



Use this guide to help your family stay connected to everything foundry. First, make sure that you watch the live instagram video to hear God's truth in a way your teen can understand and enjoy. Then, follow up with the fun activities below!

REVERB

KEY SCRIPTURE

He got up, ate and drank his fill, and set out. Nourished by that meal, he walked forty days and nights, all the way to the mountain of God, to Horeb. When he got there, he crawled into a cave and went to sleep. Then the word of God came to him: "So Elijah, what are you doing here?"
1 KINGS 19.8-9

KEY QUESTION

God will oftentimes speak to us in a whisper during the darkest times of life. What is He saying to you?

BOTTOM LINE

GO somewhere
BE somebody
DO something

ACTIVITY :: SAY WHAT?!

WHAT YOU NEED > absolutely nothing!

WHAT YOU DO > This activity will require sharp ears and good lip reading skills! The goal is to see how long it takes your teenager to understand what you are saying. Start by only mouthing the words with no sound, and very very gradually increase your volume to a quiet whisper until they can repeat word for word what you're actually saying. Here is the quote :: "i used to eat watermelons under the 6th street bridge, but now i eat cantaloupe on the tier of the 56th pier."

WHAT YOU ASK > There are several reasons it was difficult for you to understand what i was saying... what were all of those reasons? How can this apply to listening to what God is saying to you?

DISCUSSION QUESTIONS

- ✓ What are real life times when you misunderstood somebody?
- ✓ Have there been times when God had to repeat Himself to you?
- ✓ What are the triggers for depression in your day to day life?
- ✓ What are the catalysts for you shaking off that depression?
- ✓ What are the bottom line details in your life right now?
 - GO somewhere [where is God asking you to go?]
 - BE somebody [who is God asking you to be?]
 - DO something [what is God asking you to do?]

PRAYER

"Dear God, we trust your provision, protection & direction for our lives. Thank you for the very specific plan that you have for each of us. Thank you for allowing us to play a part in impacting other people's lives for You. Help us to not only hear when You are whispering, but to also have the kind of trust in You that is strong enough to pull us through the darkest moments in our life.