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This Student Book is the road map for your students' event experience. Here are just a few features:

- 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

If you have any questions about this Student Book, or any other YM360 Event Resource, don't hesitate to call. We're here to help!
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the
PAUSE
(learning to seek God)

THIS BOOK BELONGS TO: _____

DATE STARTED: _____

PUBLISHED BY YM360

**The Pause:
Learning to Seek God**

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The PAUSE Intro

Every journey begins with a single step. And you're about to embark upon a journey, of sorts. This journey will lead you to look at your life and faith from perspectives you might not have ever considered before.

Like all journeys, it has the potential to be an awesome experience. But a lot of the value of this experience depends on you.

Have You Prepared For The Journey?

Ask yourself: Am I in the right mindset? Is my heart prepared to hear God's voice? Am I willing to be changed? If you can't answer "yes" to these questions, this journey might not be near as spectacular as it could be. If you need to, take a moment and silently talk to God in prayer. Ask God to give you a heart that is open to His leading.

You're Holding Your Map

This book you're holding is the roadmap for your journey. It will help guide your experiences. Hold on to it. Write your name and the date in the front. If this journey turns out to be as meaningful as it could potentially be, you'll want to look back and remember this time in your life.

Make An Impact, Be Impacted

As you start your journey, keep your eyes and ears open for those valuable moments where God seems to speak to you. But don't miss the chance you have to impact your fellow travelers. And be impacted by them. Your friends are with you in this experience. Be open to what God is doing in and through them, and how He might be using them to speak to you. And vice versa.

Your journey is beginning. Be prepared to be changed...

AND RISING

very early in the morning,

while it was still

DARK,

HE DEPARTED

and went out to a desolate place,

& THERE
HE PRAYED.

Mark
1:35

Large Group

SESSION 1

PRESS *Pause*

These two pages are designed for you to take notes during Large Group Sessions. The stuff you're learning tends to build on itself over the next few sessions. So, even if you're not much of a note taker, you might want to at least jot down what you think is important.

Try writing down:

- Any specific teaching points
- Verse references for Scripture passages
- Quotes that make you think
- Anything you have a question about

Notes

Small Group Session 1

Intro

You've been introduced to this concept of pressing pause.

Hopefully, you are already thinking of ways that you can press pause and make time to grow your relationship with God.

Pressing pause and making time for God is vital to your faith life.

But here's the deal . . . Until you put value into just how important it is to press pause on a regular basis, your schedule and habits will never change.

You must believe something is important before you do something about it.

So, think about this question: Is growing closer to God important to you?

Before you answer, think about the last 3 weeks of your life. What do your actions say about how you view your relationship with God?

If you want to grow closer to God, you're in the right place. Get ready to be challenged. But get ready to be equipped, too.

What are you waiting on? Let's get started . . .

4 ★ Soccer game tonight @ 5:30 instead of 6:00 Take poster to school tomorrow!	5 ★ Crazy socks day • make sure everything planned for tomorrow volunteer	6 • Haircut at 10:00 am • clean room volunteer hours
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Session I GETTING STARTED

Work with your small group leader to respond to the following stats. Are you busy? Overcommitted? Feel like you have a lot going on?

Research conducted on U.S. students paints an interesting picture of your life. You're busy. And you're stressed. *Check out the stats:*

*You're
Not
Alone.*

- The average teenage student has about 2.8 to 3.3 hours of homework on a typical weeknight and 3 hours on weekends.
- An average teenager will spend over 10 hours per week on extracurriculars.
- When it comes to the pressures at school that teens face:
 - 61% feel a lot of pressure to get good grades
 - 30% feel tense or nervous about their day
 - 29% feel a lot of pressure to look good
 - 28% feel the need to fit in socially
 - 21% feel pressured to be involved in extracurricular activities and good at sports
 - 50% see drug addiction/alcohol consumption as major problems among peers
 - 6% say they personally feel pressure to drink and 4% feel pressure to use drugs

At least when you're not in school or at work or at practice, you have time to rest.

*Well
actually...
maybe
not?*

- Fewer than 19% of teenagers report getting at least 8 hours of sleep, and fewer than 4% report getting at least 9 hours.
- 35% of teenagers say they are using at least one of the top five platforms/apps "almost constantly." When asked how they feel about the time they spend on social media, 53% of teens who almost constantly use at least one of the top five platforms/apps say they are on social media too much.
- Beyond just online platforms and apps, recent surveys find that the vast majority of American teens, ages 13-17, have unlimited access to multiple digital devices, such as smartphones (95%), computers (90%), and gaming consoles (80%).
- Check out the % of teenagers who the following is a MAJOR problem among others their age and in the communities where they live:
 - Anxiety/Depression: 70%
 - Bullying: 55%
 - Drug Addiction: 51%
 - Drinking: 45%
 - Poverty: 40%
 - Teen Pregnancy: 34%
 - Gangs: 33%

Session 1: Digging In

DESCRIBE WHAT HAPPENS WHEN YOU "PRESS PAUSE."

Let's see what we can learn from looking at Jesus' attitude toward pressing pause.

Read Mark 1:32-38.

Then answer the following questions:

- How does Matthew describe the place that Jesus went?
- What did Jesus do when He was alone?

Read Mark 6:45-47.

Then answer the following questions:

- Describe exactly what verses 45-47 show Jesus doing.
- So, let's summarize these verses. What general characteristics of pressing pause can we learn from looking at Jesus' example?

Now let's see what we can learn from other people in the Bible about seeking God by pressing pause:

Read Psalms 5:3.

Then answer the following questions:

- What do we know about the priority David put on pressing pause?
- Describe what we know about David's attitude as he spent time with God.

Read Daniel 6:10.

Then answer the following question:

- What can we tell about how important Daniel's relationship with God was?

Read Acts 10:9.

Then answer the following questions:

- What does Peter's habits and attitude toward hitting pause have in common with these other accounts?

Finally, let's bring all of this home . . .

- If you compared your attitude toward making time to be with God with the other examples you just read, how do you stack up?
- What is the most notable difference in how you approach "pressing pause," and how these individuals approached it?
- As we begin to really consider how to apply these concepts in our lives, we have to believe they are important.
 - o In your mind, why is it important to make time for your relationship with God in solitude and silence?
 - o What is the purpose?

How do the following verses speak to God's purpose for our lives?

"You are the salt of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled by men.

You are the light of the world. A city on a hill cannot be hidden. Neither do people light a lamp and put it under a bowl. Instead, they put it on its stand, and it gives light to everyone in the house. In the same way, let your light shine before men, that they may see your good deeds and praise your Father in heaven." (Matt. 5:13-16)

How does knowing how and when to "press pause" help you fulfill your God-given purpose?

Session 1

Wrapping Up

What's in your way?

Read this quote with your group and consider the following questions.

"Our religious activities should be ordered in such a way as to leave plenty of time for the cultivation of the fruits of solitude and silence."

—A.W. Tozer

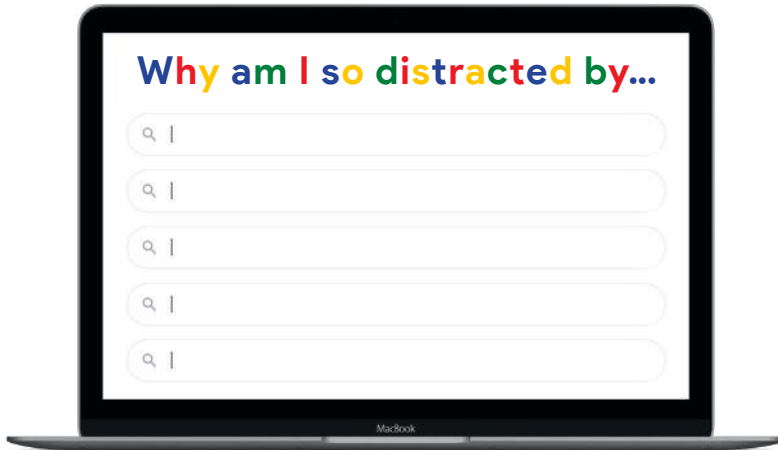
Does this describe your spiritual life? (Don't feel bad if it doesn't. You're not alone.)

Describe your spiritual life in two words:

Why is it so difficult to slow down and make room to be still and quiet?

Think about this: what if God has been speaking to you, but you haven't heard Him because you haven't been listening?

Think for a minute. . . What are the "noisy" things in your life that get in the way of spending silent time alone with God? List them out on the search engine below.



Here's a question: If you know that these things keep you from silent time with God, why don't you do something about it?

Try this: Make a commitment to take a 15- to 30-minute break from the two or three biggest noise makers in your life. Use the silence to study the Bible or talk with God in prayer. You'll be surprised at how rewarding it is.