



FOCUSED LIVING IN CHRIST

Facilitator Guide – Lesson Four

REFUEL so you remember, relax, and rejoice in Christ.

Starting the Discussion

Use one (or both) of the following questions to begin the discussion.

- What is a gift you received that left a lasting impression on you? Why did it leave a lasting impression?
- If someone were joining this study for the first time, how would you explain how these words—remember, relax, rejoice—impact the life of a teen?

Watch the “Refuel Video”

Before viewing, encourage the youth to listen for takeaways from the video which they might be willing to share with the group. After viewing, ask the youth to share some of their takeaways. Their comments might lead naturally into some of discussion thoughts below.

Connecting & Applying Colossians 3:12-14 (The leader may also want to include verses 15-17).

- A lack of oxygen has harmful effects on thinking and life! A lack of God’s Word has harmful effects on thinking and life! Come up with your best reasons for why it is important to have God’s Word as a regular part of your life.
Thoughts for the leader – God’s Word is the one thing needful! (Luke 10:38-42). God’s Word is useful for teaching, rebuking, correcting, and training in righteousness so that we are equipped for every good work (2 Timothy 3:16-17). There are great blessings that come from being in God’s Word (Psalm 1, John 15:1-8). God grows our faith and blossoms our faith with fruit. God delivers his compassion, kindness, humility, etc. to us through his Word. Encourage youth to be in it!
- One study shared some of the ways that people waste time in their lives. Some of the top “time-wasters” included: procrastination, perfectionism, taking on too much, and unresolved conflict.
 - What “time-wasters” would you add to the list? What “time-wasters” on the list are a struggle for you?
 - Explain how spending time growing in God’s Word helps with those “time-wasters.”

Thoughts for the leader – Answers vary for #1. With #2, time in God’s Word teaches us who our God is and what he has done and still does for us. He has resolved our biggest conflicts of sin, death, and the devil with his death and resurrection; we don’t have to be perfect—he was perfect for us! He is with us to carry our burdens in life, and he gives us courage to face difficult days, people, and tasks we may want to avoid.

- **Where do you even begin? What resources, tips, and advice would you give to someone who is looking to grow in God’s Word?**

Thoughts for the leader – Share what you do! Highlight resources like Meditations, WELS Daily Devotions, WELS Transformed – Teen Devotions. Encourage them to set apart time to read or listen chapter or a section of the Bible. Discuss a plan to do it together with them! Ask them what they have found beneficial too!

Close with Prayer

The leader may include specific youth prayer requests in the prayer.