



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
- Timer
- Twister positions (5-10 depending on how much time you want to take for the activity)

MATERIALS: Each Student

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

SESSION INTRO

Pray

After your students have gathered, open your time in prayer. 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

Twister with a twist

Have students stand up and spread across the room. From the front you are going to call out positions for them to stand/sit in. Write out your positions ahead of time so you can move quickly (there are a few examples below). The idea is for them to stay in each position for 20 seconds. Long enough to get really uncomfortable.

Example positions:

- **Stand with your legs crossed and bend down to touch the floor**
- **Stand on one leg and try to sit in an air chair**
- **Put yourself in a crab position (think crab soccer in elementary school) and lift your right leg up then hold**
- **While still in the crab position with your right leg up, now lift your left arm up and hold**

Have your students go back to their seats and 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. Imagine if I would have asked you to do your homework while in one of those positions! It would have been impossible for you to concentrate because of how uncomfortable you were.

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 not to forget about it or even stop doing it. It 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 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

Draw your students' attention to their Session 2 journal page and Psalm 15 Scripture sheet. 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 journal page 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, but two of them are similar. If they want to list eleven that would be okay too.)**

Once students have finished, bring them back together as a group. Work together 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 ten 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 three 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 and use the following exercises to discuss their ideas.

- Invite students to choose one instruction that stood out to them the most. Have them turn to Psalm 15 in their Bibles and underline this instruction.
- Ask them to take turns sharing their instruction. As they share, list on the board the practical ideas they have for keeping each instruction. Here are a few follow up questions that will help take the conversation a little deeper.

How can 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 things more comfortable between you and God?

PUTTING INTO PRACTICE

What's my comfort level?

Direct students to the rating scale on their journal pages under the heading, "My Comfort Level." 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 on the scale?

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.

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.