INTRODUCTION  
to the Theme

Including Activities

I lift up my eyes to the mountains – where does my help come from? My help comes from the Lord, the Maker of heaven and earth.

Psalm 121:1-2 NIV

In a world full of distractions, the theme ‘LOOK UP!’ encourages children and young people to lift their eyes – away from the things that pull them down or distract them – and focus upward on God and outward toward others.

With so many distractions, like screens, social media, and the pressures of daily life, Psalm 121 reminds us to lift our eyes and hearts. We are not meant to journey through life alone. By looking up, we reconnect with our Creator and with the people around us.

Within this theme, we will explore four key sub-themes that help us find connection and purpose. Each sub-theme begins with a devotion and ends with an activity. These can be used at home, in small groups, or during different activities with children and young people.

# Look Up to God for Help and Perspective

Psalm 121 begins with the image of lifting our eyes. This act of ‘looking up’ is both physical and spiritual. It represents turning away from the things that consume us – worries, distractions, or screens – and focusing on God. He is the Creator, who offers us a higher perspective.

Encourage children and young people to take moments in their daily lives to pause, look up at the sky and remember that God is bigger than any issue they face.

## Activities:

* Take a short walk outside, and literally look up to the sky.
* Spend time in silence and reflect on how looking up can help refocus your heart and mind on God.

# Look Up From Distractions

In today’s digital world, screens often cause us to keep our heads down. We are constantly looking at our phones or devices. This theme calls for a break from these distractions so that we can look up and be present – with God, with ourselves and with others.

This message challenges young people to step away from their phones, social media or games, and to lift their eyes to what truly matters: relationships, real conversations and the beauty of the world around them.

## Activities:

* Introduce a ‘screen-free’ challenge for a certain period.
* Encourage journaling, talking face to face or spending time in nature.
* Discuss how it felt to disconnect from our phones and other devices, and reconnect with God and others.

# Look Up at Each Other

Building Connection and Community

Looking up isn’t just about connecting with God – it’s also about lifting our eyes to see one another. By looking up from our distractions, we can notice the people around us and build meaningful relationships. We’re called to support and encourage one another in our faith journey.

Focusing outward helps to foster stronger, safer communities in which everyone feels seen and valued. It’s about being present in the moment, paying attention and being intentional with our interactions.

## Activities:

* Organise a group activity where participants focus on actively ‘looking up’ at others – whether through conversation, acts of kindness or games that require teamwork. You can use the games in the document ‘Icebreakers, Games and Activities’.
* Reflect on how it feels to connect when we truly pay attention to one another.

# Looking Up Brings Hope and Faith

In moments of stress or uncertainty, we often look down – either literally or by focusing on our problems. This part of the theme encourages young people to lift their heads and trust that God offers hope. When we look up to him, we find faith and strength to face whatever lies ahead.

## Activities:

* Share testimonies or stories when looking up to God brought hope during difficult times.
* Lead a discussion on how faith can change our perspective when life feels overwhelming.