

This Book Belongs To:

Date:

the pause.
learning to seek God

The Pause: Learning To Seek God, Follow Up Journal
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**I SEEK YOU WITH ALL
MY HEART; DO NOT LET
ME STRAY FROM YOUR
COMMANDS. I HAVE
HIDDEN YOUR WORD IN
MY HEART THAT I MIGHT
NOT SIN AGAINST YOU.**

—PSALM 119:10-11

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GETTING STARTED ...

IF YOU'RE HOLDING THIS BOOK RIGHT NOW, THERE'S A GOOD CHANCE YOU HAVE, AT SOME TIME IN THE RECENT PAST, SPENT A FAIR AMOUNT OF TIME STUDYING WHAT IT MEANS TO "HIT PAUSE."*

MAYBE YOU STUDIED THE PAUSE AS PART OF A DISCIPLE NOW WEEKEND, OR A WEEKEND RETREAT.

Maybe you did it in your small group, or on Wednesday nights.

Whatever the case, there was a moment when you reached the last session and you "finished" your look at the why's and how's of hitting pause. Or so you thought.

THIS BOOK YOU'RE HOLDING REPRESENTS THE NEXT PHASE OF YOUR JOURNEY.

In this book, you're going to take a much deeper look at this concept. And you're going to do it in a way that's a little different. For most of you this means no small group, no leader. Just you, this book, your Bible, and the Holy Spirit as your guide.

The weekend you might have spent studying *The Pause* with your youth group was really only the beginning. This next stage of the journey is where you'll have the chance to go so much deeper in how you learn to hit pause and what a commitment to knowing God can do for your life. And that's pretty exciting stuff . . .

LET'S GET STARTED. READ THE NEXT PAGE TO LEARN EXACTLY HOW THIS BOOK WORKS.

HOW THIS BOOK WORKS

Here are a few things you need to know to put this book to good use.

Start With This Advice

Whether you're super-committed and read your Bible each day, or struggle to read a few verses a couple of times a week, the key to sticking with this through four weeks is a routine. Try to work through this book the same time each day, whether that's in the morning, after lunch, or before you go to bed. Block out a time each day to spend in this book, and then commit to sticking to it. **You'll find it's a lot easier to stay consistent that way.**

Have Your Bible Open

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. This book is only a guide for THE Book. **The close relationship with God that you want only happens by reading and doing what's in the Bible.** Have it open as you go through this book.

Each Week Is Structured The Same, But Is Really Different

Each week's content follows a pattern. **But each day is different. And there are a lot of different kinds of activities.** Some will take 3-5 minutes, some 10-15. Some will ask you to look at two or three passages of Scripture, some will just ask you to think about a concept. The variety will make it easier to stick with, and will help you learn in different ways that are suited to you.

What If I Miss A Day of Reading? Or Three?

Don't give up! Take this at your pace! The goal is for you to grow closer to God and to have a faith-life that's more "real"! If you miss a day or two . . . or four . . . don't throw in the towel. Pick this book back up and start where you left off. **You can do this!** And by doing it, you'll show the world that God makes an incredible difference in the lives of His followers. So, hang in there! You've got this!

WELL, THAT'S WHAT YOU NEED TO KNOW TO GET STARTED! TURN THE PAGE TO READ THE INTRODUCTION TO WEEK 1.

BEFORE STARTING WEEK 1, READ THIS SHORT INTRODUCTION.

Maybe it was a super-awesome “hidden” talent, such as barrel racing, or jiu-jitsu.

Maybe it was something sad, such as the loss of a sibling earlier in life.

Or maybe it was something weird. "Oh . . . Well, look at that . . . You *do* have six toes . . ."

Whatever it is, the moment you realize there's more to a person you thought you knew pretty well already--well, it's kind of cool. You realize how deep people really are.

TAKE THIS PRINCIPLE AND MULTIPLY IT TIMES INFINITY, AND YOU HAVE A SLIGHT GRASP OF WHAT IT MEANS TO KNOW, AND TO GET TO KNOW GOD.

At its very core, the idea of “hitting pause” is all about relationship. It’s all about getting to know God. And while we’ll never fully know Him this side of eternity, it’s His plan that we seek to know Him. Over the course of the next four weeks, we’ll do just that.

But we'll start Week 1 with a little review of what you know (and maybe some of what you forgot) about The Pause.

So, let's get started! Turn to page 5 for Week 1, Day 1.



those who know your name
will trust in you, for you,
O LORD, have never forsaken

boyfriend
student government
reading band
art

projects
news
computer
band
dance
photography
college
cheerleader
exercise
photography
school dance
soccer
gymnastics
student council
debate team
history track
girlfriend
shopping
student
character
new
reading
mom

internet
chores
sports
girlfriend

stics
team
ck
school
dance
soccer
photography

college
phone
dance team
play
dad
day school
football
grades
school dance
lunch
sunday school
television

WEEK 1: DAY 1

Today's content is a quick review of what you should have covered in *The Pause*.

Read the following verses, and then follow with the questions to recall anything you learned, or simply to begin reflecting again on these concepts.

Pause CONCEPT 1

Seeking God through prayer and Bible Study is vital to your faith.

Read This: Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.

—Mark 1:35

Now, answer this question in the space provided:

- How often do you intentionally set aside time in your schedule to spend with God--just you and Him?

Pause CONCEPT 2

Prayer is the language of our relationship with God.

No prayer = poor relationship.

Read This: Pray continually.—1 Thessalonians 5:17

Now, answer these questions in the space provided:

- Describe the state of your prayer life. Healthy? Unhealthy but alive? On life support? Or dead?
- How does this make you feel?

Pause CONCEPT 3

It's impossible to be in relationship with God without studying the Bible.

Read This: I will study your commandments and reflect on your ways. I will delight in your decrees and not forget your word.—Psalm 119:15-16 (NLT)

Now, answer these questions in the space provided:

- What is your attitude toward the Bible?
- Can you honestly say you delight in it?

Pause CONCEPT 4

Hitting pause prepares you to live out your purpose. Your purpose = drawing others to God.

Read This: We are therefore Christ's ambassadors, as though God were making his appeal through us. We implore you on Christ's behalf: Be reconciled to God.—2 Corinthians 5:20

Now, answer this question in the space provided:

- In your words, what is an "ambassador"?
- Can you think of a few ways in the last weeks or months that you've acted as an ambassador for Christ?

Alright! Now that you're back in the flow, you should remember these concepts. It's a good foundation for starting this book. But tomorrow's activity is a lot different, so don't miss it!

WEEK 1: DAY 2

Remember, we're in review mode for the next few days. To make sure we're on the same page, let's define what we mean when we talk about hitting pause.

TO HIT PAUSE IS TO . . .

...SEEK GOD in silence
AND SOLITUDE,
through TALKING
WITH GOD in
prayer AND
THROUGH
LEARNING
ABOUT HIM
and HIS WAYS
in BIBLE STUDY.



Let's dig in to this definition a little bit. Don't rush this: if you grasp this concept, it will push you to learn how to be more effective at hitting pause.

1. The key parts of hitting pause were set apart in the definition. Write them in the space provided below.

2. What does seeking God in silence look like in your world? Start by thinking about this: What in your life creates "noise" or distracts you?

3. Solitude. Sounds serious! But what does it really mean? And why is it important?

4. In the definition, prayer and Bible Study are mentioned. Why both? How would your prayers be affected if you couldn't know God through the Bible? And how would reading the Bible be affected by not being able to talk and listen to God?

AS YOU GO THROUGHOUT YOUR DAY, OR AS YOU GET READY FOR BED, THINK ABOUT HOW YOU CAN APPLY THESE CONCEPTS IN YOUR LIFE. SEE YOU TOMORROW ON WEEK 1, DAY 3.

WEEK 1: DAY 3

How do we see the idea of hitting pause play out in the Bible? Here are just a few examples. Read the passages. Then on pg.10, using the definition of hitting pause you looked at yesterday, jot down how you see the idea of hitting pause showing up in these passages.

Read Daniel 6:10

Now when Daniel learned that the decree had been published, he went home to his upstairs room where the windows opened toward Jerusalem. Three times a day he got down on his knees and prayed, giving thanks to his God, just as he had done before.

Read 1 Samuel 3:19-21

The LORD was with Samuel as he grew up, and he let none of his words fall to the ground. And all Israel from Dan to Beersheba recognized that Samuel was attested as a prophet of the LORD. The LORD continued to appear at Shiloh, and there he revealed himself to Samuel through his word.

Read Psalm 63:1

[A psalm of David. When he was in the Desert of Judah.]
O God, you are my God, earnestly I seek you; my soul thirsts for you, my body longs for you, in a dry and weary land where there is no water.

How do you see Daniel practicing some aspect of hitting pause?

Here we see the result of Samuel having committed to hitting pause in his life. What was the result?

How do David's words here relate to what we talked about in defining the pause yesterday?

Knowing that others have practiced hitting pause to seek God is important. It shows us that we're simply doing what people have done for thousands of years to draw close to God. Let's keep a good thing going!

WEEK 1: DAY 4

Today you're going to practice two aspects of hitting pause.

Today, take 15 minutes to be completely by yourself. **Find solitude.** And Find someplace quiet to do it. **Find silence.** Don't answer your phone or text messages. **Be alone.** Listen to the silence of your surroundings. If you feel led, talk to Him in prayer. And listen for Him to talk back.



vision chores
y school
teachers
tonight
bible

WEEK 1: DAY 5

Read this quote. Then, take some time to reflect on it.

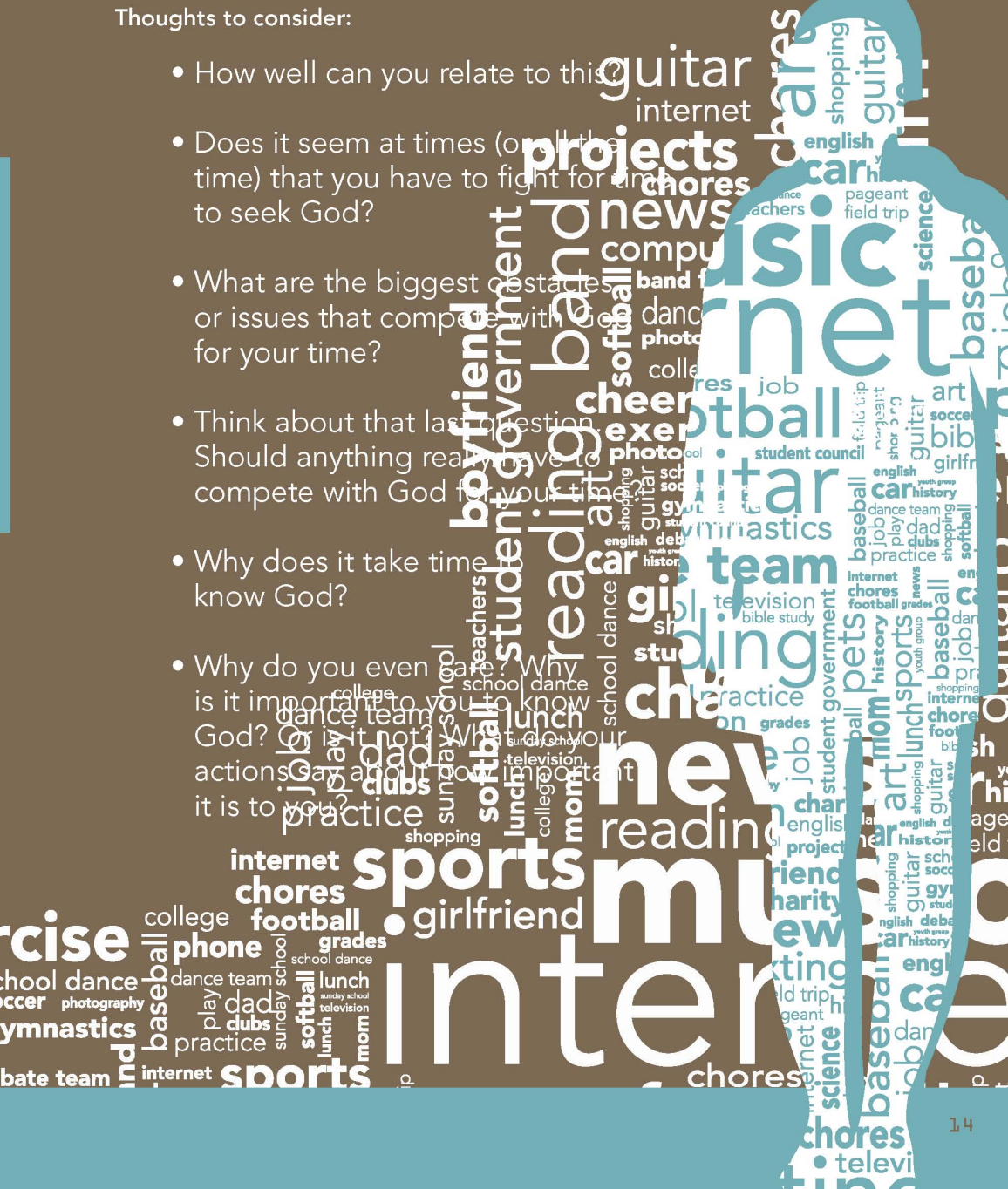
“THE CHRISTIAN MUST FIGHT
TO BE ALONE WITH GOD AND TO
KEEP TIME FOR KNOWING GOD.”
— DONALD GREY BARNHOUSE*

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council
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shoppi
guitar
soccer
gymnastics
english debate team
youth group
scar history track
school dance
teachers pageant
field trip
music
science
baseball
lunch
dance team
job play dad
clubs
practice
phone
baseball
soccer
bible study
guitar
art
field trip
pageant
shopping
student council
job
res
football

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Thoughts to consider:



WEEK 1: DAY 6

Read the following devotion and answer the questions at the end.

Read Matthew 14:15-24.

Seven times in the Gospels, the word *alone* is used in relation to Jesus. In two other occasions, Jesus is described as being "by Himself." In yet another instance Jesus is said to have "withdrawn . . . to a solitary place." And in one account we see Him apparently praying by Himself when the disciples burst in to ask if He would teach them to pray!

From reading the Gospels, it's obvious that Jesus understood the importance of looking for quiet time alone to be in relationship with God. In each of these instances, Jesus is pictured as being all by Himself. And in each of them the point seems to be that Jesus was either praying or otherwise communicating with God.

"Uh, isn't Jesus God?" you might ask. "Couldn't He be in relationship with God whenever He wanted?" It's a very interesting question. (Bonus points if you were already thinking this way.) The answer is probably something like this: Jesus was fully God and fully man. We can't know the ins and outs of all this meant to His relationship with God, the Father. But we do know this: the people who wrote the Gospels either saw or talked to people who saw Jesus going away, by Himself, to pray and communicate with God. So, it was obviously important for Jesus. **And if it was important for Jesus, it must be important for us.**

- Think back on Week 1, Day 4 when you made time to be alone and in silence. What was that like? Was it nice to set aside time to spend talking and listening to God?
- If you didn't take time to do it, why not? What are you waiting on? Isn't it time you stopped letting life get in the way of your relationship with God? If you need to go back to page 11 and follow what it says. **It's worth it.**

WEEK 1: DAY 7

REVIEW AND REFLECT

You've covered a lot this week. Thumb back through the pages and remember what you learned. Consider this: Are you putting what you're learning to work in your life? **As you get ready for bed, or get ready to start your day, think about some of the more meaningful things you learned this week.** And get ready for next week. It's going to be awesome.

REFLECT
REFLECT