

Youth Discussion Guide

Focus: For the week of June 7 - 13, 2020

Main Thought and Scripture:

Magnifying glasses are pretty handy when you need to FOCUS on an object or text to enlarge it. With our current season of heading into summer and with everything happening in our nation (riots and peaceful protest), we need to have focus, but not just any focus (because we can focus on the wrong things and miss out on what God has for us and wants us to do). Improper focus can actually cause more destruction to ourselves internally. How do we have the right focus? Through prayer. Prayer gets our focus off of what may be causing us anxiousness, anger, bitterness and whatever else we may be feeling right now, and places it back on God. Our feelings are valid and shouldn't be ignored, but should be brought before God so that we know how to deal with it. Most of all we're able to have the peace of God as we go on in this season. Prayer helps us move into proper action rather than an overreaction or inaction. Praying can actually bring healing and change as talked about in the Fresh Word Friday video. Let's keep praying as we go and do what God is calling us to do.

*"Let your reasonableness be known to everyone. The Lord is at hand; ⁶do not be anxious about anything, but in everything by prayer and supplication **with thanksgiving** let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. ⁸Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. ⁹What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you." (Philippians 4:5-9 ESV)*

Discussion Questions:

- What stood out to you from the scripture, main thought or video? Why?
- How have you seen prayer affect your own life? What did you learn from that?
- How can we continue to live in prayer during this season?

Prayer:

- Continue to pray for the eradication of COVID-19.
- Pray for the unity of our nation during this crisis that's happening nationwide.
- Pray for people to have the right focus—on God—during this season.