

HANGOUT

1. Summarize the message.
2. Discuss:
 - What stood out to you from the teaching? Why?
 - What lessons could we learn from it?
 - Do you have any questions about the teaching?
 - What do you think would be most frustrating about practising silent, centering prayers? What could be the benefits of you practising centering prayer?

HEAR

3. Look up and read Psalm 46.
4. Discuss:
 - Which verse or idea stands out to you? Why?
 - In verse 2, the psalmist writes that we will not fear. Which fears are you facing right now (at home, at school, or with your friends) that you want to offer up to God?
5. Note that God is described as an ever-present help, a refuge, and a fortress. The psalmist reminds us that God is with us.
6. Take two minutes together as a small group to practise centering prayer. Quietly reflect on the above descriptions through the lenses of home, school, and friendships.
7. Invite the students to share what they experienced.

HUDDLE

8. Discuss:
 - Which over-attachments or addictions do you see in your school, home, and self?
 - Like Jason in Ken’s story, who can support you as you support them on the journey?
 - Which over-attachments or addictions could stop you from spending eight minutes with Jesus each day for the next two weeks?

Leader Tip:

Ken Shigematsu drops the bomb on some of the key challenges students deal with when it comes to being a fully committed follower of Jesus. Please don’t miss it! The analogy Ken highlights in the application is phenomenal. He contrasts two stories from Greek mythology. Two groups of people try to achieve the same thing in two very different ways:

Odysseus	Jason and the Argonauts
Odysseus used chains and ropes, like slavery, to tie himself down so he could not do what he wanted to do	Jason and his friends had something better with them to keep them on their journey together
Used beeswax to block out the world (continued)	Both groups planned ahead; they expected to be tempted so it was no surprise
This action was unsuitable; you couldn’t live like this	This was a better way to live your whole life

Built on the idea of denying yourself what you think and feel you want in the moment	Built on the idea of filling your life with something more beautiful (God), which informs you of what you truly want
These actions are focused on one person	These actions are focused on a community, bonding friendships together in shared experiences
Dark + painful + weird	A beautiful adventure

This teaching highlights that being a Jesus-follower isn't about denying yourself anything fun and exciting to follow the rules and keep Jesus from rejecting you. This is about an adventurous journey with a community, filling your life with things that are the best God has to offer—not a cheap and easy version but the best! This can all start now, with a real relationship with God.