



Letting God Speak: Meditation

KNOWN: EXPERIENCING GOD IN DAILY PRAYER
SESSION 03



Overview:

Often we approach prayer asking God for a list of things. While it is important to come to him with our petitions, we must make sure we give him time to speak to us. This most commonly occurs through Sacred Scripture and meditating on the Word. In this session, we will discuss how and why we read scripture as well as learn some practical tools in meditating with scriptures: Lectio Divina and Ignatian Gospel Meditation.

This session has approximately 22 minutes of video segments.

Theme Scripture:

1 KINGS 19:11-13

Then the LORD said: "Go out and stand on the mountain before the LORD; the LORD will pass by." There was a strong and violent wind rending the mountains and crushing rocks before the LORD—but the LORD was not in the wind; after the wind, an earthquake—but the LORD was not in the earthquake; after the earthquake, fire—but the LORD was not in the fire; after the fire, a light silent sound. When he heard this, Elijah hid his face in his cloak and went out and stood at the entrance of the cave. A voice said to him, "Why are you here, Elijah?"



A Key to Using this Guide:

ANYTHING IN ITALICS: Important information for leaders. Not necessary to share with the group.

REGULAR FONT: To be shared aloud with the group.

LEADER TIPS: Check out the “Leader Tip” boxes in the margins for helpful hints.

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Connect

1. Check-In

It is always good to check-in and ask, "How was your week?" demonstrating that you care about what is going on beyond your small group. You can ask generally or have them share "Highs and Lows." (High - best part of your week; Low - worst part)

2. Accountability

In the last session of The Invitation, your group was introduced to the concept of "The 5 S's of Accountability." These are 5 things that a disciple should be striving toward. Check-in each time you meet to see how everyone is progressing.

The 5 S's of Accountability: Service, Praying with Scripture, Sacraments, Overcoming Sin, Sharing Jesus with Others.

After every session, teens are encouraged to make a commitment.

Last week they committed to do one of the following:

- Writing down or saying out loud different things you are grateful for to God every day.
- Pick a Psalm to read out loud slowly (some great Psalms you can look at: Psalm 8, 23, 27, 62, 63, 96, 103, 123, 131, 139, 145).
- Invite the Lord into your day and actions by praying, "Lord, I believe, help my unbelief!" (Mark 9:24)


3. Optional Activity

OPTION 1: SILENT SIGNS *(Best for in-person)*

Everyone sits in a circle and creates a unique sign (Thumbs up/down, peace sign, pat your head, etc.) and they show it to the entire group. One person goes into the middle and they need to catch or call out the person receiving or giving a sign. The object of everyone in the circle is to pass the signs for as long as possible without being caught.

Leader Tip

Activities are always optional. Ask your group if they enjoy games or if they would prefer to do something else like playing a sport or sharing a meal.



The person who is caught then goes into the circle. Signs are passed by person 1 giving a sign. The sign is received by person 2 when they give that sign back to person 1 and then person 2 will show another sign and this continues until caught.

OPTION 2: CELEBRITY *(Online or in-person)*


If you are doing this online, have them submit their celebrity names to you via private chat. You can then choose them and assign them to the person acting by private chat.

Give every person 3 pieces of paper and ask them to write down the name of 3 celebrities or characters, it can be actual celebrities like athletes or musicians, or fictional celebrities like book or movie characters. It should however be the name of someone who most people in the group would be able to guess. Make sure they keep to themselves whoever it is that they put down. Once they are done they should fold their papers and put them in a bowl or hat. Divide the group into two teams, and have a timer on your phone for 30 seconds. There are 3 rounds for this game, with the team with the most number of guessed items at the end of all three rounds wins.

Rules for round one: Someone volunteers to go up and describe the words so their team can guess. The person describing cannot say the actual name of the celebrity, they can't use a rhyme or spell out the name. Once the team guesses the celebrity they can grab another paper from your bowl and continue until the 30 seconds are up. (Make sure you keep the celebrities you get right and don't put them back into the bowl until after each round is over). After the first team goes then the second team will try to guess as many celebrities as they can in the 30-second time frame. Once you are out of celebrities you tally up the points and move to round 2.

Round 2: This is played with the same structure as round 1 but instead of describing the words the person can only use one word to help their team guess the celebrity. In sense, it will be harder but everyone would have heard all the celebrity's names, at this point, from the first round so that will help.

Round 3: The same structure, but you cannot use words. The person must act out the celebrity. The team with the most total points at the end of all three rounds wins.



Discuss

Watch Video Segment #1

- DAN ASKED, “WHAT IS THE THING YOU WANT MOST OUT OF LIFE?”
- WHEN WE ARE HONEST WITH OURSELVES, DO WE TRUST GOD WITH THESE THINGS?
- WHAT ELSE STOOD OUT TO YOU IN DAN’S STORY?
- DAN SAYS, “PRAYER IS A CONVERSATION. AND CONVERSATION IMPLIES A RELATIONSHIP. AND RELATIONSHIP IMPLIES COMMITMENT BETWEEN PERSONS.” DO YOU AGREE WITH THIS STATEMENT? WHY OR WHY NOT?
- WHAT CAN WE DO TO BECOME MORE AWARE OF THE RELATIONAL ELEMENT AT THE HEART OF PRAYER?

Watch Video Segment #2

- WHAT STOOD OUT TO YOU IN THAT VIDEO?
- DAN TALKS ABOUT HOW IN PRAYER WE DON’T HAVE TO PUSH ASIDE OUR ANXIETIES, EMOTIONS, OR EVEN DESIRES. RATHER WE SHOULD CONFRONT PRAYER WITH THE REALITY OF OUR OWN LIVES. DO YOU FIND IT EASY OR DIFFICULT TO BRING THESE THINGS (EMOTION, ANXIETY, DESIRES, ETC.) TO GOD?
- WHY MIGHT PEOPLE FEEL LIKE THEY SHOULD PUSH THEIR PROBLEMS AWAY?

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- WHAT ARE YOUR EXPERIENCES OF SILENCE? GOOD OR BAD? GIVE SOME EXAMPLES.
 - WHAT MAKES SILENCE UNCOMFORTABLE?
 - DO YOU THINK SILENCE IS IMPORTANT?
 - WHEN IT COMES TO YOUR FRIENDS AND FAMILY, DO YOU CONSIDER YOURSELF A GOOD LISTENER?
 - WHAT HELPS YOU TO FOCUS AND LISTEN TO THE PERSON IN FRONT OF YOU?
 - OUT OF ALL THINGS, WHY DO YOU THINK GOD, WHO IS ALL-POWERFUL AND ALL-KNOWING, SPEAKS TO ELIJAH THROUGH A “TINY, WHISPERING SOUND”?
 - MOST OFTEN, WE HEAR GOD WITH OUR HEARTS, RATHER THAN OUR EARS. WHAT DO YOU THINK THIS LOOKS LIKE?
 - WHAT CAN YOU DO TO PRACTICE LISTENING WITH YOUR HEART?

Leader Tip

Do you have a story of God speaking in a subtle way in your life? Share it!

Watch Video Segment #3

- WHAT STOOD OUT TO YOU IN THAT SEGMENT?
- WHAT MAKES SCRIPTURE SO IMPORTANT WHEN IT COMES TO PRAYER? *“The Word of God is living and active,” (Hebrews 4:12). If we want to hear God speak, we don’t have to look for miraculous signs. His actual word is sitting on our shelf in the Bible.*
- HAVE YOU EVER ATTEMPTED TO READ THE BIBLE BEFORE? WHAT WAS THAT EXPERIENCE LIKE?
- DO YOU HAVE A BIBLE OF YOUR OWN?

Leader Tip

Encourage them to bring a Bible every week. If they don’t have one, consider getting them one as a gift.

We will have more time to dig in and practice each of these methods of mediation the next time we gather together, but for now let's just try it with the passage we discussed earlier: Elijah and the whisper. We will use the C.A.R. method that Dan outlined.

Open your Bibles to 1 Kings 19:11-13

CONSIDER

I will read it aloud 3 times. Don't say anything, just CONSIDER what God might be saying to you. If a word or phrase stands out to you, underline it in your Bible if you have one, or write it down if you don't have your Bible with you. Don't worry about why that word or phrase is standing out to you just yet.

Read 1 Kings 19:11-13 aloud slowly 3 times, pausing briefly and silently between readings.

- **WHAT WORDS OR PHRASES STOOD OUT TO YOU?**

APPLY

- **WHY DO YOU THINK THAT PHRASE STOOD OUT TO YOU?**

RESOLVE

- **HOW CAN YOU APPLY THAT WORD TO YOUR LIFE THIS WEEK?**

Notice how we had so many different words and phrases stand out. God is in a relationship with us, individually. He has something unique he wants to speak to each of our hearts.



Commit

Read 1 Kings 19:11-13 every day. Simply ask God, “What are you trying to say to me?”

Follow-up Checklist

- Send the Parent Sheet.
- Remind them to bring a Bible. It will be essential in the next meeting.
- The next meeting you will spend time putting in Bible tabs to mark the Books of the Bible for easy reference. Make sure to have them printed well in advance. You can also purchase them at YDisciple.shop.
- Consider sending them a reminder between sessions of the COMMIT.
- Did you know we have a Prayer Journal designed to go with this series? They aren't required but will greatly benefit your students. Check them out at YDisciple.shop.
- Pray! As you are helping them build a habit of prayer, take time to deepen your own prayer life.