

## WORKSHOP: Focus on Trust

**PURPOSE:** To build trust and support through focusing on yourself while allowing yourself to be supported and be supporting.

**PRINCIPLE:** “The Brotherhood of humanity, the Parenthood of God and a unity binding all together in one perfect whole is the Spirit. It is in the wind and wave, and manifests Its presence throughout all Nature [including Human Nature]”.

*Can we Talk to God by Ernest Holmes*

### PROCEDURE:

1. Warm up the group by asking a few questions, and each time that the teen agrees, they are to go to one side of the room. Start 11:40
  - If you were born in Santa Rosa
  - If you were born in California
  - If you have more than two siblings
  - If your parents have been divorced
  - If you spent time with a grandparent within the last month
  - If you’ve been to Summer Seminar
  - Etc...fill in other questions to keep going
  - If you’ve been in Teen Group more than one year
    - i. Now, while they are still separated, have them pick a partner from the other side of the room. Start 11:50
2. Pass out pennies. Point out “In God We Trust” and ponder.
3. Now have each partner look, really look at each other than share with your partner the one quality you see in them that stands strong in who they are. Now tell your partner one quality that is strong in you. Now ask each teen to bring their penny to the “wishing well” and say out loud what quality they would like to focus on in teen group and at home for the next two months. After they tell the group their quality, have each say “In God We Trust” and put the penny in the “well”.
4. Now, have each partner stand up and place themselves back to back with each other. Take a deep breath. Can you feel your partner’s breath? Continue breathing deeply. Synchronize your breaths. Focus on how it feels. Can you feel your partner’s heart beat? Start 12:05
5. Now turn around and place your palms to your partners’ palms. Step closer to each other. Take a deep breath and look into each other’s eyes remembering the qualities you saw in them and the quality they saw in themselves. Now slowly begin to step backward. Breathe. Focus. Keep stepping back, keeping your back straight, forming a capital A. What does your body feel? Breathe. Stay there.
6. Read Trust Prayer:
  - I place my trust in the omnipresence of the Divine.
  - I trust that I will be divinely guided today.
  - I trust that I will be divinely protected today.
  - I trust that all my needs will be met today.
  - I trust that the pure desire of my heart will manifest today.

- I am grateful that my trust in all that is good radiates through me freely, expressing life through me.
- I trust that I qualities I see and know in me, bring fulfilled and joy into my life.
- I trust that I am always loved and supported by the Universe in all ways at all times.

*Adapted from One Day my Soul just Opened Up by Iyanla Vanzol*

Start 12:20

7. Now hug your partner and have a short dialog between you & your partner.
  - Describe to your partner what that was like. How did it feel? What was the hardest part?

8. Thank and hug your partner for three full synchronized breaths.

End 12:25