

This week's teaching is slightly different than usual. Bruxy takes us through a meditative practice while looking at Scripture. Do what you can to eliminate distractions. If you aren't already doing so, this may be a good week to challenge students to set aside their phones during small group time.

HANGOUT

1. Discuss:
 - When you hear the word "meditate" what ideas, words, or images come to mind?
 - Have you ever meditated or done a mindfulness exercise? What was your experience like? (Did you enjoy it? Was it weird? Was it uncomfortable?)
 - Review the assumptions (see below) we have going into this series. The students don't need to agree fully with them; however, they are the foundation for this conversation. If time permits, take a look at some of the supporting Bible verses.

Assumption	Extra Explanation	Supporting Bible Verses
i. God is perfect, personal, present love.	a. More than "the universe" b. Here now c. Pure self-giving, relational energy	Acts 17:27-28 1 John 4:7-21
ii. We are God's image.	a. Not gods, but God's b. Made by Relationship for relationship c. Like God, we create through choice	Genesis 1:26-27 Genesis 2-4 Deuteronomy 30:19
iii. Something separates us.	a. From God b. From one another c. From our true selves	Genesis 3-4 Isaiah 59:1-2 Mark 7:20-23 Romans 3:23-24
iv. Jesus is our reunion.	a. With God b. With one another c. With our true selves	Matthew 1:18-23 Luke 15 John 1:1 John 3:16 1 Corinthians 1:30 2 Corinthians 5:17-21
v. The Holy Spirit is here to help us.	a. Through the Bible (inspiration) b. Through the Church (gifts of the Spirit) c. Through our inner experience (Fruit of the Spirit: love, joy, peace, patience, kindness, goodness, gentleness, faithfulness, self-control)	Romans 8:14-16 Galatians 4:6-7 1 Timothy 3:14-15 2 Timothy 3:16-17 1 Corinthians 12-13 Galatians 5:22-23

HEAR

2. Look up Matthew 11:25-30. Slowly read the passage multiple times using different translations.
3. Discuss:
 - Which verse, phrase, word, or idea stands out to you the most? What might God be saying to you through it?
 - How can meditation (more than mere education) help us be like children in the sense Jesus encourages in this and other passages?
 - What does it mean to “come to” Jesus? Are there times when it’s difficult? Are there times when you need to reorient yourself towards him? How do you do it?
 - What tires you and/or weighs on you at home? At school? When no one else is around?
 - Jesus says that HE will give us rest. How does Jesus himself—not a separate thing (power, awareness, or technique)—but JESUS himself give us rest?
 - What has been your experience of the “easy yoke” and the “light burden” of Jesus? What makes it easy and light for you?

HUDDLE

4. Share about “best practices” in meditation. Talk about what’s been helpful for the members of your group.
5. Take a few minutes to meditate on verses 28-30.
6. After meditating, discuss the students’ experiences.
7. Pray for one another.
8. Challenge the group to meditate daily for a set amount of time this week. Encourage everyone simply to “sit with Jesus” at the beginning of each day.