

Word One Bible Study

Taking a "Time Out"

by Patra Pfothenauer

Text: Mark 6:30-44 for the Eighth Sunday after Pentecost, Lectionary Series B

OBJECTIVES

Participants will:

1. Learn the Importance of taking time out of their busy schedules to be alone with the Lord.
2. Discuss the concept of balancing their time spent alone, with others and with God.
3. Share their individual plans with the other members of the group as to how they are going to carry out having a quiet time with God on a regular basis.

GOALS

1. Develop a climate of trust, enabling participants to share their feelings and faith Issues openly.
2. Assist participants In relating Scriptural truths to their daily lives.
3. Strengthen and encourage each participant's relationship with God through the Scripture, mutual encouragement and group prayer.

GROUP GUIDELINES

This Bible study has been developed for use in small groups of 6-8 participants. If your group is larger than this, divide into smaller groups for a more effective study. Choose as a leader the person whose birthday is closest to today. The leader's sole purpose is to keep the group moving through the study. One of the leader's most important functions is to encourage the participation of all members. The leader may also serve as the timekeeper so each person is given the opportunity to share 2-3 minutes in each activity. Make sure that all participants understand that they always have the freedom to pass if they do not wish to share their experiences.

BUILDING COMMUNITY

1. Take time to get acquainted in your small group. Have each participant share his/her name, how he/she spends a typical day after school and the last vacation he/she went on.
2. In order to get your group thinking about the theme for this study, have each participant complete one of the following sentences:
 - a. My favorite way to relax is...
 - b. On a regular basis I relax by...
 - c. I wish I could relax more often by...
 - d. I never relax because...
3. Discuss the need for relaxing and the participants attitude about this subject.

LOOKING AT GOD'S WORD

According to Mark 6:30-44 the disciples needed time to be with Jesus to be renewed and encouraged, but the demand of Christ's followers was so great that their needs were set aside. There was not any time. This is a very common situation in our society today, especially concerning our relationships with one another and with Christ. We are so busy with the demands of this life that we don't have time to spend time alone with Christ to be encouraged and renewed. Mark 6:30-34 in particular can help youth see the importance of learning how to balance their time, especially in the areas of renewal time alone with Christ and time spent in helping others. Have one participant read Mark 6:30-34.

1. As you reflect on this section of Scripture, have group participants share specific themes that they hear from the section of Scripture.
2. Have group participants determine and share with the group which type of person they most commonly tend to be like.
 - a. The Rester - a high need to take time after the job is done to be renewed in order to return to the Job.
 - b. The Go Getter - always on the move, nothing stops you from getting what you want.
 - c. The Giver - willing to set aside your needs in order to care for the needs of others.

3. Ask participants the following questions.
 - a. Is it right to take care of your own needs before the needs of others? Why or why not?
 - b. How can you take time to relax when there is no time?
 - c. What is the difference between physical relaxation and spiritual renewal?
 - d. How are you as an individual spiritually renewed?
 - e. How important is it in your daily life to spend time alone in a quiet place with God? Why?

REINFORCING WHAT HAS BEEN LEARNED

Hand out index cards and pencils. Have each participant determine and write out their plan by answering the following questions:

1. What specifically are you going to do for a quiet time with God in order to be spiritually renewed?
2. When, where and how often are you going to have your quiet time with God?

CLOSING

1. Have participants share their plans with the group.
2. Close the study with a circle prayer, having each participant pray for the person on their left asking God to fill him/her with the Holy Spirit in order to carry out his/her plan.

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