

DATE: Jan. 22, 2025

SERIES: *Something NEW!*

TOPIC: BE STILL and know that I am God.

WELCOME!

- **PLEASE MAKE SURE EVERYONE IN THE GROUP HAS PRINTED THEIR NAMETAG!**
Also, please take attendance on your paper roster.
- **NEW STUDENTS:** If anyone is NEW this week, be sure they get supplies if REGISTERED.

CONVERSATION STARTERS

- **NEW HABITS?** – Did anyone start a new routine last week to help strengthen their faith?
 - Reading their Bible each day (5 minutes!)
 - Listening to Worship music (15 minutes!)
 - Taking SERMON Notes on the weekends (GOAL: 10 per semester!)
- Give updates on how those daily routines are going. Encourage each other!!

WEEKEND WORSHIP NOTES

- **Once a student has COMPLETED their booklet** – have them stop by the Leader Table to get their booklet stamped (and receive a prize!) ALSO, we provided everyone with a NEW booklet for this semester last week! If anyone missed it, or was absent, please help!

SMALL GROUP DISCUSSION

Big Questions: Are you getting enough sleep?

- *Would you say you're more of an "Early Bird" (morning person) or a "Night Owl"?*
- *What time do you usually go to bed? What time do you typically get up in the morning?*
 - *What's your nighttime routine? What's your morning routine?*
 - *What would you like to start doing differently to get MORE REST?*
- **ALSO, do you have a FAITH component within your NIGHTTIME or MORNING routine?**
 - *EXAMPLES: daily devotional, reading your Bible, listening to worship music, saying your prayers, journaling, etc. Share Ideas!!*

Main Takeaway: The Bible says we should BE STILL (as in, seriously don't move, do nothing, just sit there, lay there, and give it to God!) So, we're taking time tonight to ask the question:

Are you making time in your day to just BE STILL?

OPEN YOUR BIBLES!

- Have students look up and **HIGHLIGHT** these verses (pick a student to read each one!)

PSALM 46:8-11 (page 655 in GREEN Bibles)

- Practice memorizing the first sentence of verse 10. Then, HIGHLIGHT it!
 - Be still, and know that I am God!

MARK 4:35-41 (page 1180 in GREEN Bibles)

- RE-READ verse 39. (then, **HIGHLIGHT** it!) **Silence! Be Still!**
- Did you know JESUS can CALM the STORMS in life? What “STORMS” are you facing?
 - Maybe it’s an external storm (outside forces) or maybe it’s an internal storm (in your heart/mind with WORRY, DOUBT, FEAR, ANXIETY)
- GIVE IT TO JESUS. Say these words as often as you need! **SILENCE! BE STILL!**

BONUS: go back and read verse 38 (What was Jesus doing before he silenced the storm?)

- **ACTIVITY:** ask everyone to share ideas for how you could “be still” during your weekly routine? (*Find a place to sit down w/NO SCREENS, take a nap! Go to bed earlier! Go for a walk – to still your mind, stop in the middle of the hallway randomly for 3 seconds, etc.*)
- **SLEEP:** The average junior high student needs 8-10 hours of sleep EVERY NIGHT!
- **Why do you suppose people have SO much trouble with God’s instruction to “Be Still”**

IDEAS: for getting to bed earlier... (have each student pick one to try this week!)

- **Limit Screen Time Before Bed** – As a group, pick an agreed upon time for EVERYONE to put away screens. Reduce exposure to blue light from phones, tablets, or computers at least an hour before bedtime. **TRY IT!** Bonus: Read your Bible for 5 minutes!
- **Avoid Caffeine and Heavy Meals in the Evening**
- **Set a Consistent Sleep Schedule** – Try waking up and going to bed at the same time every day, even on weekends. This helps regulate the body’s internal clock.

UPCOMING SERVICE PROJECT!

- We will be inviting all PowerLife students to bring donations of TOILET PAPER (new and unopened!) as an offering **Wednesday, Feb 5** for our annual SOUPERBOWL FOOD DRIVE!

POWERLIFE “SHOUTOUTS!”

- **NOTE:** leave your shoutouts at the Leader Table when you check out!

PRAY TO END THE NIGHT!

- Ask if any STUDENT wants to close your time together in prayer? OR as a leader, say a prayer of thanksgiving and blessing over the group! End with the Lord’s Prayer!

CHECK OUT AT THE LEADER TABLE!

- Please return your folder (and your roster with attendance) to the leader table. If you have feedback or notes, please leave those with us as well!! **THANK YOU!!**