

BOTTOM LINE: Spiritual disciplines help us focus on being with Jesus and experiencing the fullness of life with Him.

MATERIALS NEEDED

- Bibles
- Student Notebooks
- Heavy object for icebreaker
- Sticky notes (provided)

optional icebreaker: weary weights

INSTRUCTIONS: Find/bring a heavy object that can be held with one arm (i.e. full water bottle, rock, backpack, etc.). Have a student hold that object with one arm extended in front of them and time them to see how long they can keep the object up while keeping their arm as straight as possible. Have every student do this and time each one to see who does it the longest. Whoever does it for the longest amount of time wins!

SAY THIS: When you first start holding this object, you feel like you can hold it up forever. The longer you hold it, however, the more tired your arm starts to feel until eventually you can barely keep it up. Life can feel a lot like this at times. There are things in our lives that we think we can handle on our own, but as time goes on, we realize that we can't do it all by ourselves. Jesus tells us that He will be with us during those times when life feels too heavy. The more we go to Jesus, the more we can feel this help that He offers us.

watch the "Being With" week 1 video.

hear from God through His Word.

DO THIS: Read Matthew 11:28-30 as a group and then lead your students in a discussion about the passage using the questions below.

- Tell your students to open their Bibles to Matthew 11:28-30 and then tell your students to read it two times on their own.
- **ASK:** What is Jesus saying in this passage?
- **ASK:** What do you think Jesus means when He tells us to take His yoke upon ourselves?
- **ASK:** Why do you think Jesus wants us to do life with Him?

say this:
Jesus wants to give us rest, peace, and joy in exchange for our worries, anxiety, and sorrow. He wants us to do life with Him and invite Him into whatever is going on in our lives. When we choose to do life with Jesus, we're never alone.

Bible Moment

A yoke is a wooden harness placed on cows or oxen to help them pull something behind them, like a plow. The yoke was often used as a metaphor in Jesus' culture for a "way of life" or "lifestyle."



talk with others about our faith.

DO THIS: Lead your students in a discussion about being with Jesus using the questions below and **sticky notes** from your tub.

- **ASK:** *Do you think it's important to spend time with Jesus on your own? Why or why not?*
- **ASK:** *Is it easy or difficult for you to spend time with Jesus? Why?*
- **ASK:** *When you do spend time with Jesus, how do you do it? When do you do it?*
- Hand each student a few **sticky notes** from your tub and tell them to write down ways that they have spent time with Jesus before on their sticky notes. Then, tell them to stick them on a wall. When everyone has put their notes up, read through all of them.

live in a way that honors God.

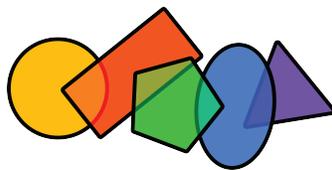
DO THIS: Give your students the following **LIVE** challenge for this week.

- Tell your students to choose two of the ways to spend time with Jesus from the sticky notes that they want to practice this week and write them in their **Student Notebooks**. Go around and have each student share what they chose.

pray by talking to God.

DO THIS: Lead your students in a time of prayer using their **Student Notebooks**.

- Tell your students to write a prayer in their **Student Notebooks** thanking Jesus for always being there for them and asking Him to help them spend time with Him this week.



memory verse

"Then Jesus said, 'Come to me, all of you who are weary and carry heavy burdens, and I will give you rest.'"

Matthew 11:28