

# My Thoughts vs. God's Thoughts

1. Set a timer on your phone for 1 minute.
2. Tell the group to let their thoughts run wild then tell them when the timer begins.
3. After 1 minute, ask the group what they thought about during that first minute.  
(Don't pressure them to share anything personal or vulnerable – maybe be the first one to share something so people know you're engaged too!)
4. Set the timer for 1 minute again.
5. This time, invite the group to find themselves in the presence of God for the next minute. Share ideas of what "God" might look like or feel like – no expectations! Everyone has a different idea of how they personally experience God.
6. Ask the group, "how was the second minute different from the first?" Again, don't have any expectations. Some people may have not experienced much difference or found it difficult to be in God's presence.

## Adaptations

- Depending on the size of the group and if you have the time, you might try stretching the time to 2 or 3 minutes for each part.
- Focus the intent – for the first minute, ask participants to think about a specific "clutter" (a to do list, worries of the week, complaints or frustrations of the day, etc.) For the second minute, ask the participants to imagine physically taking the "clutter" and giving it to Jesus, laying them at his feet, placing them in his hands, etc. Be creative with this. You could adapt this practice to specific seasons (think worries for 1 minute, hopes for the 2<sup>nd</sup> for Advent, complaints for the 1<sup>st</sup>, things they're grateful for in the 2<sup>nd</sup> for Thanksgiving, etc.)

This is an opportunity to help people center themselves (clear the clutter in their minutes), learn about peoples' experiences of God, and it's a PRACTICE! Doing things like this more often will help people get more comfortable with being still and listening to Christ within. There's no "correct" way to do any of this – it's about making time for intentionally being still, continuing to practice, and becoming aware of how God is speaking to each one of us individually and collectively in our worshipping communities.