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The *Pause* Student Book is the road map for your students' event experience. Here are just a few features:

--48 full color pages

--Note taking areas for Large Group Sessions

--Interacts with the Small Group Lessons your teachers access Online

--Features four bonus devotions for use throughout your event

--Biblically solid, culturally relevant, highly interactive

**If you have any questions about the *Pause* Student Book, or any other ym360 Event Resource, don't hesitate to call. We're here to help! 1-888-969-6360**





*The Pause: Learning To Seek God*  
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# The Pause SESSION 1 INTRO

What do you do with all your free time?

If you're like most teenagers, you're saying, "WHAT FREE TIME?"

Your generation is busier and more involved than any generation before you. School, work, clubs, sports, friends, band, church . . . you name it, you're involved in it.

And when you *do* have down time, you're watching YouTube™ on your phone, playing video games, texting your friends, hitting Facebook. . . all while watching some reality TV show.

Let's just be honest: You're not finding a lot of downtime to spend growing your relationship with God.

And when you *do* have time, there is so much "noise" from all the entertainment at your fingertips that you can't focus.

**THIS STUDY IS ABOUT SLOWING  
DOWN AND FOCUSING.**

THIS STUDY IS ABOUT HITTING **PAUSE**.

YOU'RE ABOUT TO LEARN WHY IT'S IMPORTANT TO MAKE TIME TO GROW YOUR RELATIONSHIP WITH GOD. AND YOU'RE ABOUT TO LEARN EXACTLY HOW TO DO THIS.

**ARE YOU READY?**

**LET'S GET STARTED . . .**

# Large Group SESSION 1 NOTES

## Session 1 Title: *Hitting Pause*

These two pages are designed for you to take notes during Large Group Sessions. The stuff you're learning tends to build on itself over the next few sessions. So, even if you're not much of a note taker, you might want to at least jot down what you think is important.

Try writing down:

- Any specific teaching points
- Verse references for Scripture passages
- Quotes that make you think
- Anything you have a question about

**The *Pause Student Book* is equipped with space to take notes in Large Group Session.**

**These pages are intentionally left blank.**





# SESSION 1: GETTING STARTED

Work with your small group leader to respond to the following stats.

Are you busy? Overcommitted? Feel like you have a lot going on?

You're not alone. Research conducted on US teenagers paints an interesting picture of your life. You're busy. And you're stressed. Check out the stats below:

Seventy-eight percent of teenagers identify schoolwork as the number one source of stress in their lives. **NEARLY EIGHT MILLION TEENAGERS PLAY HIGH SCHOOL SPORTS.**

**FORTY-ONE PERCENT OF TWELFTH GRADERS PARTICIPATE IN SOME FORM OF PERFORMING ARTS, SUCH AS DANCE, BAND, ART, OR THEATER.** Fifty percent of all 16- to 19-year-olds have a job or are looking for work.

**At least when you're not in school or at work or at practice, you have time to rest. Um . . . not so much.**

Check out this quote from a major study on teenagers and media use: The average American teenager "spends practically every waking minute—except for the time in school—using a smart phone, computer, television or other electronic device."

**Fifty percent of teenagers send 50 or more text messages a day. Thirty percent send more than 100 texts a day.** **NEARLY SEVENTY-THREE PERCENT OF ALL TEENAGERS USE SOCIAL NETWORKING SITES.**

**Seventy-six percent of all teenagers own an iPod or an MP3 player.**

**ON THE AVERAGE DAY, THE AVERAGE 18-YEAR-OLD SPENDS:**

- 4.5 hours watching TV . . .
- 2.5 hours listening to music or audio . . .
- 1.5 hours on the computer . . .
- A little over an hour playing video games . . .
- Around half an hour reading and half an hour watching movies . . .
- For a total of 10 hours and 45 minutes of media exposure a day.

# SESSION 1: DIGGING IN

Ready to learn about hitting Pause? Follow your leader's instructions to work through these questions with your group.

Describe what happens when you "hit pause."

## LET'S SEE WHAT WE CAN LEARN FROM LOOKING AT JESUS' ATTITUDE TOWARD HITTING PAUSE.

Read Mark 1:32-38. Then answer the following questions:

- How does Mark describe the place that Jesus went?
- What did Jesus do when He was alone?

Read Mark 6:45-47. Then answer the following questions:

- Describe exactly what verses 45-47 show Jesus doing.
- So, let's summarize these verses. What general characteristics of hitting pause can we learn from looking at Jesus' example?

## NOW LET'S SEE WHAT WE CAN LEARN FROM OTHER PEOPLE IN THE BIBLE ABOUT SEEKING GOD BY HITTING PAUSE:

Read Psalm 5:3. Then answer the following questions:

- What do we know about the priority David put on hitting pause?
- Describe what we know about David's attitude as he spent time with God.

Read Daniel 6:10. Then answer the following question:

- What can we tell about how important Daniel's relationship with God was?



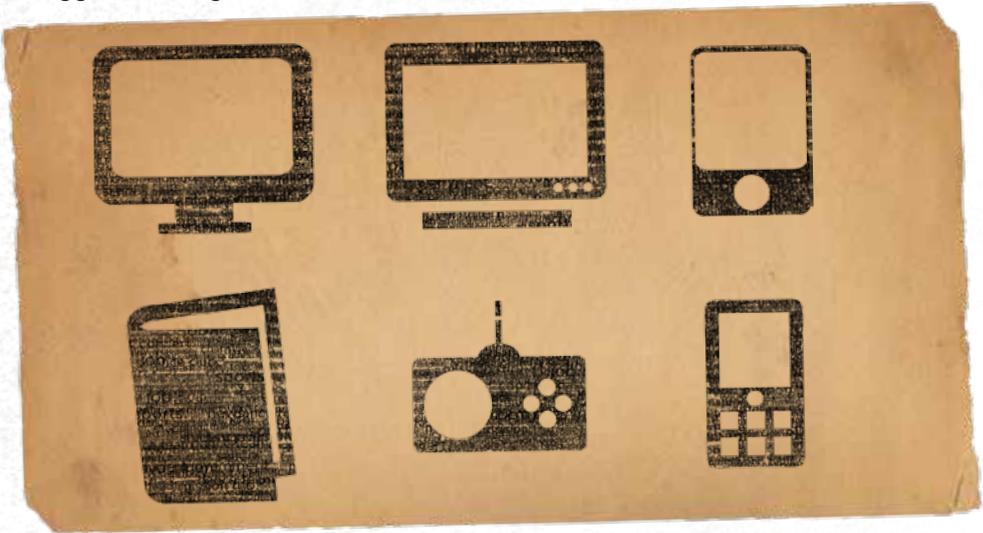
# SESSION 1: WRAPPING UP

**What's in your way?** Read this quote with your group and consider the following questions.

**Our religious activities should be ordered in such a way as to leave plenty of time for the cultivation of the fruits of solitude and silence. A.W. Tozer**

- Does this describe your spiritual life? (Don't feel bad if it doesn't. You're not alone.)
- Describe your spiritual life in two words: \_\_\_\_\_
- Why is it so stinking hard to just slow down and make room to be still and quiet?
- Think about this: what if God has been speaking to you, but you haven't heard Him because you haven't been listening?

Think for a minute. . . . What are the "noisy" things in your life that get in the way of spending silent time alone with God? Circle the objects below that present the biggest challenge.



Here's a question: If you know that these things keep you from silent time with God, why don't you do something about it?

Try this: Make a commitment to take a 15- to 30-minute break from the two or three biggest noise makers in your life. Use the silence to study the Bible or talk with God in prayer. You'll be surprised at how rewarding it is.