

Silence & Solitude | Fasting | Meditation | Service

The Point

Helping students have a better understanding of these key spiritual disciplines

Leader Notes

The format of this series is very different, so make sure to pay attention to the flow below. The program will start out with a 3-5 minute video about **silence/solitude**. Then, you'll talk in your small groups about prayer for about 8-10 minutes. When discussion time is up, there will be a 3-5 minute video about **fasting**, then you'll talk about that for 8-10 minutes. Next, there will then be a 3-5 minute video about **meditation**, then you'll talk about that for 8-10 minutes. Finally, there will be a 3-5 minute video about **service**, then you'll talk about that for 8-10 minutes.

The purpose of this group time is for your students to begin to have an understanding about different spiritual disciplines and then discuss how they can incorporate those disciplines into their lives.

The YouVersion Bible Plan for this series is called **Favorite Verses**. It's a great way for students to add Scripture into their daily lives.

Program Flow & Small group questions

SILENCE AND SOLITUDE VIDEO SEGMENT

1. What are the things that keep you the busiest? Why do those things keep you so busy?
2. Do you have any quiet time or time when you just sit still throughout your day (other than when you're sleeping or watching TV)? If so, tell about it. If not, why not?
3. Do you have time set apart for God throughout your days? If so, what do you do? If not, why not?
4. When would be the best time in your everyday life to set aside quiet time to spend with God? (Mornings before school, study hall, right when you get home, before bed, etc.) How can you go about making sure you do that every day?

FASTING VIDEO SEGMENT

1. What do you understand fasting to be?
2. Have you ever fasted before? If so, tell about it. If not, why not?
3. If you had to give something important up to spend time with God and focus on Him, what would it be for you and why?

MEDITATION VIDEO SEGMENT

1. What do you understand meditation to be all about?
2. Have you ever meditated on God's Word and it spoke to you? If so, tell about it. If not, why not?
3. What would it look like for you to meditate on God in your daily life? How can you go about doing it?

SERVICE VIDEO SEGMENT

1. Do you serve anywhere? If so, tell about it. If not, why not?
2. If you could serve anywhere in church, what would you do? Why would you do that? What's keeping you from doing it?
3. If you could serve anywhere outside of church, what would you do, and why? What's keeping you from doing that?
4. Of these four spiritual disciplines we talked about today (silence/solitude, fasting, meditating, service) which one do you want incorporate more of into your life most? How can you go about doing that?

Lead Small

Check in with your students this week to encourage them and hold them accountable to the spiritual discipline they're working on incorporating more of into their lives. Also, give them practical advice for practicing their spiritual discipline.