

Did you know that *The Pause* Small Group Content is just one of the many components you have access to with the purchase of a **DNow** study?

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SESSION OVERVIEW

The Session Overview is a glance at some of the Big Picture details of each session.



Hitting Pause



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.



Mark 1:32-38, Mark 6:45-47



Psalm 5:3, Daniel 6:10, Acts 10:9



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.

BIBLE BACKGROUND

The Bible Background is a focused, brief overview of some of the background info for the main passage you will be teaching.



TEACHER PREP VIDEO

Each Small Group Leader's Guide comes with a *Teacher Prep Video*. These are simply short videos designed to help you grasp the main point of the lesson as you prepare to teach.

To access *The Pause* Lesson One Teacher Prep Video, login to your account, navigate to your Small Group Lesson 1, and click on the "Background" tab in your Lesson Manager. You'll notice the Teacher Prep Video at the top of the Lesson Manager window.



THE DETAILS

Who wrote the Gospel of Mark?

The Gospel of Mark was written by its namesake. Mark, also known as John Mark, is believed to have received most of his information for his Gospel from Peter's firsthand accounts.

When was it written?

Mark is thought to have written his Gospel in the mid 50's AD.

What was the purpose for its writing?

Mark was writing primarily for a non-Jewish audience. His Gospel explains Jewish customs to non-Jews in an effort to get them to see the big picture of Jesus' identity.



THE MAIN POINT

Mark 1:35

As you begin to make the case that making time to spend praying and listening to God is crucial to your students' lives as Christ-followers, this verse stands out as foundational. Here we see Jesus, literally God's Son, making time to go spend in communion with the Father. The question for us is very simply, "If prayer and solitude with God are things Jesus needed to maintain His relationship with the Father, how much more so do we need them?" This verse will help encourage your students to take prayer and time in solitude seriously.

Mark 6:47

This verse reinforces a key idea you will be trying to drive home to your students, namely, the idea of seeking time alone with God. Your students' lives are so busy (but you already knew that). When they do have spare time, most do not even think to spend it in prayer and communion with God. But even if they do, culture is so invasive that they hardly have any time alone, in silence. Jesus knew the importance of solitude. Your students need to know it, as well.



THE TAKEAWAY

These verses may not hold a tremendous amount of deep theological truth, but they hold a treasure chest of practical application. We see Jesus doing the very thing you'll be trying to challenge your students with: hitting pause! If it's good enough for Jesus, it has to be good enough for us. Use these passages to challenge your students to a new and refreshed commitment to their relationship with God.



GETTING STARTED

Getting Started is a fun, interactive way of kicking off your small group time by introducing the lesson's general focus.



STUDENT BOOK PAGES

- This lesson will utilize pages 5-9 in the Pause Student Book.
- This activity will use pages 5 and 6.
 - To access the Leader's version of the Student Book, see the download section of your Pause Lesson 1 web page.



ADDITIONAL INSTRUCTIONS

- As this is the first Small Group session, you will want to make sure you communicate any specific instructions, announcements, or details to your students.
 - If you're staying in a host-home, make sure your students know the "house rules."
 - Pass along any other "need to know" info about the event.
- Make sure students have Student Books, a Bible, and something to write with.
 - You may want to make sure you have a couple of extra Bibles in case a student forgets his or hers.

FIRST, read or have a student read the Session 1 introduction on page 5. Instruct the other students to follow along. Ask if anyone has any questions.

THEN, ask students to look at page 6 in their Student Books. Explain that you're going to look at some statistics. Read the intro starting with, "Are you busy? Overcommitted?" from page 6. Then, Read or have several students read the stats listed on the page. Instruct students to circle or put a checkmark by any stats that stand out so you can discuss them afterward.

NEXT, when you've finished looking at the stats, ask your students the following questions:

- Does this paint an accurate picture of your world?
- Did some stats seem less true than others?
- Were there any you could specifically relate to? Were there any you couldn't?
- How did these stats make you feel?
- Do these stats point to a problem? Or is this kind of busy life just part of being a teenager? Explain.

THEN, make this statement to students: "Your generation is the busiest generation of teenagers to ever live." Have students raise their hands if they believe this is true. Help students understand that their level of commitment is unique and remarkable. School. Sports. Jobs. Clubs. Band. Family. Church. And so on and so on. . . Help them see that while it's fun being involved in all these activities, they combine to take up time and create tons of pressure.

FINALLY, ask the following questions:

- **How does your full life affect your relationship with God?**
- **When was the last time you found uninterrupted time to spend with God?**
(Lead students to really think about it. No text messages interrupting them. No friend requests or wall posts to worry about. Just God and them. When was it?)

Explain to students that if they can't remember the last time they found time to be alone with God, it's probably because it hasn't happened in a while. Remind them that with the kind of lives they live, the commitments that they have, and the amount of entertainment at their fingertips, they'll never find time to be with God; they have to make time.

Explain that making time to be with God is exactly what hitting pause is all about.

DIGGING IN

Digging In is the part of the lesson where you'll settle down and dig through Scripture.



STUDENT BOOK PAGES

- This activity will utilize pages 7 and 8 in the Pause Student Book.



ADDITIONAL INSTRUCTIONS

- Make sure students have a Bible and something to write with.
- Remember to download the Leader's version of the Student Book from the download section of the Pause Lesson 1 Lesson Manager.

FIRST, instruct students to turn to page 7 of their Student Books and take a second to define what happens when you hit pause on any electronic device. After a moment, have students share their responses.

Explain that you're really not interested in whether or not they can define a word that's pretty easily defined. Explain that what you're really looking for is whether they can begin to apply this idea to their lives. Explain to students that for the purpose of this study, the concept of hitting pause is going to refer to taking time alone and in silence to get to know God.

Explain to students that if they begin to look, they'll find that the Bible is full of occasions when someone hits pause and takes time out of their hectic life to make time for God. Explain that in this lesson, you'll look at two times when Jesus hit pause and made time to be with God, as well as several other occasions where other people made time to be with God.

NEXT, have students turn to Mark 1:32-38. Briefly explain that as a direct result of His teaching and healing, Jesus was becoming a celebrity. People had heard about this amazing teacher and healer. They were coming from all over the get a glimpse of Him, to hear Him speak, or to be healed. In short, Jesus' life was getting chaotic. And in the midst of this chaos, Jesus did something that serves as incredible instruction to us.

Read or have a student read verses 32-38. Then lead your students in a discussion. Ask the following questions (which appear in the Student Book as well):

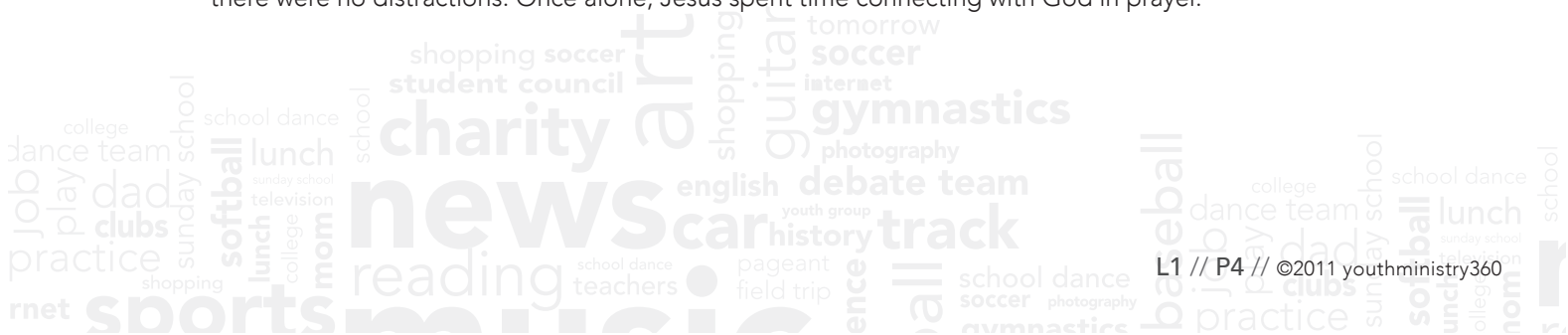
- **How does Mark describe the place that Jesus went?**
 - Answer: Solitary; Jesus was alone.
- **What did Jesus do when He was alone?**
 - Answer: He prayed.

Help students see that Jesus was intentional about hitting pause. It wasn't an accident or an afterthought.

THEN, look at Mark 6:45-47. Explain to students that Jesus had just finished performing one of His greatest miracles, the feeding of the 5,000. Explain that He could have hung out with the disciples afterward, talking about how incredible the miracle was, or He even could have taught them more. But have students look at what Jesus did instead.

Read or have a student read Mark 6:45-47. Then ask:

- **Describe what verses 45-47 show Jesus doing.**
 - Answer: Make sure students identify that Jesus went alone and that the reason He went was to have time in prayer.
- **Let's summarize both passages we just read. What general characteristics of hitting pause can we learn from looking at Jesus' example?**
 - Answer: Help students understand that Jesus was *intentional* about hitting pause; it didn't happen by accident. Jesus sought *solitude*; He made sure He was alone; and Jesus found *silence*; He made sure there were no distractions. Once alone, Jesus spent time connecting with God in prayer.



DIGGING IN (CONTINUED)

NEXT, ask for three volunteers to read the following passages:

- Psalm 5:3
- Daniel 6:10
- Acts 10:9

Have the first volunteer read Psalm 5:3. Then ask:

- **What do we know about the priority David put on hitting pause?**
 - *Answer:* Lead students to understand that David made time to seek God. He didn't wait to find time. It was a priority for him.
- **Describe what we know about David's attitude as he spent time with God.**
 - *Answer:* Lead students to see that David expected to encounter God! It wasn't a meaningless ritual for David. David believed he was actually going to spend time in relationship with God.

Have the second volunteer read Daniel 6:10. Then ask:

- **What can we tell about how important Daniel's relationship with God was?**
 - Answer: Lead students to see that Daniel was extremely committed to hitting pause! He prayed three times a day even though there was a rule against praying to anyone other than King Darius.

Have the third volunteer read Acts 10:9. Then ask:

- **What does Peter's habits and attitude toward hitting pause have in common with these other accounts?**
 - Answer: He went to a place where he could be away from everyone. When he got there, he prayed to God.

THEN, when you've looked at all the passages, lead your students in the following discussion. Ask:

- **If you compared your attitude toward making time to be with God with the other examples you just read, how do you stack up?**
 - Answer: Individual answers vary.
- **What is the most notable difference in how you approach “hitting pause” and how these individuals approached it?**
 - Answer: Individual answers vary.
- **In your mind, why is it important to make time for relationship with God in solitude and silence?**
 - Answer: Individual answers vary.
- **What is the purpose?**
 - Answer: Allow students to answer if they can or will. But use the following passage of Scripture to help flesh out the purpose of hitting pause.

FINALLY, explain to students that you are going to read Matthew 5:13-16 aloud. Instruct them to listen for how these verses speak to God's purpose for their lives. After you have finished reading, ask:

- **How do these verses speak to God's purpose for your lives?**
 - o Answer: Explain that they are called to be difference-makers in this world. They are called to stand out as belonging to God. They can't do this unless they have an ongoing relationship with God. Remind them that hitting pause is the way you're leading them to think about growing this relationship.

Don't have students answer the final question. Simply leave it as something they should consider over the course of the next few lessons:

- How does knowing how and when to hit pause help you fulfill your God-given purpose?

WRAPPING UP

Wrapping Up is where you'll be focusing on giving students some practical "takeaways" to apply in their lives.



STUDENT BOOK PAGES

- This activity will utilize page 9 in the Pause Student Book.



ADDITIONAL INSTRUCTIONS

- *Make sure your students have something to write with.*

FIRST, read or have a student read the quote at the top of page 9. Allow students 2-3 minutes to silently read the bulleted questions and consider their responses. When enough time has passed, go through the questions allowing students to discuss how they answered and respond to other students' answers.

THEN, explain to your students that the amount of entertainment and media at their disposal makes finding time to seek God in silence virtually impossible. Instruct students to look at the icons on page 9. Have students guess what the icons are and what type of media or entertainment they represent:

- Computer (Representing the Internet, Facebook, YouTube, Twitter, etc.)
- TV or Movies
- iPad or other Tablet (Representing games, Facebook, YouTube, etc.)
- Books or Magazines
- Radio (Could represent music and/or sports)
- Smartphone (Representing all sorts of entertainment!)

Instruct students to read the prompt above the icons and take a second to identify which one(s) represents the biggest source(s) of noise or distraction in their lives. Allow students to share which one(s) they circled.

FINALLY, have a student read the question below the icons. Ask students how this strikes them. Ask what keeps them from minimizing the noisy areas of their lives that compete with God for their attention. Leave students with the challenge at the bottom of page 9. Encourage them to consider what it would do to their relationship with God if they were to take seriously the call to spend time with God in silence and solitude. Explain to students that this is just the beginning! The next few sessions are going to be full of challenging teaching, but teaching that can revolutionize their relationship with God.

Ask students if they have any questions or additional comments. Inform students of the devotions located on pages 35-41 in their *Pause Student Books*. Provide them with a schedule or some structure as to when you'd like for them to work through them.

- The first devotion is on page 35 and works in concert with this lesson.

1. *Journal of the American Medical Association*, 2000; 283: 2689-2693.

Date:

[illegible]

The Pause: Learning To Seek God

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STEP ONE...

Every journey begins with a single step. And you're about to embark upon a journey, of sorts. This journey will lead you to look at your life and faith from perspectives you might not have ever considered before.

Like all journeys, it has the potential to be an awesome experience. But a lot of the value of this experience depends on you.

HAVE YOU PREPARED FOR THE JOURNEY?

Ask yourself: Am I in the right mindset? Is my heart prepared to hear God's voice? Am I willing to be changed? If you can't answer "yes" to these questions, this journey might not be nearly as spectacular as it could be. If you need to, take a moment and silently talk to God in prayer. Ask God to give you a heart that is open to His leading.

YOU'RE HOLDING YOUR MAP

This book you're holding is the roadmap for your journey. It will help guide your experiences. Hold on to it. Write your name and the date in the front. If this journey turns out to be as meaningful as it could potentially be, you'll want to look back and remember this time in your life.

MAKE AN IMPACT, BE IMPACTED

As you start your journey, keep your eyes and ears open for those valuable moments where God seems to speak to you. But don't miss the chance you have to impact your fellow travelers. And to be impacted by them. Your friends are with you in this experience. Be open to what God is doing in and through them, and how He might be using them to speak to you. And vice versa.

Your journey is beginning.

Be prepared to be changed . . .



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
- Quotes that make you think
- Verse references for Scripture passages
- 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.

Small Group SESSION 1 INTRO

You've been introduced to this concept of hitting pause.

Hopefully, you have begun to catch a glimpse of how vital hitting pause is to your relationship with God.

Hopefully you have grasped that hitting pause and making time for God is vital to your faith life.

But here's the deal . . . Until you truly begin to understand and value just how important it is to hit pause on a regular basis, you will never change your behavior.

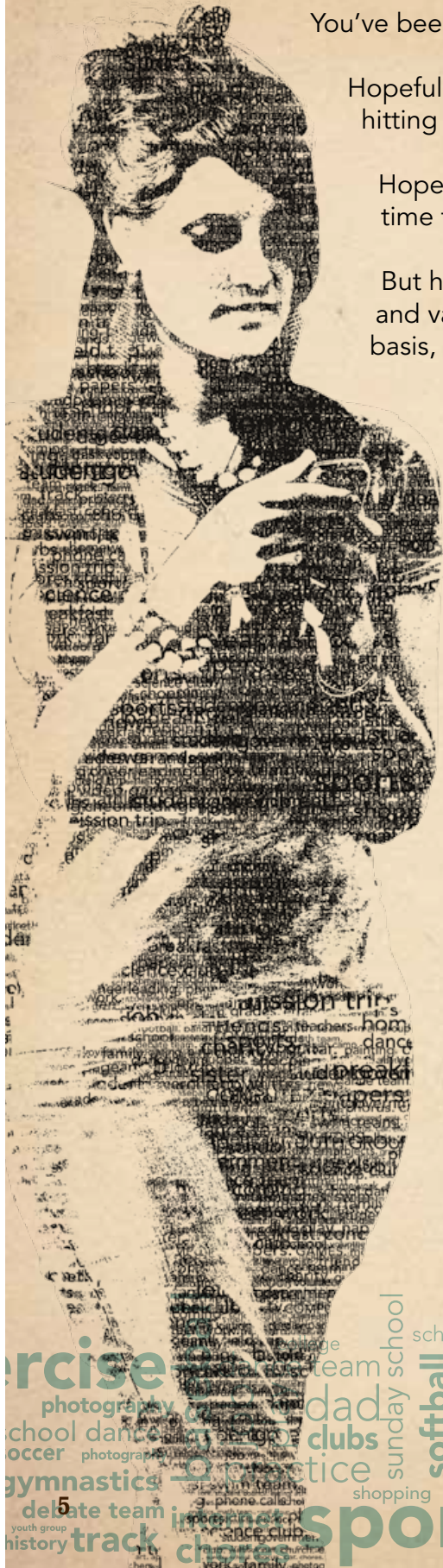
You have to believe something is important before you do something about it.

So, the question is . . . Right now . . . today . . . is growing closer to God important to you?

Before you answer, what do your actions say?

If you want to grow closer to God, you're in the right place. Get ready to be challenged. But get ready to be equipped, too.

**What are you waiting on?
Let's get started . . .**



exercise photography school dance soccer gymnastics debate team history track charity news sports reading music art shopping student council soccer internet gymnastics photography english debate team youth group car history track science ball lunch school dance school council television college mom school dance teachers pageant field trip tomorrow soccer internet gymnastics photography english debate team youth group car history track science ball lunch

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?

- What does Peter's habits and attitude toward hitting pause have in common with these other accounts?

FINALLY, LET'S BRING ALL OF THIS HOME . . .

- If you compared your attitude toward making time to be with God with the other examples you just read, how do you stack up?
- What is the most notable difference in how you approach "hitting pause," and how these individuals approached it?
- As we begin to really consider how to apply these concepts in our lives, we have to believe they are important.
 - In your mind, why is it important to make time for relationship with God in solitude and silence?
 - What is the purpose?

How do the following verses speak to God's purpose for our lives?

How does knowing how and when to “hit pause” help you fulfill your God-given purpose?



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.

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.

Student Book Devotions

Devotion 1: Matthew 11:28-29

Devotion 2: Matthew 7:7-11

Devotion 3: Psalm 119:9-11

Devotion 4: 2 Corinthians 5:17-20