

SMALL  GROUP

SMALL GROUP LEADER GUIDE

How To See God / Week 3

BEFORE GROUP

BOTTOM LINE

Pay attention to what has your attention.

SCRIPTURE

Discipline yourselves; keep alert. Like a roaring lion your adversary the devil prowls around, looking for someone to devour (1 Peter 5:8 NRSVUE).

GOAL OF SMALL GROUP

To help students recognize where they might be putting their focus and to encourage them to see the value in shifting that focus to seeing God at work in their lives.

THINK ABOUT THIS

Be sensitive to the fact that you likely have students with a variety of different attention spans in your group. So much of this has to do with their natural wiring! Some may be naturally more disciplined and focused in all areas of their lives. Others may show discipline with their attention mainly when they're directing it toward something they choose, care about, or are interested in. And, of course, you may have some students who are neurodivergent or living with an attention deficit disorder of some kind. So, as you talk about what it means to pay attention to what has their attention, be sure not to inadvertently talk down to one group or make anyone feel as though they're "wrong" or "bad" for not being able to focus all the time. The goal isn't to change their wiring or abilities, but rather, to help them see that, no matter who they are or how God made them, there is value in putting your focus on the things of God.

This guide is a suggestion, not a formula. Adjust the content as needed, and don't feel like you need to complete everything listed.

DURING GROUP

DISCUSS THIS

1. On a scale from 1 to 10, how difficult is it for you to pay attention...
 - a. To a movie or TV show you're watching?
 - b. In class?
 - c. To your coach?
 - d. At church?
 - e. While practicing a hobby?
 - f. When your parent/guardian is talking?
 - g. On a video chat with a friend?
2. What are some things most middle schoolers give their attention to?
3. What's one way a middle schooler can tell when something has their attention?
4. How can you tell when something becomes a distraction?
5. Why do you think it's important to be disciplined about where you give your focus and attention?
6. How can shifting your focus to the things of God help grow your faith?
7. What's one place you put most of your attention right now?
8. This week, what's one step you can take to shift some of that focus to seeing God?

DO THIS (EXPERIENCE 1)

Choose a passage for your group to study, like John 15:1-5 (abiding in Jesus) or Galatians 5:22-25 (Fruit of the Spirit). Have students space out in your room and sit quietly while you guide them through these steps:

- Read the passage slowly.
 - Reflect on what words or phrases stand out to them.
 - Pray by talking to God about what came up in their reflection.
 - Sit in silence, listening for how God might be speaking to them.
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