A journey together, where you can unpack ideas, dig deeper, grow in faith & maybe even **re:**define your picture & concept of God.

BY EMILY KEYE

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Re: has been a project on my heart from somewhere in 2024 / 25 until now - when I have finally pulled myself together to turn an idea into something physical!

It is easy to be an ideas person, but making it happen requires a lot more of everything. Motivation, confidence, vulnerability, community ... so many things.

My biggest hope is that you discover God and the friendship He wants to have with you.

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Mumsy and Kimmsy (my main cheerleaders and editors)
Laura (who was a massive help with the Danish translations!)
Dorte (my safe space encourager)

Meaning behind the logo

The quotation marks in the top left symbolise the opening quotation marks of this conversation and journey we are starting.
The pencil is ready to write the next word / part of that journey.

Blessings as you see what comes next in your story.

PS. The next pages have a lot of words on them, but **re:**spond not in fear! It is a quick and easy read, but also contains IMPORTANT info for this whole **Re:** thing to make sense.

Hello!

I'm **stoked** you are reading this as it means you are a curious person! Great start :D

This is the beginning of a journey together and I'm so excited because you know what? I have prayed for you! Now, by 'together' I mean with me as the narrator, but also with God and with anyone you may choose to do this with.

Re: is a series of moments or times together, where you will be able to unpack ideas, dig deeper, grow in faith and maybe even **re:**define your picture and concept of God.

Why **Re:**? Well as I was putting each topic together, I realised that there were a lot of words starting with 're' and that the idea/concept is about coming back to something or analysing what one actually believes. You know – **re:**vive, **re:**store, **re:**new, **re:**align etc. It is to look into something more deeply, to **re:**analyse why we do what we do, think what we think and believe what we believe.

It is the same in Hebrew, which is the language that the Old Testament of the Bible was mostly written in. The prefix "re" is used in many Hebrew words to show repetition or a **return to a state** or more simply put, it means "**again**". You know, like when you have had a purpose or connection and it has dwindled a bit or gone away from what it was and then you **re:**connect, **re:**store or **re:**purpose...you **re:**turn back to what was intended.

So, it isn't so much a word on its own, but something that is **added** to existing Hebrew verbs.
There is similar Hebrew word – rēaʿ (רֵעַ) – but with slightly different spelling, which means "**friend**," or "**companion**".

What does the Greek word "re" mean? (Greek was the language that the New Testament was written in).
"Pε" (re) is a Greek slang word that's used in casual conversations. It's like us saying "**hey**," "dude," or "man" in English. It can be used to grab attention and show excitement.

Your science mind might have noticed that 'Re' is an element in the periodic table – the 75th to be precise. Rhenium is one of the **rarest** elements in the Earth's crust. It has one of the highest melting and boiling points of any element and is known for that and its **re:sistance** to wear and corrosion.

So, with all that said, it is my prayer that **Re:** grabs your attention like **Hey!** (Greek) Let's jump into discussion about things you may already have ideas about and chat about them **again** (Hebrew) and see what we can **add** to our beliefs. That you can **re:**turn to ideals/beliefs/purposes that **re:**sonate with you and your friendship with God. Just like Re (science) is one of the **rarest** elements, so are you to God. I pray, that you will discover a **friend** and **companion** in Jesus and see how He is **re:**fining you so that you are **re:silient** and **re:sistant**.
(There sure are a lot of words that start with 're' hey?!).

You may have noticed by now that everything is written in spoken style, as if I was sitting on the sofa with you having a chat. This will hopefully make it more personal, but also more natural for you to ease in to chatting about the various topics.

The spoken language style also means that anyone can run the gathering without needing experience! (You know when you apply for a job, and you don't get it because you don't have enough experience?! Well congratulations! You got **this** job!) If you ever want to facilitate a discussion with others, all you need to do is read along! Feel free to add your own thoughts and ideas along the way and **voila**! You've just run a Bible study!

The format for each time together will be pretty much the same.

1. All the Bible verses / fill in the blanks are from the New International Version (NIV).
2. We start with some **prompter discussion questions** that can be thought about and then chatted about together to help bring us into the topic.
3. Notice that these times together are referred to as 'moments', 'times' or 'gatherings', as the focus is togetherness and journeying together. The purpose is to 'do life' together.
4. There are verses in brackets throughout to broaden the chat.
5. Sometimes you may also find that there are some tools you might be able to use in your life.
6. **SONG**: There is a song for every occasion, so here is a recommendation of a nice song.
7. **PICTURE**: Visual people, I got you!
   Draw something (picture, symbol, figure, whatever!) to represent your thoughts and feelings after this moment together. Or, if you are not thrilled about drawing, go back through the moment and use a colour, symbol, underline or circle to highlight the words that stood out to you.
   Is there a theme in what you noticed?
8. **QUOTE**: Some wise words that will hopefully prompt further thoughts in your life.
9. **DIG DEEPER**: There will always be a section at the end with more verses to look into.
10. **PONDER**: Some final questions that should hopefully point us back to who we are in Jesus and typically with a call to action.
11. **WORD**: To summarise the time together, come up with a word that sums up some thoughts or concepts from the chat.

Tips for doing this as a group.

Start with an icebreaker.

My favourite way to start is by using 'Rose, thorn and bud', and I start this way nearly every time as it is predictable but also personal. In a circle, take turns sharing the following:

Rose: A good thing that has happened in the past week.
Thorn: A less good thing that has happened in the past week.
Bud: Something you are looking forward to.

Make sure the gathering has a set end time.

I personally think a gathering should not go over an hour. UNLESS they want to keep talking. But having a definite end time is good for teens, so they know what to expect. Then if at the end of the hour, those who need to tap out can, and those who want to keep talking can.

Prayer.

A format I found that works, is that we go around in the circle praying, so there is an order to it.
(A popcorn prayer can be uncomfortable cos you might start speaking at the same time as someone else!!)
Find 2 people next to each other who are comfortable being the start and the end people and basically it goes like this...

- If someone wants to pray out loud, they do so and then TAP the person next to them to show they are done.
- If someone does NOT want to pray out loud, all good! They can simply pray in their head and then TAP the person next to them when they are finished to pass it on.
- If someone doesn't want to pray, they just TAP on.

This way, if there is silence, people aren't wondering where we are up to in the circle, as someone may simply be praying in their head and then will TAP on. It also doesn't highlight if someone doesn't pray and there is way less pressure!

Tips for doing this with teens.

(Or anyone really!)

Develop the heart first then the head.

The purpose of these moments together is to always be pointing the heart back to God.

Encouragement.

Affirm whenever possible. I won't give you too many examples, as this needs to be natural, but you could thank someone for reading or sharing. Be positive!

Ask open ended questions.

It is easy to answer yes or no, but we want to dig deeper into what people think and feel.
The question '**why**' is your new best friend.

Here are some other prompter questions to stimulate discussion and deeper thought:

- How does this **re:**late to your life?
- What stuck with you today?
- What do you want to **re:**member?
- Is there anything you are going to change in life based on what you have learned?
- What do you want to ask God for this week?
- Write one thing you've learnt.
- Do you still have questions?
- Write one thing you want to pray about.
- How will you share with someone what you have learnt?
- What part of what we talked about today is different from what you have previously known/thought?
- Is there anything that you feel God is calling you to?

Don't rabbit on!

You may have lots of great advice and things to say, but what is more important than imparting all your wisdom, is if someone can come to that conclusion themselves. Guide them, don't direct them.

Don't fill silence.

People need thinking time. What may seem like awkward silence for you as the facilitator is 'thinking time' and sometimes people take longer to process and then gather the courage to say something out loud.
Rest in the silence and wait at least 20 more seconds after you wish to fill it! You can do it! I believe in you!

Avoid saying things like 'we all know the story of...'

ASSUME/pretend it is all new every single time!
Not only then are we avoiding making people feel 'dumb' for not knowing, but we are also reading the stories through fresh lenses every time.
You will be surprised what new things will stand out to you when you read from this perspective.

*Are you **re:**ady (haha) to start the journey???*
I sure am, so see you on the next page!

Em

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