

Module Three Group Process

Seeking God First

Opening Prayer

Introduction

Wouldn't it be amazing if in this human walk called life, we found the perfect friend who always loves us, forgives us, comforts us, and leads us to victory? Wouldn't you want to spend time and invest in this relationship? That perfect partner is here—our heavenly Father, Lord Jesus, and his Holy Spirit. We have been given the great honor and privilege to have access to the King of kings and the Lord of lords. So now let's spend some time getting to know him in a deeper, more intimate way.

Mark 12:30 gives clear direction in making our choices. We are first to love the Lord our God with all our hearts and minds, our souls and our strength; then we can love our neighbors as ourselves. Being in the presence of God—letting him love us through his Word and his Holy Spirit—we can then love those around us.

Activity #1

This activity will enable the group to collectively experience the presence of God.

Play a worship song about God's greatness and majesty. (Some options: "How Great Is Our God" by Chris Tomlin; "Awesome God" by Michael W. Smith.)

Have members close their eyes and breathe deeply as they listen, allowing themselves to be washed in God's loving presence. After the song, have each member read scripture out loud who God is, praising his greatness, might, and power.

Scriptures

Read the following scriptures about God's character and attributes. (Before the group meeting, you may wish to write each of these references on a separate piece of paper to pass them out among the group members.)

God is love. (1 John 4:8)

In the beginning God created the heavens and the earth. (Genesis 1:1)

He will be called Wonderful Counselor, Mighty God, Everlasting Father, Prince of Peace. (Isaiah 9:6)

"I am the Alpha and the Omega," says the Lord God, "who is, and who was, and who is to come, the Almighty." (Revelation 1:8)

Bless the Lord, O my soul: and all that is within me, bless his holy name.

Bless the Lord, O my soul, and forget not all his benefits: Who forgiveth all thine iniquities; who heals all thy diseases. (Psalm 103:1-3, KJV)

Behold, God is my salvation; I will trust, and not be afraid.

And he is before all things, and in him all things hold together. (Colossians 1:17)

He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

Deuteronomy 31:6 Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; He will never leave you nor forsake you.

Jeremiah 33:3 (MSG) Call to me and I will answer you. I'll tell you marvelous and wondrous things that you could never figure out on your own.

Philippians 4:6-7 (MSG) Don't fret or worry. Instead of worrying, pray. Let petitions and praises shape your worries into prayers, letting God know your concerns. Before you know it, a sense of God's wholeness, everything coming together for good, will come and settle you down. It's wonderful what happens when Christ displaces worry at the center of your life.

Psalms 103:5 (MSG) He satisfies me with the good things I desire. Then I feel young and strong again, just like an eagle.

Acts 2:28 (ESV) You have made known to me the paths of life; you will make me full of gladness with your presence

Activity #2: Our God Is Greater (equipment needed: balance scale, small weights, one large weight)

Explain to the members that we all have challenges and we all have difficult circumstances. It is just part of being human. But the Word says that he who is in me is greater than he who is in the world. So, our God is bigger than any problems that you face.

Place the scale on the table in front of the group. Have a few of the kids start sharing and calling out some problems. Place some of the small weights on one side of the balance scale. Fill that with the small weights, then say, "But our God is greater" and put the large weight on the other side of the balance scale. Now I want each of you to think about the challenges you are facing and the greatness of our God.

If you're feeling unwell, God can be your healer. If you're sad, God can be your comforter. If you're worried, God can be your peace. If you're confused, God is your guidance. If you're lonely, God can be your friend. If you feel weak, God can be your strength. If you feel broken, God can be your savior. If you feel unlovable, God can be the one who loves you more than anything.

Questions for Reflection

- How did you feel being still in God's presence?
- Did you have any insight into the power of God in your own life?
- When you look at how big God is in relationship to the challenges you face, what practices can you put in place to help you know him more?
- What blocks you from spending time with the Lord?
- Which God-centering practice appealed to you the most?

Homework

1. Spend five minutes in worshiping God a day.
2. Spend five minutes in biblical meditation.
3. Spend time in prayer.

Closing Prayer

