



Discussion Plan

Guvna B

Theme

Help



When I realised that God was big enough to deal with my real prayers, my real **anger** and my real **doubts**, this was the start of me really praying and telling God what I was really feeling."



Opener (5 minutes)

Discuss: When was the last time you asked someone for help? It might have been with some homework, when you were lost and could not find somewhere, or maybe just something that you could not do by yourself.

Think about: Have you ever experienced a time when you were really struggling and felt overwhelmed? Did you ask for help and if so, how easy was it to do this?

Video (3 minutes)

Watch Guvna B's video on [Instagram](#), [YouTube](#) or [Vimeo](#).



Table Talk (10 minutes)

In the video, Guvna B shares the story of when his father died suddenly in 2018. Because Guvna B had grown up being conditioned not to show emotions and to get on a deal with difficult stuff, he bottled up how he felt about his father's death. However, this did not work, and later Guvna B had an emotional breakdown, finding himself in floods of tears. In that moment, he experienced an amazing freedom and came to realise the importance sharing honestly, praying, and shifting his perspective on life's challenges.

Around your table at home, church or in school, with the person next to you discuss these themes that came up in the video.

1

Guvna B shares from Psalm 13 where the writer, David, is going through a really difficult time and is honest, and even angry, with God about his feelings. This helped Guvna B to realise that God was big enough to deal with his real prayers, his anger, and emotions, and so he started being totally honest with God about some of the darkest times of his life.

Question - How honest are you when you pray and talk to God? Have you ever chatted to God about your feelings, about disappointments, frustrations, worries or anger? If so, what did this look like and how did it make you feel?

2

Guvna B said that he used to feel upset every Father's Day and at birthdays as it felt like he was getting further and further away from his Dad. However, when he thought about his faith in God and began to think about his situation through the lens of heaven, this helped him to shift his perspective and move forward. He said; 'try and find the positive, because everything we go through God can use for a great purpose and good things can come out of tough situations'.

Question - Do you have a story like Guvna B's, where your faith or belief in something helped you to shift your perspective and see the good in challenging times? If not, can you think of a challenging situation you are going through now – what kind of perspective shift might help you to see the good even in the difficult times?

Action (7 minutes)

When Guvna B had his emotional breakdown, it was a wake-up call, enabling him to realise that he needed help and that he was not meant to deal with stuff on his own. He decided to find people in his life that cared for him, loved him, and who he could trust, so that he could start being vulnerable and practicing honesty with them.

Discuss:

- Who are the people in your life that care for you and that you trust, who could share honestly with about how you are feeling?
- How could you practice honesty and vulnerability more regularly, so you experience love, care, and support from others?
- What might this look like? A regular catch up with friends? A monthly walk with someone in your family? A WhatsApp group with three close friends who you can share and pray with?



Think about your five: Think about your five friends that you committed to praying for at the beginning of these sessions. How could you reach out to them, so they know you are there for them to talk to and be vulnerable with if they ever needed support?

Prayer (5 minutes)



Prayer at Home

Using post-it notes, take a moment to write down the names of people you trust and could share honestly with. How could you make sure you connect regularly and find space to share with them and pray together?

Decide on one thing you are going to do to share honestly with others about your feelings. If any of these trusted people are in your household, why not connect with them now and arrange a time to catch up and talk?

Dear God, thank you that you are big enough to handle my prayers and that I can be totally **honest** with you about my feelings. Whether I am facing doubts, fears, anger, worries, sadness, or disappointment, you are always ready to listen to me and always happy to **help** – thank you. I give you thanks for *[insert names]* who I can share and be **honest** with. Help me to practice honesty and vulnerability with them regularly, so that I do not bottle things up myself.

Amen.

Prayer at School

Using post-it, write down the names of people you trust and could share honestly with. How could you make sure you connect regularly and find space to share with them and pray together?

Decide on one thing you are going to do to share honestly with others about your feelings. If any of these people are in your class, why not connect with them now and arrange a time to talk?

Dear God, thank you that you are big enough to handle my prayers and that I can be totally **honest** with you about my feelings. Whether I am facing doubts, fears, anger, worries, sadness, or disappointment, you are always ready to listen to me and always happy to **help** – thank you. I give you thanks for *[insert names]* who I can share and be **honest** with. Help me to practice honesty and vulnerability with them regularly, so that I do not bottle things up myself.

Amen.

Prayer at Youth Groups

Using post-it notes, write down the names of people you trust and could share honestly with. How could you make sure you connect regularly and find space to share and pray together?

Decide on one thing you are going to do to share honestly with others about your feelings. If these trusted people are in your youth group, why not connect with them now and arrange a time to catch up and talk?

Dear God, thank you that you are big enough to handle my prayers and that I can be totally **honest** with you about my feelings. Whether I am facing doubts, fears, anger, worries, sadness, or disappointment, you are always ready to listen to me and always happy to **help** – thank you. I give you thanks for *[insert names]* who I can share and be **honest** with. Help me to practice honesty and vulnerability with them regularly, so that I do not bottle things up myself.

Amen.