

The Pause: Learning To Seek God

Small Group Outlines

Small Group Session 1

- **Session Title:** Hitting Pause
- **Session Purpose:** To help students understand the basics of what it means to hit pause, and to begin thinking about what's keeping them from doing so.
- **Main Scripture:** Mark 1:32-38, Mark 6:45-47
- **Supporting Scripture:** Psalm 5:3, Daniel 6:10, Acts 10:9
- **Session Snapshot:** Today's teenagers are busier than any generation before them. *Generation Multitask* would be a fitting label. School, band, sports practice, volunteering, jobs, and simply spending time with family and friends all create a tremendous drain on students' time. When they aren't doing any of these things, they're being bombarded by the overwhelming amount of media they have at their fingertips. Even when they're not busy, they're not resting. And sadly, most aren't stopping to spend time in meaningful communion with God. Jesus teaches us that hitting pause in the midst of our busy lives is crucial to staying connected with God. In this lesson your students will learn that hitting pause and spending meaningful time alone with God is the key to living the life that God desires them to live.

Small Group Session 2

- **Session Title:** Talk the Talk
- **Session Purpose:** To help students grasp the extreme importance of prayer in developing and maintaining a relationship with God, and to teach them Christ's model for praying to God.
- **Main Scripture:** Matthew 6:9-13
- **Session Snapshot:** You know teenagers. So you know how important relationships are to them. Relationships with friends and family are the landscape on which teenagers live. So what about their relationship with God? As with any relationship it must be cultivated. Students have to talk to God to know Him . . . just like any other relationship in their lives. One of the key elements of hitting pause is prayer. Prayer is the language of our relationship with God. Jesus offered His disciples a model for how to pray. Lesson 2 will teach your students the various components of the Lord's Prayer and how they can use these components as a guide to effectively and relationally talk to God.

Small Group Session 3

- **Session Title:** Knowing the Bible
- **Session Purpose:** To help students go deeper in their knowledge of God by applying the Bible study techniques learned in this lesson.
- **Main Scripture:** Psalm 119:97-104
- **Supporting Scripture:** Romans 8:38-39, Ephesians 2:4-5
- **Session Snapshot:** In a world where students are pushed and pulled in a million different directions—most of them far away from discipleship—teenagers must know God and His Word. For teenagers to be effectively used by God to impact the world around them, they must know what God expects of His followers. This lesson focuses on teaching teenagers the importance of knowing the Bible and the crucial role that Bible study plays in hitting pause. In this lesson, your students will learn valuable and

repeatable skills that will equip them to do meaningful Bible study on their own long after you've taught the lesson.

Small Group Session 4

- **Session Title:** Hitting Play
- **Session Purpose:** To lead students to embrace their mission of being God's messengers of the reconciliation that Christ offers to all people.
- **Main Scripture:** 2 Corinthians 5:17-20
- **Session Snapshot:** When you hit pause on a DVD or DVR to grab another drink or get some popcorn, you eventually hit play again, right? Of course. There would be no reason to come back to the couch, plop down, and watch a paused screen. Up to this point, you've stressed to your students the importance of hitting pause in their lives. But in this final lesson, you must stress the importance of hitting play. Like a movie, our lives were intended to be experienced "in play." God expects us to live in such a way that honors Him while focusing on the spiritual needs of others. Hitting pause is the way we prepare for this. Like an athlete practicing for the big game, or a musician for a concert, hitting pause prepares us for an awesome life of purpose. This lesson will challenge your students to embrace God's call to join Him on His mission.

Large Group Session Outlines

Large Group Session 1

- **Session Title:** Hitting Pause
- **Session Purpose:** To set the stage for the weekend, helping students understand the big picture view of why it's important to seek to know God. (Sets-up deeper look at the concept in Small Group Session 1.)
- **Main Scripture:** Genesis 1:26-30, Hebrews 5:11-14, Ephesians 5:1-2
- **Supplemental Scripture:** Genesis 17:7-8, John 14:6-7, 1 Corinthians 3:1-2, Isaiah 1:2-3, Philippians 3:10-14
- **Session Snapshot:** This Large Group Session will kick off the theme of the weekend. In this session, students will be introduced to the concept of hitting pause (which will be thoroughly dealt with in their first Small Group session). But more importantly, students will understand why it's something that they should even be concerned about. Before students' habits toward making time for God can change, they have to believe that it's important for them to do so. They have to value knowing God and His ways. This session is designed to help them grasp the importance of having a deeper relationship with God.

Large Group Session 2

- **Session Title:** Talk The Talk
- **Session Purpose:** To teach students that prayer is more than a habit or a ritual. It's more than a formality. It is the language of our relationship with God.
- **Main Scripture:** Psalm 63:1-3, Psalm 6, Psalm 5:3
- **Supplemental Scripture:** Psalm 143:8, Psalm 86:8-10
- **Session Snapshot:** This outline will serve as an introduction to the idea that prayer is the language of our relationship with God. Using David's words from various psalms, this outline will help your students

understand the biblical case for prayer, as well as some “big picture” understanding of what prayer accomplishes. ***The “why” and the “how” of prayer will be covered in the Pause Small Group Session 2.*** The idea behind this outline is to challenge and inform, but to also set up the practical application happening in the Small Group time.

Large Group Session 3

- **Session Title:** Knowing The Bible
- **Session Purpose:** To both give students a big picture understanding of some of the primary roles the Bible plays in their lives. (Sets-up application in Small Group Session 3.)
- **Main Scripture:** Jeremiah 9:23-24, Psalm 119:9-11, Matthew 7:24-27
- **Supplemental Scripture:** John 5:39, Romans 11:33
- **Session Snapshot:** Knowing the Bible is huge when it comes to hitting Pause! Prayer is essential. But knowing God’s Word is vital! This will be fleshed out really well in the third Small Group Session. This Large Group Outline will help support the application that will happen in Small Group, while at the same time challenging students with a message about the essential nature of the Bible. Similar to how the Large Group Session 2 Outline treated prayer, this outline will take a big picture view of the Bible and it’s role in our lives and in learning to hit pause.

Large Group Session 4

- **Session Title:** Hitting Play
- **Session Purpose:** To help students understand that they are to be on mission for God and how hitting pause helps this. (Sets-up “challenge” in Small Group Session 4)
- **Main Scripture:** Matthew 28:16-20
- **Supplemental Scripture:** Acts 1:8, 2 Timothy 3:16-17, John 14:25-27
- **Session Snapshot:** This final Large Group Outline will help your students understand a framework within which to understand this discussion of hitting pause. Using the Great Commission as a launching point, your students will be challenged to see the time they spend hitting pause as preparation for their life on mission with God. Small Group Session 4 does a great job of practically fleshing this out. As the other outlines have done up to this point, this outline will maintain more of a big picture view.

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