



We Know God More When We Focus on Him



THE MISSION AIM

We can do things to help us focus on God.



KEY VERSE

Isaiah 61:10: "I delight greatly in the Lord; my soul rejoices in my God..."



Pre-Mission Activity



Supplies Needed

- A few copies of Psalm 23 printed out

Directions

SAY: Welcome back! I hope that you had a great week. May I be so bold as to ask if you were able to memorize parts of Psalm 23 during the week?

DO: Let any recruits who worked on this, say parts of the Psalm together.

SAY: Way to go recruits. If you didn't get a chance to work on memorizing I would really encourage you to take a look at the Psalm this week. I have some extra copies here if you need them.

DO: Choose one or both of the following activities.

Option 1

SAY: "The Lord is my Shepherd..." wouldn't it be great if we could call Him our best friend too? Some of you already think of Him like that and others of you are still trying to figure it all out. Today is a great day because we are going to think about how we can learn to focus more on God. If we do that, He can be a more important part of our lives. Why don't we start though with seeing how well we can focus on our friends? We're going to play a game right now. You will need to get a partner.

DO: Make sure that everyone has a partner.

SAY: Face your partner and look very carefully at him/her. Now turn back to back and each of you change something about yourself. I don't want to give you too many ideas, but you could rearrange your clothes, your hair, remove some jewellery, etc. When you have changed something let your partner know. When you are both ready, turn and face each other. Now, take a look at each other and see if you can figure out what has changed.

DO: Let the recruits play a few rounds with different partners.

Option 2

SAY: "The Lord is my Shepherd..." wouldn't it be great if we could call Him our best friend too? Some of you already think of Him like that and others of you are still trying to figure it all out. Today is a great day because we are going to think about how we can learn to focus more on God. If we do that, He can be a more important part of our lives. Why don't we start though with seeing how well we can focus on our friends? We are going to have someone come and sit up at the front of our group. They will not face the group. I will point to someone in the group who will say "hello" out loud. The person at the front will have a chance to guess who spoke. Of course, you may wish to disguise your voice so that it cannot be guessed. If the person at the front guesses correctly they can stay until they guess wrong.

DO: Play a few rounds.



Mission Uplink 1



Have ready YouTube playlist: "Season 1 – Basic Training Episode 5: We Know God More When We Focus on Him"

Play "Basic Training (S1) Episode 5 (1/4)". Episode begins with the *Ready to Serve* theme song, followed automatically by the MISSION # 1 VIDEO. Pause the video when the MISSION # 1 CARD appears on screen and remains as you and your recruits complete Mission # 1.

If using PPT for video, have BT-Episode_5-Know_God_When_We_Focus_on_Him.pptx ready and play slide one. Pause on the MISSION # 1 CARD so you and your recruits can complete Mission # 1.



Mission #1



Supplies Needed

- Tape or yarn to make a three column chart on the floor; use paper to create the titles "Friend Time", "God Time" and "Shared Time"
- A number of small sheets of paper in three different colours
- Pencils
- Enough of four different coloured candies for each recruit (to be used to divide the recruits into fourgroups i.e. all with red go in a group, etc.)
- Task papers (on four large sheets of paper, write one of the following, leaving space underneath for recruits to write their answers)
 1. What makes a friend a friend? Why do we enjoy them?
 2. What do you do with your friends?
 3. When do you spend time with your friends and how do you make time for them?
 4. What do you NOT do when you're with a friend? (i.e., ignore them, etc.)
- Markers
- Tape





Mission Assignment

SAY: Wow! What a great start to our week. I am so excited about our missions today. Dancing, enjoying nature, having and being a best friend. Learning to just be with Jesus, how awesome is that? Well, let's get to it. I'm so thrilled and I hope you are too. Christie hinted at our mission but let's have a drum roll to officially find out the plan. Drum roll please... (Reading mission card from satellite uplink) "Recruits, explore how you spend your time and discuss what it is to be a great friend."

SAY: Okay recruits, our first task is to do some hard thinking. You'll notice we have a nice big chart on the floor with the titles, "Friend time", "God Time" and "Shared Time". On the (colour # 1) pieces of paper you are going to write or draw all of the activities that you do in the week that involve your friends or family. You might write things like, email, phone, play video games, etc. Use a different sheet of paper for each activity. On the (colour # 2) pieces of paper you are going to write or draw the things that you do to spend time with God. As you heard earlier, these don't have to be just be activities like reading or memorizing your Bible, they may include dancing or hiking and so on. Again, please use one sheet of paper for each activity. You might find that some of your time with friends is also with God, so you can write or draw those activities on the (colour # 3) paper. For example, you and your friends might sing together in a singing group or you may pray together. As you finish with an idea, you can come and place it in the correct column of our floor chart here.

DO: Have the recruits spend about 5-10 minutes completing this activity. Be prepared to provide input. You could suggest that they think through each part of their day i.e. before school, during school, after school, evenings to help them with their thinking.

SAY: Well done. You've been thinking hard. Now, let's take a look at our chart here. This is a good starting place to help us see that maybe our time with our friends and families takes priority in our lives as opposed to our time with God. We will have a chance to really look this over later on during our time together and we will come up with some ideas and solutions as to how we can spend more time with God. The goal is for us to want to spend time with God, just like we would a best friend. We don't want our time with God to feel like a duty; we actually want Him to be our best friend.

SAY: Now comes part two. Our task is to focus on friendship. I'm going to give you a candy. Once you have your candy, find everyone else in the room with the same colour of candy. Sit down together and have one person in your group come to me for a pencil and paper with a task on it. Okay, now that you have all of your supplies, your group is to answer the question that you have been given and write down your answers on the paper provided. You will have five minutes to discuss and write so you need to be very focused on your task.

DO: Make sure that each group has a leader or older recruit to lead the discussions.

SAY: Time's up! Have one person come up and post your chart. Just be sure to post them far apart from each other. Once all four charts are posted, we'll take a walk around the room and read what has been written about being a friend.

DO: Make sure that your early readers walk with someone a bit older if they need help reading the charts. Do a very brief summary of what has been written on the charts to share aloud with the recruits.



SAY: Incredible. I'm glad that I get to be part of your lives and I am sure that your friends are so blessed to have you in their lives. Now, let's face each of our posters in turn and take a quick look at our floor chart so that we can take mental picture of them to send our Intel back to the team.

DO: Give the recruits a moment to take their "picture".

SAY: Alright, let's get back to the team and find out what great adventures await!



Mission Uplink 2



YouTube: Play "Basic Training (S1) Episode 5 (2/4)". Pause the video when the MISSION # 2 CARD appears on screen and remains as you and your recruits complete Mission # 2.

PPT: Click to advance to next slide. Pause video when MISSION #2 CARD appears on screen and remains as you and your recruits complete Mission #2.



Mission #2



Supplies Needed

- A 25 cm piece of leather string (for beading) for each recruit with a small card already tied on to it with Isaiah 61:10a "I delight greatly in the Lord; my soul rejoices in my God." and John 3:30 "He must become greater, I must become less." also written on it (one verse per side)
- About 4-6 large beads per recruit divided up into a few bowls for access
- Large sheet of paper posted to write down ideas for focussing on God
- Markers



Mission Assignment

SAY: This is so great. I love hearing the team share their ideas about how they can focus on Jesus by doing what they love to do. It's so clear that they delight in spending time with Him. That reminds me of a Scripture verse from Isaiah 61:10. It says, "I delight greatly in the Lord; my soul rejoices in my God." Wouldn't it be great if we could say that we delight greatly in the Lord, that we just want to spend time with Him in whatever we are doing? That would be awesome. Say, we should find out our next mission because I'm sure it will have something to do with just that! Drum roll please... (Reading mission card from satellite uplink) "Recruits, think of what you love to do and even what you have to do each day; and then decide how you can use that activity to focus more on Jesus."

DO: You may wish to do this in small groups.

SAY: Wow! We sure have to work hard today! Here is a piece of leather string with the verse from Isaiah. On the back you will also notice a verse from John 3:30 which says, "He must become greater, I must become less."



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SAY: Let's read both of these verses together. "I delight greatly in the Lord; my soul rejoices in my God." "He must become greater, I must become less." We want to make these verses come alive for us this week as we try to focus on God being a part of our daily activities, allowing Him to take over more of our lives as we delight in Him. I want you to think of one activity that you really enjoy. It may be reading, writing, running, playing basketball, art, etc. Once you have an idea, take a bead from the bowl here and string it onto your string, then tie a knot. We can help you with that if you need us to. Now try to think of what you could do to include God more in that activity (for example, you could write letters to Him, you could pray and thank Him as you run, you could draw pictures that show Him how much you love Him). If you're having trouble thinking of an idea, then please tell us so that we can help you as a group. Once you have your idea, share it with a group leader who will write it on our chart here to give others ideas as to what they can do this week.

DO: Lead the group through this same exercise a few more times, encouraging the recruits to include more ideas. They could even start looking at things that they have to do during the day i.e. brush their teeth, walk to school, etc.

SAY: You have a few beads on your strings now. Let's tie a knot at the top. I challenge you this week to carry these beads in your pocket or tie them to a binder or put them in your backpack to help you remember to keep your focus on God and to think about what you have committed to. Let me say a prayer for you as you seek to focus on God this week.

DO: Say a prayer together.

SAY: While you were working just now _____ (leader) was sending your ideas straight to the team so they have them already. Great work. Now, let's get back to them and find out more about focussing on God.



Mission Uplink 3



YouTube: Play "Basic Training (S1) Episode 5 (3/4)". Pause the video when the FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.

PPT: Click to advance to next slide. Pause video when FIELD MISSION CARD appears on screen and remains as you and your recruits complete the Field Mission Project.



Field Mission Project



Supplies Needed

- My Covenant sheets (with choice of two activities) (See attachment page 8)
- Pencils



Mission Project

SAY: The Fasting Challenge. Now that sounds intriguing! Giving up something this week that will help you get closer to God! Wow! Christie has challenged us to fast this week. Let's have a drumroll and find out what our final Mission is this week. (Reading mission card from satellite uplink) "Choose one of the following two activities: 1. Fast from something or give something up so that you can spend more time with God (i.e. limited or no TV so that you can read your Bible or pray) OR 2. Choose one of your ideas from earlier today with your beads and work on focussing on God during a particular activity (i.e. praying while you run)."

SAY: I'm guessing that doing this activity this week is something new for many of you. So we are really going to spend some time praying over you as you begin this challenge. I have here a covenant or a promise sheet for you to complete which will help to guide you through your journey this week. Just so you know, each of the leaders will be committing to a covenant as well. I'd like you to choose only one section of the covenant to fill out, section 1 or 2. Please do not sign your covenant yet. When you have finished, wait for a moment while the others finish up and I will tell you what to do next.



Prayer Huddle



YouTube: Play "Basic Training (S1) Episode 5 (4/4)". Pause the video when the PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.

PPT: Click to advance to next slide. Pause video when PRAYER HUDDLE CARD appears on screen and remains as you and your recruits complete the prayer huddle.



Supplies Needed

- Pray over partnerships for the prayer huddle and have some ideas of prayer partners ahead of time
- Poster of the following prayer:
"Dear Lord, I pray for _____ (name of partner) right now. He/she has decided to _____ (what they have chosen to do) this week. This is going to be hard, but I know that you will give him/her the strength to really try to stay focused on you. Thank you so much for all that _____ (name of partner) will learn about you this week. Amen"
- 1 bead per recruit (placed in a bowl for access)

Directions

SAY: Writing down a covenant or promise is one thing but keeping a promise as challenging as this one is quite another. There is no way that we can keep these covenants without the power of God in our lives. So, right now, we are going to commit to praying together. I am going to give you a partner right now. Once you have been assigned a partner, get together and face each other with your beads from earlier today and your covenant. Take a moment to share what you have written on your covenant.



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DO: Ensure that each partnership is appropriate and that good discussion is happening.

SAY: That was the hard part. Now I want you to pray for each other. I know that this can be very scary. If you are not sure what to say, I have an example written up on the wall that you can pray for each other. I am going to give you a moment to pray now.

DO: Make sure that all the groups are praying together.

SAY: Amen. Now that you have prayed together, I'd like you each come and get a bead from the bowl up here. Then sit back down together. One of you will speak first and then the other. Decide who will speak first. Okay, now say, "I give this bead to you today, promising that I will pray for you this week." Now, take a moment to sign your contract and have your partner sign it too.

DO: Repeat for the other recruit.

SAY: The covenant that you have signed today is an important promise that you have made to God. As you go through your week keep your covenant and your beads close by as a reminder to keep your focus on God. You can be assured that your leaders will be praying for you as well as you journey through this new and exciting adventure with God. Be sure to remember that you should be praying for your prayer partner as well.

SAY: Hold your beads and your prayer partner's bead in your hands right now. As I pray for you, may you receive the power of the Holy Spirit to help you to be focussed this week and to help you to pray for your partner.

DO: Pray

SAY: You have worked so hard this week and I am so proud of the commitments that you have made. May God give you the strength to stay focussed this week to keep your covenants and to continue memorizing Psalm 23. Have a great one!



Be sure remind the recruits this week about the covenants. It would also be a good idea to remind the recruits to continue memorizing Psalm 23.

NOTES

LESSON 5



My Covenant (Promise)

*"I delight greatly in the Lord; my soul rejoices in my God."
Isaiah 61:10a*

"He must become greater, I must become less." John 3:30

Please choose one of the following two activities to complete as you journey through this week.

1. This week I plan to fast from _____ (an activity). While I am not doing that activity I will _____
_____. (Think back to the previous few weeks of basic training if you wish to give you some guidance- read the Bible, pray, look for answered prayers, memorize the Bible.)

OR

2. This week I plan to enjoy God as I _____ (list an item from your beading activity today). While I am doing that activity I will _____
_____ (write down what you suggested earlier today).

Signed _____ (yourself)

Signed _____ (your prayer partner)