.F.E. meeting experience. And the other way around, when people share, be open to their opinions, be respectful in the way you act when others are talking, and be the trustworthy friend that you want to have.

“We have spoken freely to you, Corinthians; our heart is wide open. You are not restricted by us, but you are restricted in your own affections. In return (I speak as to children) widen your hearts also.”

2 Corinthians 6: 11-13

In your small groups be as open, trusting, and vulnerable as you can be. If the level of trust is built, the rest will come easily.

## Small Group

- As we go into the small group portion of the meeting tonight, stepping away from any troubles we have for a little bit, let us all take a few deep breaths and reflect.
  - What is trust exactly?
  - How easily does one trust?
- On a regular basis we trust without a second thought. You trust cars not to hit you when crossing the streets, you trust any rides you go on at an amusement park, you trust the fridge light to come on when you open it.
- What breaks trust? Trust is broken when an occurrence happens that upsets you, or an extreme disaster occurs either directly or indirectly to your personal life. That can include car accidents, terrorism, or just any acts of violence. Hearing about, or having sad events happen to us can really shatter a trust with hopefulness and our faith. Please close your eyes as you listen to this prayer:

Most Gracious and Loving God,

I trust in your peace that surpasses all understanding.

Because I have peace, I am not anxious.

I know and trust that I am completely loved and supported by you.

I am wonderfully made!

You have given me instincts, intuition and feelings.

I trust my instincts.

I trust my intuition.

I trust my feelings.

I trust in the still small voice inside of me.

It is the voice of truth.

It is the voice of my soul.

Your Spirit dwells within me.

God, you are the Source of my peace and power.

I listen for guidance with heightened awareness.

I wait.

I trust you.

I don't have to worry or know what happens.

You are all-knowing.

You are all loving.

I trust you to provide all that I need.

You are my refuge and fortress.

I trust you for safety.

I trust that I am where I am supposed to be.

I trust that I will be led where I am supposed to go.

I trust that you will lead and guide me.

I trust that you will never leave me.

I trust the present moment and let go of the past.

Trusting in this moment will direct my future.

Help me to trust others.

I know that I cannot live to the fullest without the help; of others.

When I am afraid, I will trust in your more.

When I am weak, I will trust in your strength.

When I have doubts, I will trust in your promises to love me and direct my steps.

God, in you I trust.

I trust. Amen.

Activity:

Shakers game (bat and moth)

“Shakers” is a fun activity for trust building, and listening.

Choose one student to be the “bat” and one to be the “moth.” Have the rest of the students form a circle. All students in the circle are spotters. Give the bat and moth each a noise maker and have them stand inside the circle. Give the bat something soft to use to tag the moth. The bat and the moth are to close their eyes. The object is for the bat to tag the moth using echolocation. The bat shakes its noise maker and the moth must in response shake its noise maker. Give the moth about a minute to catch the moth then let them choose people from the circle to take their places. The spotters are to keep the bat and moth safely inside the circle.

Possible debriefing/processing questions:

Did you feel safe and comfortable with the spotters? Why/why not?

What strategies did you use?

What did you do as a spotter to keep people safe?  
Was it hard to keep you eyes shut? Why/why not?

Questions.

1. Definition of vulnerability? How does everyone feel about being vulnerable.. In school?  
At home? In a public place?
2. Is it a good thing to be vulnerable?
3. When is a time you opened up completely and felt you were in a safe environment to be open and vulnerable? What made you be able to trust these people?
4. When was a time or place you felt you couldn't open up and trust the people there and why?
5. What are qualities that make someone easy to trust? What are qualities that make it hard to trust someone?
6. Why do you think we trust public transportation to take us safely somewhere but we have a hard time trusting certain persons in our life?
7. What are some examples of times trust was broken and how did you deal with it?
8. Why should trust be important when it comes to our faith and God?
9. Often times we may tell someone they have to "prove" themselves trustworthy, how can we trust in God if we can't physically see him or have a conversation with him back and forth?
10. What makes trust so important in our school environment?
11. Does everyone now feel as if they can trust each other in this small group, at at least a first level trust?

## Closing Prayer

Life's What You Make It by Graham Colton

Take in all the sunshine bottle up the rain

Go where the winds blows, let it show  
the way  
Open up the window, let in all the light  
You can pull the stars down paint the  
perfect sky

So go and write your song  
The world will sing along

**Ahhh**

**Life's what you make it**

**Ahhh**

**It's yours for the taking**

You can test the water, you might as  
well jump in  
We all know where we'll end up, might  
as well begin  
Memories your making, frame inside in  
your heart  
In the middle of a nowhere is a  
somewhere you can start  
So go and write your song  
The world will sing along

So go and write your own song  
All the world will sing along  
When you find your melody

Take in all the sunshine bottle up the rain

Go where the winds blows, let it show  
the way

So go and write your own song  
All the world will sing along  
When you find your melody  
We'll join in harmony



**Reflection:**

Trust is a precious thing, especially in the world that we live in today. Having a person, or multiple people that you can truly trust, is few and far between. Building up that trust is even a greater task that each of us has undergone time and time again, and I'm sure that everyone in this room has had their trust in a person broken. One of my favorite authors, Paulo Coelho, has this really strong, meaningful quote that I came across once. "None of us knows what might happen even the next minute, yet still we go forward. Because we trust. Because we have Faith." Being willing to trust someone also means you're opening yourself up to them, being vulnerable. Sometimes the people you open up to and trust will take that, and think they can break it, and that sucks. I for one wish I didn't have to go through that at all. But first before we can trust others, we instead have to trust ourselves. *You are the most important person in your life.* Never forget that. You come before everyone else. "Trust yourself. Create the kind of self that you will be happy to live with all of your life. Make the most of yourself by fanning the tiny, inner sparks of possibility into flames of achievement." (Gorda Meir) When you have a trust in yourself, then you will find it easier to trust others. It makes it easier to find people that you know are people that will be trustworthy, loving people. Good judgement comes with experience, and experience comes with bad judgement. So trust in yourself and especially trust in God. Proverbs 3 tells us "trust the Lord your God with all your heart." So here as a community, as LIFer's, we can put our trust in God, and in each other. Life is what you make you make it, and it wouldn't be much if we didn't have God with us along the way.

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