



GOALS

- For students to become comfortable growing closer to God.
- For students to have an opportunity to clean themselves of anything that would prevent them from drawing closer to God.
- For students to understand what it takes to dwell in the sanctuary of God (or to be at home in His presence).

MATERIALS: Group

- Variety of colored pencils

MATERIALS: Each Student

- Student journal pages
- Scripture sheet, Psalm 15
- A Bible
- A pen

SESSION INTRO

Pray

Pray that God's Spirit will reveal anything that's keeping your group members from being completely comfortable in God's presence.

Open

Share a personal story regarding a time you were extremely uncomfortable. For example; a time when you were in pain (injury, surgery recovery), or when your shoes were too small or too tight, when you crammed way too many people into a small vehicle. Then ask for others to share similar stories.

After sharing stories, say in your own words:

We sometimes take the idea of being comfortable for granted. Meaning, we don't realize how much we like to be comfortable until we are uncomfortable. When we are in an uncomfortable place the only thing we can think of is getting comfortable again.

Discuss the following question:

Has there ever been a time in your life when you have felt uncomfortable with God?

Then share in your own words:

We sometimes take the idea of being comfortable for granted. We don't realize how much we like to be comfortable until we are uncomfortable.

The same is true in our relationship with God. We almost never realize how great it is to be comfortable with God until we experience what it's like to be uncomfortable with Him. The best way to deal with the uncomfortable is to figure out what is making you uncomfortable and change it.

When David penned his well-loved phrase, I rejoiced with those who said to me, “Let us go to the house of the Lord.” (Psalm 122:1 NIV) his heart must have been right with God. It is good to be in God’s presence when we have been obedient, but it can be equally uncomfortable when we have been disobedient or when we know our actions and thoughts aren’t lining up with what He wants.

DIGGING IN

Ask students to turn in their Bibles to Psalm 15 and quietly read the first verse. Then discuss the following questions.

What are the questions being asked here?

What does it mean to dwell in God’s sanctuary?

What does it mean to live on God’s holy hill?

What point do you think the author is trying to make?

Work together to reword the first verse in a way that makes sense today.

Now have students read the entire psalm. As they read, invite them to mark the following in their Bibles (if anyone is not comfortable marking in his or her Bible, offer copies of the Scripture sheets):

Underline in one color anything they should do in order to sit comfortably in God’s presence.

Once they have finished, ask students to work together to list each of the ten instructions on their journal pages

As you work through the passage, you’ll want to make sure that everyone understands the meaning of each instruction. Now would be a good time for you to weave in your observations on the meaning of verse 2 (regarding a “blameless” walk) and verse 4 (regarding despising “a vile person”), especially if your students have questions about these things.

TAKING IT INWARD

After students have listed the 10 instructions on their journal pages, discuss each instruction as a group and identify three practical ways to “do” each instruction. They should write these underneath each instruction. The first instruction is done below as an example.

The first instruction is to be a person “whose walk is blameless.” Work together as a group to list three or four ways to be this kind of person. Have students write down ideas in the space beneath each instruction on their journal pages. It may look something like this:

Be someone whose walk is blameless:

Don’t do anything you would regret later

Don’t lie to anyone

Be the same person in private that you are in public

Continue with the other instructions.

After you’ve worked through the list of instructions, give students a moment to personally ponder the list. Invite them to choose one of the instructions that stands out the most to them. Spend some time discussing the questions below in light of the instruction they chose.

What would need to change in your life so you could do this instruction?

What's stopping you from making these changes?

Do you have people in your life who appear to live very comfortably with God?

What do you see that enables them to live this way?

Do you want to be more comfortable with God?

Do you feel like making some of these changes is too big of a sacrifice?

Would obeying this instruction make things more comfortable between you and God?

PUTTING INTO PRACTICE

Direct students to the section on their journal page with the heading, "My Comfort Level" and point out the rating scale. Have them rate the current level of comfort they are experiencing on the scale with ten being the "most comfortable" and one being the "least comfortable."

Have your student's journal their thoughts on the question beneath the scale:

What is currently affecting my comfort level with God?

Ask:

As you look over this list (on their journal page) and you look at the current comfort level you are experiencing with God, does anything speak to you? Did any of these instructions hit a nerve in any way?

Give them a few minutes to personally respond to what the Spirit is saying to them. Ask them to write down in the box "Changes to Make this Week" any specific things they need to do this week in order to fulfill the instructions of Psalm 15 and be more at home in God's presence.

After your students have come up with one thing for them to do to become more comfortable in the presence of God this week ask them to share it with you. Help them figure out how they are going to go about implementing this "one thing." When will they do it? How will they do it? What might they need to stop to be able to do it? Work together to come up with a plan of action. Once they are feeling encouraged and energized over this week's challenge, pray for them as you close your time together.

*Be sure to write down the action step your students will be seeking to take this week. There will be plenty of days for you to text or message them an encouraging reminder of how God has just spoken to them.