The Ask Series: Week Five (Depression)

Chill/Connect (15 Minutes)

Welcome: Welcome to regulars and newcomers. (5 Minutes)

Prayer: Let’s open our meeting in prayer. (2 Minutes)

Announcements: (1) Next Friday we are talking about Media. (2) On Sunday Mornings we are doing the Armour Series - This Sunday we’ll be learning about the “Sword of the Spirit.” (3) Follow us on Social Media (4) Join our Encounter youth WhatsApp Group (5 Minutes)

The Name Game: Everyone stand in a circle. We’ll go around and introduce ourselves. We will then pass a ball around the circle. The MC will say “Stop,” the person holding the ball must call out the name of someone else in the group. The person who is called, is out. If the person saying the name gets it wrong, or is too slow, they themselves will go out. (15 minutes)

Activity: On a piece of paper, try to describe depression with words. (15 minutes)

Video: Video: We’re going to watch a spoken word video. Find it on YouTube at: <https://www.youtube.com/watch?v=YV781eEWvBk>

Talk: This talk was explaining depression. To see the powerpoint from the talk, click on this link: <https://www.ymresourcer.com/documents/Ask_05.pptx>

OR you can listen to the audio of the talk, by clicking here: <https://www.ymresourcer.com/documents/Ask_05.mp3>

Close in Prayer

Refreshments