

### FACILITATION HELP: CASUAL CONVERSATIONS

Small group discussion time is sometimes limiting. We'd like to enjoy the casual conversation, but we are also there to help students talk through important faith issues. It's important to keep our discussion mostly about the topic at hand during the Small Group Time, but don't neglect the casual conversation before and after your group meeting. Be intentional about catching up with each student individually outside the structured time of small group. Getting to know students individually will help build trust between you and the students. Eventually this will benefit the quality of the small group discussion and ultimately their spiritual growth.

### STUDENT LESSON VIDEO

*Do you see the dog?*

[AwanaJourney.com](http://AwanaJourney.com)

### CORE CONCEPTS

God created us to live our lives  
according to His design.

**ESSENTIALS QUESTION: IS IT IMPORTANT TO HAVE RHYTHMS IN LIFE? WHY OR WHY NOT?**

### STUDENT DISCUSSION 1:

**BASED ON THE ACCOUNTS OF JESUS' LIFE IN THE GOSPELS, WHAT WERE HIS RHYTHMS OF FAITH?** (Mark 1 contains some great examples of Jesus' pattern of life, including prayer, solitude, rest, and ministry.)

**STUDENT DISCUSSION 2:**

**BESIDES JESUS, WHICH OTHER PERSON IN THE BIBLE STANDS OUT TO YOU AS HAVING HEALTHY RHYTHMS OF FAITH?** (Answers may include Abraham, Moses, Samuel, David, Daniel.)

**STUDENT DISCUSSION 3:**

**WHAT REGULAR RHYTHMS OR PATTERNS DO YOU PARTICIPATE IN THAT REMIND YOU TO TRUST GOD?**

**DROP THE MIC >>****CONCLUDE YOUR DISCUSSION WITH:**

- » **ACTION PLAN:** *How do you plan to think and act differently?*
- » **FINAL REFLECTION:** *Our lives are meant to be lived according to God's design. The more we become like Jesus by the power of the Holy Spirit, the more connected our lives are to the freedom and peace found in His plan.*
- » **FINAL QUESTION:** *Are you experiencing the effects of living within God's design?*