**The Establish Book Session 2 Notes**

**Session 1:** The last session we explored was on making Jesus Lord.

**Deny Yourself:** We discovered that Jesus is not just our saviour, but that we must daily make Him Lord of our lives.

**Jesus Boss:** Kids often say, “You are not the boss of me” – but Jesus must be the boss of me – he is my leader – all my decisions must be passed by him!

**Jesus Centre:** Lordship is putting Jesus at the centre of our lives instead of anything else.

**Monkey:** As we consider our new growth practise for this week, let’s revisit our friend in the Kalahari and see how he uses a monkey and salt to find water in the desert.

**Deer:** As Christians we should be as desperate to meet with God as a monkey that has been snacking on salt – or a deer panting after streams of water.

**Session 2:** Today we are going to explore the practise of having daily devotions!

**Appointment:** Discuss in Pairs: If you could schedule an appointment with anyone in the world – who would you choose, and why?

**Video:** Clip from Bruce Almighty where he meets with God!

**Scripture 1:** Questions on Psalm 55:16-17 - What did David do? When did David do it? What did God do?

**Scripture 2:** Questions on Mark 1:35 – When did Jesus get up? Where did he go? What did he do?

**How Are Yours?** What is the state of their daily time with God. How regular are they? How many times in the last week did you set aside time to meet with God during the day?

**Village:** During the early days of the gospel coming to East Africa where people were living in small villages…

**Worn Path:** People would wear a path from their hut in the village to a spot in the jungle where they would meet with God each day to have daily devotions.

**Overgrown Path:** The villagers developed a gentle rebuke for their peers: “The grass grows long on your path”. How short is the grass on your path to God? Are you wearing a regular path to meet with God?

**Why Devotions?** I want to challenge you to take your time with God seriously for two reasons:

**(1) We Love God:** God wants to have a love relationship with you.

**Stephen Olford Quote:** I want to hear the voice of God before I hear anyone else’s in the morning, and His is the last voice I want to hear at night.

**(2) We Are in a War:** We need to put on our armour to be able to overcome the attacks of the evil one!

**Video:** Video Clip of a teen putting on his armour to get ready for the day.

**How?** So, how do we actually go about having a time each day with God? Here are five things you should do to get going…

**(1) Get Out of Bed:** It is too dangerous to stay in a warm bed on a cold winter morning – you need to get up, wash your face and maybe get a cup of coffee.

**(2) Find a Place:** Find a place that you can use on a regular basis to meet with God. Make sure there are no distractions in the room.

**(3) Take Some Time:** Don’t start out by aiming for an hour or more – just start with something doable, like 15 minutes.

**(4) Be Prepared:** Make sure you have all you need for your time with God – a modern translation of the Bible is essential, a notebook in which you can journal your thoughts and a pen you can use to write down what you learn from your time with God.

**(5) Follow a Plan:** Before your launch in to your reading, spend a few minutes settling down in God’s presence then express your desire to meet with God in this time and then you can use your SOAP! What???

**Soap:** SOAP is a structure for your daily devotions:

*Scripture – read a short passage slowly, repeatedly, look for a verse or phrase that you connect with.*

*Observation – ask what the verse means, write it out in your own words.*

*Application – ask how it relates to your life right now, write down any thoughts and ideas you get.*

*Prayer – ask God to help you grow in the truth, write out a prayer to God.*

**My Journal:** Here is an example page from my daily devotions – it was done on Friday morning this week.

**Let’s Do It:** Let’s pretend that we are just waking up and we have 15 minutes to spend with God. Grab a Bible, your 1 John handout and a pen, find a comfortable place to sit and follow the outline.

**Outline:** Allow ten to 15 minutes for youth to have a quiet time – use the daily devotions in the 1 John handout and get them to complete the first day.

**Commitment:** I want to lead you in a commitment before God – that you will put aside 15mins each day to meet with God!

**Video Clip:** My Heart Christ’s Home – the Lounge

**Homework:** Do Practise 2 in the Grow book