



Individual Devotions #1 - JESUS BUBBLE* TIME

SW MN Synod JH Youth Gathering

***Jesus Bubble** --- get in your own space/bubble alone with God and take time to pray, reflect, meditate, read, and listen to our God who loves you passionately.

1-30 seconds: shut off cell phones, take a minute to close your eyes and think about something good that has happened to you lately – tell God thank you for that.

2 ½ minutes: *Read Isaiah 43 – NRSV translation is the first column, The Message version in the 2nd column*

Isaiah 43:1-5a: Read & Reflect on the following Bible Passage --- underline, circle, or draw on or around words, phrases, or images that grab your attention.

This is what the LORD says—

he who created you, Jacob,

he who formed you, Israel:

¹“Do not fear, for I have redeemed you;

I have summoned you by name; you are mine.

²When you pass through the waters,

I will be with you;

and when you pass through the rivers,

they will not sweep over you.

When you walk through the fire,

you will not be burned;

the flames will not set you ablaze.

³For I am the LORD your God,

the Holy One of Israel, your Savior;

I give Egypt for your ransom,

Cush and Seba in your stead.

⁴Since you are precious and honored in my sight,

and because I love you,

I will give people in exchange for you,

nations in exchange for your life.

⁵Do not be afraid, for I am with you

¹⁻⁴ But now, GOD's Message,

the God who made you in the first place, Jacob,

the One who got you started, Israel:

“Don't be afraid, I've redeemed you.

I've called your name. You are mine.

When you're in over your head, I'll be there with you.

When you're in rough waters, you will not go down.

When you're between a rock and a hard place,

it won't be a dead end—

Because I am GOD, your personal God,

The Holy of Israel, your Savior.

I paid a huge price for you:

all of Egypt, with rich Cush and Seba thrown in!

That's how much you mean to me!

That's how much I love you!

I'd sell off the whole world to get you back,

trade the creation just for you.

⁵⁻⁷ “So don't be afraid: I'm with you.

Reflect on the following questions & answer (below) (Option: Praying in Color Option: feel free to use the back of this sheet to color, draw, or write images that these Bible verses brought to mind)

- What caught your attention in this Scripture?
- How does this passage tell you some good news? What might be good news to a friend?
- What, if anything, bothers you in this passage? Or what questions come to mind?
- What do you find comforting in this scripture passage?
- Which version of the two did you like best – what phrases stuck out to you in the second one that you liked (or disliked) more than the first version?

A.C.T.S. Prayer Model:

A: (adoration = Giving God praise & honor - praise God for who God is)

C: (Confession = confessing your sins to God - sins known and unknown / things done and left undone & asking for forgiveness)

T: (Thanksgiving = giving God THANKS! for the blessings in our life, for who God is, and more)

S: (Supplication = requests to God, things we ask for. ASKING God on behalf of others and ourselves.)

Ultimately, prayer is **CONVERSATION** with **THE GOD WHO LOVES YOU AND KNOWS YOU!**

THE FIVE SENSES BIBLE STUDY

The 5 Senses Bible Study is another option for Personal or Group Devotions: Reflect on a passage or verse and imagine yourself as one of the people either in the story --- or the person hearing these words from God. Then reflect on what you might SEE, HEAR, TASTE, SMELL, and TOUCH (what you would physically feel and what you might emotionally feel).

If you were _____ in the Bible story – what would you...

**SEE
HEAR
TASTE
SMELL
FEEL**

**Imagine what the different people in the story would experience...
How do your five senses deepen your experience with the Bible passage or verses?**