

A shirtless man is climbing a dark, textured rock face. He is wearing black pants and black climbing shoes. His body is pressed against the rock, and he is using his hands and feet to grip the surface. The lighting is dramatic, highlighting the contours of his muscles and the texture of the rock.

Was macht Dich stark?

Modul 2

ruach_{jetzt}

Echt

Kurzfilm von
Phil Rieger



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Welcher Satz ist Dir im Gedächtnis geblieben?

A shirtless man is climbing a dark, textured rock face. He is wearing dark pants and black climbing shoes. His body is pressed against the rock, with his arms extended upwards and his legs bent. The rock has a rough, porous texture with some lighter-colored patches. The lighting is dramatic, highlighting the man's muscles and the texture of the rock.

Bilder von mir.

3 Fotos von Dir.

Du brauchst:

- Ein Handy mit Fotofunktion oder dein (Handy) Fotoalbum


So geht es:

- Wenn ihr an einem Ort seid, dann teilt euch in dreier Gruppen ein.
- Eure Aufgabe: Erstellt von jeder Person drei Fotos
 - Eins darf die Person selber als Selfie machen.
 - Eins wird von einer anderen Person der Gruppe fotografiert, aber darf von der Person selbst inszeniert werden.
 - Eins wird von der Gruppe inszeniert.
- Schickt alle drei Fotos an die Leitung.
- Solltet ihr digital zusammen sein:
 - Sucht euch 2 Fotos aus der Fotoapp aus.
 - Ein Selfie
 - Ein Foto, dass von jemand anderen geschossen ist.



**So seht
ihr euch
gegenseitig.**

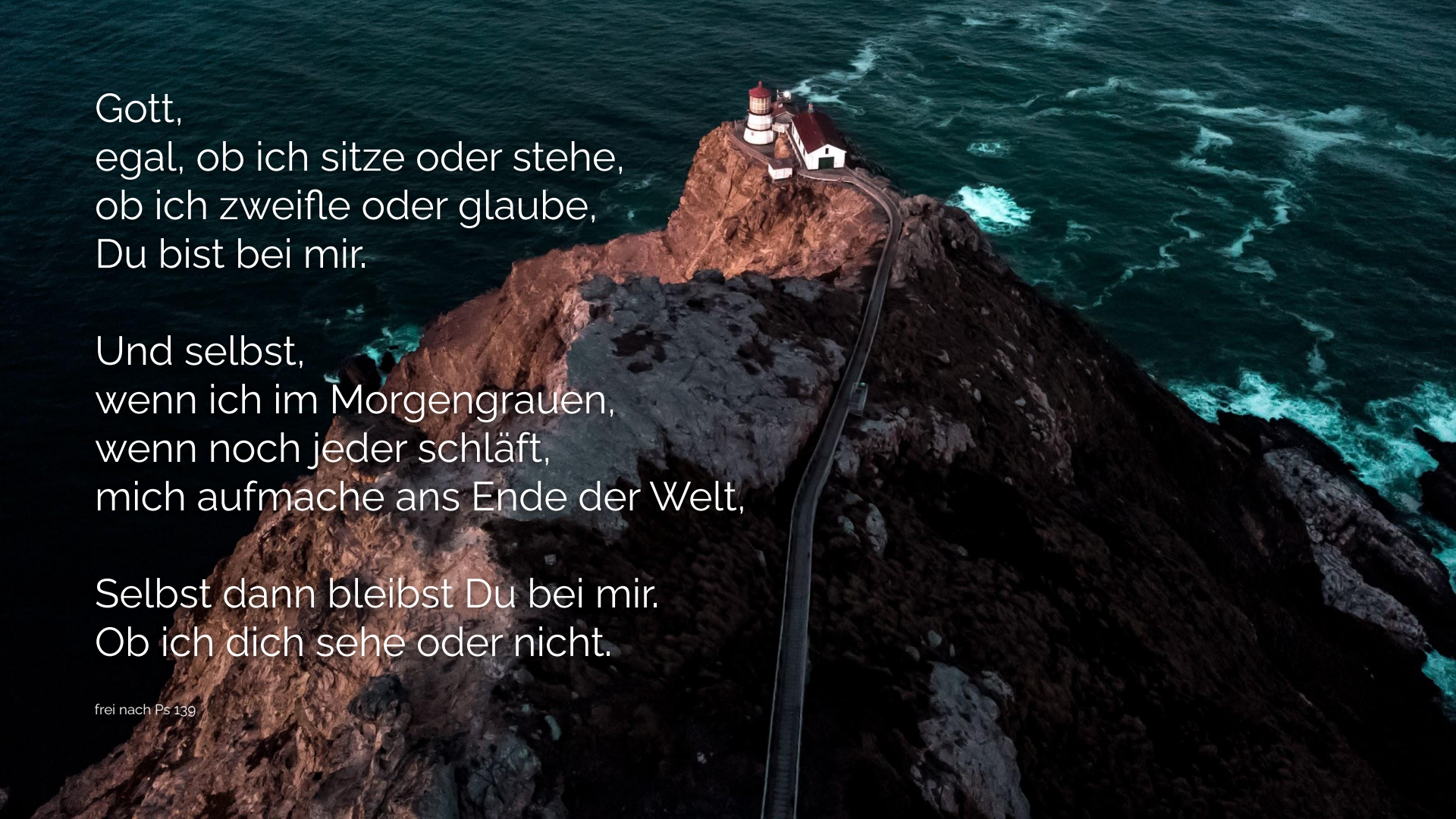


A shirtless man is climbing a dark, textured rock face. He is wearing dark pants and climbing shoes. His body is positioned horizontally against the rock, with his arms extended upwards and his legs spread out. The background is a dark, craggy rock surface.

**Woher die
Stärke bei
der Firmung?**

An aerial photograph of a lighthouse situated on a rugged, dark brown rocky cliff. A narrow, winding asphalt road leads up the cliffside to the lighthouse. The lighthouse is a small, white, cylindrical structure with a red roof. Next to it is a small white building with a red roof. The ocean is a deep, dark blue-green color, with white foam from waves crashing against the base of the cliff. The overall scene is dramatic and isolated.

**Eine
kleine
Stille**

An aerial photograph of a lighthouse situated on a rugged, rocky cliff. The lighthouse is a white cylindrical tower with a red roof, accompanied by a small white building with a red roof. A narrow road winds up the cliffside to the lighthouse. The ocean is a deep blue-green color with white foam from the waves crashing against the rocks. The sky is a pale, hazy blue.

Gott,
egal, ob ich sitze oder stehe,
ob ich zweifle oder glaube,
Du bist bei mir.

Und selbst,
wenn ich im Morgengrauen,
wenn noch jeder schläft,
mich aufmache ans Ende der Welt,

Selbst dann bleibst Du bei mir.
Ob ich dich sehe oder nicht.

An aerial photograph of a rugged, rocky coastline. A narrow, winding asphalt road leads up a steep cliff to a small lighthouse with a red roof and a white tower. The ocean is a deep, dark blue-green, with white foam from waves crashing against the rocks. The overall mood is serene and isolated.

**Eine
kleine
Stille**

Komplimente sammeln.

Eine kleine Aufgabe für die Woche.

- Du bist wertvoll.
- Aber manchmal vergehen die Tage so schnell, dass man es vergisst.
- Nimm die Woche ein schickes Notizbuch oder eine Notizapp mit und sammle jedes Kompliment oder Lob, was Dir gemacht wird.
- Schicke das schönste Foto in die gemeinsame Gruppe.



A shirtless man is climbing a dark, textured rock face. He is wearing black pants and black climbing shoes. He is positioned in the center-right of the frame, with his back to the camera. His hands are gripping a horizontal rock ledge, and his legs are extended downwards, with one foot placed on a lower ledge. The rock is dark and has some lighter patches, possibly lichen or mineral deposits. The overall scene is dramatic and emphasizes physical effort and outdoor activity.

Auf geht's!