

HOW TO USE THIS RESOURCE

Lessons on the Go are easy-to-use youth ministry lessons that are Bible-based and single-focused. They're designed to help everyone from volunteer leaders to experienced full-time youth workers quickly facilitate great discussions with clear takeaways and real-life application steps.



WHAT TO DO

- One handout / Two options:**
 - SIMPLE:** Give everyone both front and back pages. Just print and go!
 - CUSTOM:** Give students the back page. Keep the front page as a leaders-only resource so you can customize the opening question, teaching, and discussion prompts for your group's needs.
- Apply It:** Challenge students to get specific. Growth happens when we make a plan, then ask others to keep us accountable. You may want to assign a different student to personally follow-up after each lesson.
- End with prayer:** Each lesson ends with a different prayer method to help students continue thinking about how The Takeaway applies to daily life. Spend a few minutes walking through the prompts to make sure your students know what they need to do when they're on their own during the week.

PAUSE SERIES OVERVIEW

Four lessons on slowing down and meeting God.

This series deals with the importance of pushing pause in order to stay connected with God. In this fast-paced world, busyness and self-reliance can get in the way of seeking God to meet our built-in need for rest.

LESSON 1

Be Still

SCRIPTURE: Mark 1:29–39

THE TAKEAWAY: We need to make time to be with God.

LESSON 2

Too Busy

SCRIPTURE: Luke 10:38–42

THE TAKEAWAY: We can't be too busy to be with God.

LESSON 3

It's Not about You

SCRIPTURE: Romans 12:1–8

THE TAKEAWAY: The world tells us to fend for ourselves, but God calls us to depend on him and others.

LESSON 4

Designed for Rest

SCRIPTURE: Exodus 20:8–11, Psalm 46

THE TAKEAWAY: When we rely on God he gives us rest.

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HELPING YOUTH WORKERS BE INTENTIONAL