

**Rest Stop
Stand Alone Lesson
Feb 22 & 23, 2020**

LEADER PREP

GOAL OF SMALL GROUP

There are two goals of small group today:

- 1) To help students recognize what's capturing their attention.
- 2) To help them intentionally redirect (or keep) their attention towards God.

SCRIPTURE

Revelation 4:11 &
Psalm 119:35-37

THINK ABOUT THIS

So many things seek to grab our attention, but there is none more worthy of our attention than God. Today, we are talking about the difference between something grabbing our attention and what we intentionally give our attention. If we aren't intentional our time can go to a lot of unworthy things. Thankfully God doesn't just give us instructions for life and then leave us on our own. He is beside us leading us all the time. When we keep our attention on Him we will ultimately find our lives heading on the right path.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.

R E S T

CONVERSATION GUIDE

MAIN POINT

God is worthy of our intentional attention.

GET THEM TALKING

Who can share about a fun time you got distracted?

DISCUSSION QUESTIONS

1. Why is it hard to pay attention sometimes?
2. Do you think God is worthy of your attention? Why or why not? (Optional: make a list together of reasons God is worthy of our attention)

READ REVELATION 4:11 and answer the following questions:

3. In your own words, what do you think this verse is saying?
4. What are things that can capture your attention and other middle school students' attention? (Ex: Sports, video games, social media, etc.)
5. Why do we sometimes give our attention to things other than God?

READ PSALM 119:35-37 and answer the following questions:

6. In your own words, what do you think these verses are saying?
7. What things are the Psalmist (David) asking God to turn his attention AWAY from?
8. What are some "worthless" things in our lives we give too much attention to?
9. What things are the Psalmist asking God to turn his attention TOWARDS?
10. Where does the Psalmist find his happiness? Can you share a time in your life where you found your happiness in God?

NEXT STEP

Over this next week, I encourage you to keep your eyes focused on Jesus; one way you can do that is to take time this week to investigate and list out descriptions of who God is to you. (Your savior, Your father, Your help in time of need, Your protector, etc). You can do this by reading through Scripture and noticing the names and titles God is given (even googling "Names and titles of God in the Bible.") **How can you set aside intentional time to spend with God this week?**

PRAYER GUIDE

Ask for prayer requests and close your time together in prayer.

SCRIPTURE

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

Revelation 4:11 NLT

“You are worthy, O Lord our God,
to receive glory and honor and power.
For you created all things,
and they exist because you created what you
pleased.”

Psalms 119:35-37 NLT

“Make me walk along the path of your commands,
for that is where my happiness is found.
³⁶ Give me an eagerness for your laws
rather than a love for money!
³⁷ Turn my eyes from worthless things,
and give me life through your word.”