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- 45 full color pages
- Note taking areas for Large Group Lessons
- Interacts with Small Group Lessons your teachers access online
- Features four bonus devotions for use through your event
- Biblically solid, culturally relevant, highly interactive

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the

# PAUSE

(Learning to seek God)

Follow Up Journal

THIS BOOK BELONGS TO: \_\_\_\_\_

DATE STARTED: \_\_\_\_\_

PUBLISHED BY YM360

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16 17 18 19

23 24 25 26

30

## **The Pause: Learning to Seek God**

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With my  
**WHOLE HEART**

*I Seek You:*

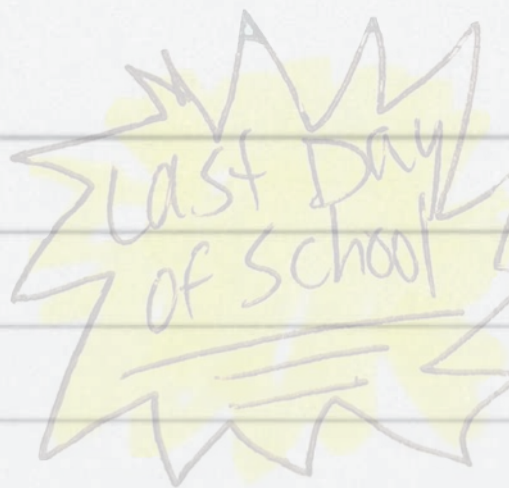
let me not wander from your  
**COMMANDMENTS.**

I have stored up your word in my

*Heart*

that I might not  
sin against you.

*Psalm  
119:10-11*



Last Day  
of School

Getting Started 6  
**week 1**

Week 1 Intro 8  
Day 1 10  
Day 2 12  
Day 3 14  
Day 4 16  
Day 5 18  
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**week 2**

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Day 1 24  
Day 2 26  
Day 3 28  
Day 4 30  
Day 5 32  
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volunteering with  
food drive today!  
Be there 2-4 PM!

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Getting  
Started

the  
**PAUSE**  
(learning to seek God)

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 "press Pause."\*

Maybe you studied the Pause it 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 pressing pause. Or so you thought...

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

In this book, you are going to take a much deeper look at pressing pause. For most of you, this means no small group and no leader. Just you, this book, your Bible, and the Holy Spirit as your guide.

The time you spent studying the Pause with your church or youth group was really only the beginning. This next stage of the journey is where you'll have the chance to go deeper into how you press pause and learn what a commitment to knowing God will do for your life. And that is pretty exciting stuff . . .

Let's get started. Read the next page to learn exactly how this book works.

\*Technically, you don't HAVE to have gone through the Pause with your group. But, you'll probably get a lot more out of this book if you have.

# 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 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 commitment. Your routine may change, but your commitment to spending time with God each day has to be there. Tell yourself that whether you read this journal at the same time each day, or if you read it whenever you get a few extra minutes, you'll make it a priority in your daily life.

## HAVE YOUR BIBLE OPEN

Resist the urge to ignore the spots where this book will tell you to read a passage of Scripture. 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 DIFFERENT

Each week's content works in similar ways. 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 ask you to think about a concept. The variety will make it easier to stick with the book and 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. Don't throw in the towel if you miss a day or two (or four). 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.*



# Week One

# INTRO

**Before starting Week 1, read this short introduction**

Have you ever had a moment where you learned something about a friend that really took you by surprise?

Maybe it was a super-awesome “hidden” talent, like barrel racing, or Jiu-Jitsu.

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

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

It can be awesome to learn something new about someone you thought you had “all figured out”. You realize how deep people really are, and you probably have a better friend than you did earlier!

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 “pressing pause” is all about growing a deeper relationship. It’s about getting to know God. And while we will never fully know Him on this side of eternity, it is 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 10 for Week 1, Day 1.**

the Harrison  
group! 6-8

lunch with small  
group!!

before school / day  
- Pizza lunch Day

SGA at  
3:30!!!

14

MOTHER'S DAY

\* make sure  
to have outfit  
for Friday!

\* Taking mom out  
to lunch and help  
dad with dinner

15 - Study for  
Spanish

\* Find ride to  
game on Thur!

- vision Appt @ 2:00  
don't forget excuse

21 \* Remind mom  
to get stuff for  
cookies for picnic!

Volunteering with  
food drive today!  
Be there 2-4

22 Peer helper  
tutoring during  
lunch period

\* practice  
ending early  
today!

28

ON VACATION to the

29

MEMORIAL DAY

# Week One

# Day 1

Today's content is a quick review of what you should have covered in *The Pause*. Read the following verses, and follow 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: *"And rising very early in the morning, while it was still dark, he departed and went out to a desolate place, and there 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 essential to our relationship with God.**

**No prayer = Poor relationship.**

Read This: *"pray without ceasing,"* -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 a relationship with God without studying the Bible.**

Read This: *"I will meditate on your precepts and fix my eyes on your ways. I will delight in your statutes; I will not forget your word."* -Psalm 119:15-16

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: *"Therefore, we are ambassadors for Christ, God making his appeal through us. We implore you on behalf of Christ, 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 have 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.*

Week  
One

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 say talk about "pressing pause."

To press 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."

THURSDAY	FRIDAY	SATURDAY	NOTES
<p><u>Mrs. Jones Birthday</u></p> <ul style="list-style-type: none"><li>- send fundraiser reminders to group</li></ul>	<ul style="list-style-type: none"><li>*Take \$5 to school today</li><li>• Dinner at the Johnsons tonight</li><li>*eye appointment at 3:45 after school</li></ul>	<ul style="list-style-type: none"><li>catch up on assigned reading today!!!</li><li>*Clean room</li><li>Movie in the park!!!</li></ul>	<p><u>Be early to church</u></p> <p>← need to take picnic dinner</p>

Let's dig into 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 pressing pause.

1. The key parts of "pressing 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 One

# Day 3

How do we see the idea of “pressing pause” play out in the Bible? Here are just a few examples. Read the passages. Then on Page 15, using the definition of “pressing pause” you looked at yesterday, jot down how you see the idea of “pressing pause” showing up in these passages.

*Read Daniel 6:10-11*

“When Daniel knew that the document had been signed, he went to his house where he had windows in his upper chamber open toward Jerusalem. He got down on his knees three times a day and prayed and gave thanks before his God, as he had done previously. Then these men came by agreement and found Daniel making petition and plea before his God.”

*Read 1 Samuel 3:10-21*

And Samuel grew, and the Lord was with him and let none of his words fall to the ground. And all Israel from Dan to Beersheba knew that Samuel was established as a prophet of the Lord. And the Lord appeared again at Shiloh, for the Lord revealed himself to Samuel at Shiloh by the word of the Lord.

*Psalms 63:1*

O God, you are my God; earnestly I seek you; my soul thirsts for you; my flesh faints for you, as in a dry and weary land where there is no water.

<p>4 ★ Soccer game tonight @ 5:30 instead of 6:00</p> <p>Take poster to school tomorrow!</p> <hr/> <p>- Science vocab cards due tomorrow</p>	<p>5 ★ Crazy socks day</p> <p>• make sure everything planned for volunteering tomorrow</p> <p>★ Movies with small group @ 7:00</p>	<p>6 • Haircut at 10:00 am</p> <p>• Clean room</p> <p>★ Volunteer hours at nursing home be there 1-3</p>
--	--	--

How do you see Daniel practicing some aspect of "pressing pause"?

[Redacted area]

Here we see the results of Samuel "pressing pause" in his life. What is the result?

[Redacted area]

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

[Redacted area]



Week  
One

Day 4

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

**Today, take 15 minutes to be completely by yourself.**

- Find solitude. Find someplace quiet, where you feel free from distractions.
- Find silence. Turn your phone off or put it away. Take a moment to quiet your mind.
- Be alone. Listen to the silence of your surroundings. If you feel led, talk to God in prayer. If you need help starting your prayer, try reading Matthew 6:8-13. Jesus gives us an example of how we can address the Lord in prayer.

- Send fundraiser reminders to group

School  
Dinner at the  
... tonight

today  
Clean room

- Decide on his...

Paintment  
5 after school  
test

Movie in the park!!!  
9 - small group breakfast

Do not be like them, for your Father knows what you need before you ask him. Pray then like this:

"Our Father in heaven, hallowed be your name.  
Your kingdom come, your will be done, on earth as it is in heaven.

Give us this day our daily bread, and forgive us our debts, as we also have forgiven our debtors.

And lead us not into temptation, but deliver us from evil.  
- Matthew 6:8-13

28 - Leading small group study on Sunday! Study! read!! Don't forget  
mow neighbours lawn

History point due today  
Cross country meet  
Football game

(make sure everything)

GOALS

Don't forget quiet time  
a plan for Spanish presentation  
classes and books

Week  
One

Day 5

*Seek the Lord and his strength;  
seek his presence continually!*

1 CHRONICLES 16:11

Does it seem at times (or all the time) that you have to fight for time to seek God? It can be frustrating, to try and manage your time when it seems like everyone around you has specific demands. Your teachers may want you to spend an hour or two on homework each night, your band instructor might need you to stay late at practice, or your friend may need a 4-hour video call to talk through the way their crush looked at them during Math class. Each of these occurrences take up time and energy. By the end of the day, you could be looking at barely enough time to brush your teeth before bed. In addition to all of the other demands, spending time with God could feel like just another person begging for a chunk of your time if you miss the point of 1 Chronicles 16:11.

Here is what the Bible tells us in 1 Chronicles 16; *“On your own, you are going to get overwhelmed and overworked. But with God, you will always have Someone stronger than you on your side.”* Unlike the other instances above, when we are intentional about giving our time to the Lord, He is faithful to give us something that you won’t be able to find anywhere else: His strength. That could be in the form of encouragement, peace, or joy. The point is, that He knows being human is difficult, and He knows that you probably feel overwhelmed by all that’s on your plate.

In the coming days, try to think of spending time with God as an invitation rather than a mandate. There is both knowledge and healing to be gained in a true moment of pause. Yes, there are a lot of things that you will still have to do when you press play again. But those things are far more easy to accomplish when you have spent time seeking the Lord and His strength.

## Consider the questions below:

What are the biggest obstacles or issues that compete with God for your time?



Why does it take time to know God?



When you think of seeking the Lord and His strength continually, what do you imagine that looking like in your life?



# Week One

# Recap

Review time is over! Hopefully, you learned something new in Week 1, and were able to put it to use. That's kind of a big deal, the whole "putting it to use" thing. A relationship with God is life-changing. But you have to put the principles in place to see it grow.

If you're ready to get serious about growing closer to God, you're in the right place. The rest of this journal is going to take you deeper into what it means to press pause. We are talking about the "how to", the "why to", and the "when to". Get ready! If you put yourself in a position to accept what you learn, your life could be transformed dramatically.

Lunch with group

3:30!!

14

MOTHER'S DAY

15

- Study for Spanish

\* make sure to have outfit for Friday.

\* Find ride to game on Thur!

\* Taking mom out to lunch and help dad with dinner

- vision Appt @ 2:00  
don't forget excuse

21 \* Remind mom to get stuff for

22 Peer helper