



[13-18s]
experience the challenge



Overcoming obstacles

13-18s can work through the activities alone or with support from an adult.

Some days are tough and we face obstacles – a test at college might be a small obstacle whereas living with a chronic disability or stressful situation, like the coronavirus pandemic, is a big obstacle. How do we handle it when there's an obstacle in our life?

Developing vision

David and Goliath is a much-loved Bible story. In fact, many of us have heard it so much that we've become uninspired and desensitised to its amazing message... David had vision. This shepherd boy believed he could defeat the giant Goliath, while the whole Israelite army shook with fear and ridiculed him. David had the vision to overcome an obstacle with God's strength. Many of us face obstacles in our life – do we have the vision to overcome them?

- Read 1 Samuel Ch.17:1-51 in the Bible or on www.biblegateway.com. Make a list with 2 headings - one with an exclamation mark and one with a question mark on. On the exclamation mark side, write something that amazes you about the Bible passage. On the question mark side, record something you're not too sure about.
- Cut out pieces of paper shaped like bricks. Stick them to a larger sheet of paper and build a wall of 'obstacles'. On each one write down issues that can be obstacles for them and their friends e.g. the Coronavirus pandemic, low self-esteem, bereavement, depression, self-harm, homework, bullying etc.



- How can we handle obstacles? Make a list of coping mechanisms you might draw on in future such as the importance of having a positive and realistic outlook, practising something so it becomes easier, taking little steps towards a goal, and praying to God for strength and wisdom to deal with an obstacle.
- God's plans are better than our own. We need to remember this when we go through things in life that we don't understand. We don't always learn the reason why but we have to trust that God is in control. Have you ever gone through any obstacles in life that you didn't understand. Do you think there's a purpose behind the difficult situations we face in life? Do you think you'd be where you are today if it hadn't been for facing some obstacles?

Responding creatively

Sometimes if we struggle to defeat an obstacle it can help make us stronger – we try harder the next time or we learn that we can withstand pain and come out on the other side.

Make a creative response to overcoming obstacles e.g. drawing or writing a poem that you can share with others to encourage them.

Connect

Reflect on the words of this song – <https://www.youtube.com/watch?v=Cd6J6Wgnv4M> – and what we can learn about facing obstacles from it.