



### 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
- Whiteboard and markers
- Optional: a “comfy” chair (something simple like a fold up lawn chair)

### MATERIALS: Each Student

- Student journal pages
- Scripture sheet, Psalm 15
- A Bible
- Pens and colored pencils

## SESSION INTRO

### Pray

Be sure to pray that during your time together, God’s Spirit will reveal anything keeping your group members from being completely comfortable in God’s presence – just like a little child in the arms of a loving dad or mom.

### Open

Open your study time with this brainstorm discussion about comfort, or the lack thereof. Share that you’ll be asking for the group to vote for the “most uncomfortable” situation. As situations are shared, write a reminder word for each situation so that they can be voted on after all have shared.

**Describe a time when you were most uncomfortable. Here are some examples:**

- long trip in a car
- camping in a rainstorm
- walking with a blister
- standing in line on a hot day
- needing to go to the bathroom with no bathroom in sight

After several have shared, ask students to vote for two situations that are not their own and tally votes on the whiteboard. Award the winner with a round of applause and an offer to sit in the “comfy” chair if you chose that option.

Then share the following 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 was glad when they said unto me, Let us go into the house of the Lord” (Psalm 122:1 KJV) his heart must have been right with the Lord. 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

Have your students turn to this week's journal page and Scripture sheet for Psalm 15. Hand out one or two colored pencils per person.

Read together, out loud, the first verse of Psalm 15. After you've finished reading ask:

**What are the questions being asked here?**

Once they have told you what the text says challenge them to put it into their own words or in today's language.

Now have students read the entire psalm and do these things (as a way to play up the comfortable theme you could give them the opportunity to spread out and get "comfortable" as they do their personal study):

- 1. Underline anything they see that is something they should do in order to sit comfortably in God's presence.**
- 2. After they have finished reading, ask them to list these instructions on their student journal pages on the numbered lines under the heading "Top Ten Ways to Be Comfortable with God." (You might want to explain that in this passage there are 10 basic instructions since two of them are similar. If they want to list 11 that would be okay too.)**

Once students have finished, bring them back together as a group (or let them stay where they are depending on how big the room is). The object of your discussion will be to work as a group to list each of the ten instructions on the board.

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 you have your 10 instructions listed on the board, give your group members a minute to check their journal pages to be sure they have them listed correctly from the Digging In exercise. Then send them back to their comfortable place for a "personal retreat." Their assignment is to pick five of the instructions from their list, "Top Ten Ways to be Comfortable with God," and identify three ways to "do" each instruction. They should write their ideas under the chosen instructions. You may want to do the first instruction, to be a person "whose walk is blameless," together as practice.

Work together as a group to list three or four ways to be this kind of person. Record the information your group gives you on the board as an example. 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 nice to the people who are mean to you*

When your students have the hang of it, send them to their comfortable place to do the work on their own.

After most of your students have finished, bring them back together to discuss their ideas. Take turns having students share the one that stood out to them the most. List on the board the practical ideas they have for keeping each instruction. Some

of these may be very convicting and will require more discussion. Here are a few follow up questions that will help take the conversation a little deeper.

**How would you go about living out this instruction?**

**What would need to change in your life so you could (insert instruction here)?**

**How would (insert instruction here) make it more comfortable between you and God?**

## PUTTING INTO PRACTICE

### **What's my comfort level?**

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 a ten being the "most comfortable" and a one being the "least comfortable."

Then ask:

**As you look over this list (on your journal page and on the board) does anything speak to you? Did any of these instructions hit a nerve in any way? Do you think that the thing hitting the nerve might be directly connected to the number you circled?**

Give students a few minutes to personally respond to what the Spirit is saying to them. Ask them to write 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.

Have your students quickly partner up with someone close by (if you need to, count them off quickly). Once they are in pairs encourage them to share the thing they wrote in their box. Saying it out loud is the first step toward putting it into practice. Telling another person also ups the level of accountability. The person they are with has now just become their "accountability" person. They should write down each other's goals so they can remember to pray and encourage one another outside of today's session. They can write it at the bottom of the paper or type it into the notes on their phones. Wherever they will see it most.

Once they have each finished sharing give them a few minutes to pray over one another and their "change." If they aren't comfortable praying out loud then they can pray silently over their friend.

Finally, remind your group of the promise in verse 5: "He who does these things will never be shaken." Ask them what they think this promise means. Ask them if they want this promise to be true of their lives.

### **One more thing:**

Your students may have noticed that because they used the Scripture sheets that they haven't used their Bibles in this session. In most sessions they will be using their Bibles to look up other passages. To encourage personal use of their Bibles, have students open their Bibles to Psalm 15. Invite them to make notes from the session in the margins of this psalm.