

BOTTOM LINE: Spiritual disciplines like Reading Scripture, Silence & Solitude, Gratitude, and Prayer help us be with Jesus.

MATERIALS NEEDED

- Bibles
- Student Notebooks
- Being With wristbands (provided)



optional icebreaker: poison dart frog

INSTRUCTIONS: Start by choosing a detective. Ask them to leave the area for a moment. While they are away, choose one person to be the poison dart frog. Once you've chosen once student to be the poison dart frog, have your students form a circle and ask the detective to enter the inside of the circle. The detective's job is to look around and try to figure out who the poison dart frog is. The poison dart frog's job is to "poison" everyone else in the circle. They do this by putting their palms together and pointing toward a person while trying not to be seen by the detective. When someone is poisoned, they must wait a couple seconds and then make a dramatic "death". The detective wins if they correctly identify the poison dart frog, but if the poison dart frog poisons the entire circle, then the poison dart frog wins.

watch the "Being With" week 2 video.

hear from God through His Word.

DO THIS: Read Matthew 4:1-11 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 4:1-11 and ask someone to read it out loud for the group.
- **ASK:** *What spiritual disciplines do you see Jesus practicing in this passage?*
- **ASK:** *Why do you think Jesus was practicing these disciplines?*

say this:
In His human life, Jesus practiced spiritual disciplines often. Our understanding of what spiritual disciplines are and how to practice them comes directly from seeing how Jesus modeled them in the Gospels.

experience spiritual disciplines together.

DO THIS: Lead your students in a time of explaining and practicing the spiritual disciplines of Reading Scripture, Silence & Solitude, Gratitude, and Prayer using the prompts and activities on the next page.



READING SCRIPTURE:

- **ASK:** *How can the discipline of Reading Scripture help us be with Jesus?*
- Tell your students to open their Bibles to John 15:5 and tell them to take a couple minutes to read the verse and try to memorize it.

SILENCE & SOLITUDE

- **ASK:** *How would you describe the discipline of Silence & Solitude? How can this discipline help us be with Jesus?*
- Tell your students to spread out and find a spot where they are separated from others. Then, tell them to spend five minutes in silence focusing on simply being with God.

GRATITUDE

- Read James 1:16-17 out loud for your students.
- **ASK:** *Why do you think Gratitude is considered a spiritual discipline? How can this discipline encourage us to be with Jesus?*
- Tell your students to open their **Student Notebooks** to a blank page and spend a couple minutes writing down everything they can think of in their life that they see as a "good gift from God." Then, have some students share what they wrote down.

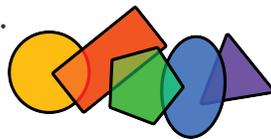
PRAYER

- Lead your students in a time of Prayer using the **C.H.A.T. method** below. For each prompt, give your students 30 seconds to pray on their own.
C - Confess - Tell God something that you need to ask His forgiveness for.
H - Honor - Give God praise for how awesome He is.
A - Ask - Ask God for something you need right now.
T - Thank - Thank God for what He is doing in your life and in the world around you.

live in a way that honors God.

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

- Choose one of the spiritual disciplines we talked about today and set aside time to practice it every day this week.
- Give each student a **Being With wristband** from your series kit to remind them to be with Jesus each day this week.



memory verse

"Yes, I am the vine; you are the branches. Those who remain in me, and I in them, will produce much fruit. For apart from me you can do nothing."

John 15:5