

Station 1: Music:  
Join Together in Song

Music is such a big part of worship.  
Talk to each other about a time when a piece of music helped or contributed to worship. Maybe you encountered God during the singing of a song, or got some insight, or ??

Talk to each other about a time when a piece of music hindered you in worship, when it detracted from worship.  
Or choose an old favourite and analyze its theology together.

Station 2: Scripture:  
Hear the Word of the Lord

Write out a scripture that helps you in difficulty, or one that you want to memorize, or a biblical word you want to explore.  
Or take a psalm the rewrite it with your name in it personalizing it, then colour around it.  
At home, put it up on a doorpost where you will see it every time you enter or leave that room.  
option : Roll it up and tie a ribbon around it and hang it over a doorway  
If you like talk to each other about what you are doing.

Or if you prefer a group activity, go to an area of the building and play with the reading of Psalm 46, reading it using different emotions. different levels of pitch from whisper to very loud. What do you notice?