

**FACILITATION HELP: I DON'T KNOW**

This could possibly be the most powerful answer you could give a student. Responding with “I don’t know” to a question demonstrates a couple of things to your students. First, it demonstrates humility. Nobody knows all the answers to every question. Humbly acknowledging that you don’t know the answer shows that you are willing to be authentic, not showy with them. It also demonstrates honesty. Saying, “I don’t know” shows that you aren’t willing to throw out any answer just to have an answer. You genuinely respect them and their questions enough that you want them to receive a true answer. It also builds trust. Students can tell when you are trying to make stuff up. And when they see that, you lose their trust and they will stop asking questions, especially the significant ones.

**STUDENT LESSON**  
**VIDEO**

*Do you hear cars or waves?*

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**CORE**  
**CONCEPTS**

God designed an essential pattern  
for rest and renewal.

**ESSENTIALS QUESTION: HOW DO YOU REST?****STUDENT DISCUSSION 1:**

**WHAT DID THE SABBATH MEAN TO JESUS WHEN HE LIVED HERE ON EARTH?**

Check out Luke 4 and 6.



**STUDENT DISCUSSION 2:****WHAT ARE THE HEALTH BENEFITS OF REST AND/OR SABBATH?****STUDENT DISCUSSION 3:****WHAT ARE SOME DIFFERENT WAYS TO EXPERIENCE REST AND RENEWAL?****DROP THE MIC >>****CONCLUDE YOUR DISCUSSION WITH:**

- » **ACTION PLAN:** *How do you plan to think and act differently?*
- » **FINAL REFLECTION:** *The pace of our lives can sometimes get hectic or chaotic. We need times of rest and renewal in order to accomplish all God intends for us.*
- » **FINAL QUESTION:** *When do you plan to rest?*