

Life Changing Habit

(Roots: Growing Your Faith - Lesson 1 of 3)

Objective:

Students will understand how to develop a daily habit of time in God's Word (Quiet Time).

Key Thought:

Make a habit, you make your life.

Note to Parents/Guardians:

The focus of this lesson was for students to develop a good habit of reading God's Word. Some people call it Quiet Time, some call it devotions, or God and me time; whatever you choose to call it, it's having a time of Bible reading and prayer. Having it on a regular, frequent basis has proven to play a huge role in spiritual growth. Your teen was encouraged to choose a consistent time of the day, find a quiet place, set a specific goal (how often and how much to read), and tell a good friend about those goals (for accountability).

Mom or Dad, to be very honest, the way your teen is learning to (or not to) interact with God's Word is primarily coming from you. If you are having a Quiet Time, great! Your teen likely already knows that you are, and encouraging him or her will be a natural process. If you are not committed to a time of reading your Bible and having time alone with God, you will find it very difficult to have this conversation. If you are willing to make this a commitment in your own life, we suggest doing it for a week or two, and letting your teen know you intend to do so. Make it a family journey to set these goals and see spiritual growth in each other.

Word of Life (the makers of your church's youth ministry curriculum) has a fantastic resource to help your teen develop a quiet time. In fact, it can work for your whole family. Check it out below:

<http://wolstore.org/collections/quiet-times>

Discussion Questions:

Following are the questions the students discussed during their small group time:

1. If there was a way for you to become a better person than you are, it was offered to you free, but it would take 20 minutes of work a day, would you do it? Why or why not?
2. Back to the Bible ministry did a survey of 150,000 people and found that those who engaged with the Bible 4 days a week or more saw a huge difference in their ability to handle life. Interesting, that the difference between 3 and 4 is quite different; those that did less than 4 days did not have the same result. The study further revealed that people who attended church regularly and were involved in a small group did not receive the same benefits as those who engaged at least 4 days a week with the Bible. This study shows that engaging with God's Word brings life transformation.
3. What are some of the main excuses you have heard or used as to why you do not have a Quiet Time?