

## Session 2 – What's Holding You Back? 10/9/16

**6:05pm-6:10pm**

- Welcome
- Opening Prayer

**6:10pm-6:20pm**

- **Where is God in your life?** Take a few minutes to check-in with your group. Ask them to share how their week has been, the high point and low point of their week, and how they have experienced God this week. Where or when did they see God in their life? Perhaps in a kind word, a smile, the changing leaves, a fun experience, etc. Start by sharing yourself.

**6:20pm-6:35pm**

- **Video and Discussion:** We'll watch the video "What are you doing" as a large group. You'll then lead a discussion using the question found on pg. 39 of your leader guide.

**6:35pm-6:45pm**

- **Happiness Activity:** Fold your sheet of paper in half. On one half, brainstorm a list of the things that make you happy/that you're passionate about. You can write words, draw pictures, or both. Now on the other half, brainstorm a list of things that make a person holy. Again, you can do this with either words or pictures. Now unfold your sheet of paper.
- **Discussion questions:**
  - How many of the things on the top half and bottom half of your paper overlap?
  - How can you do more of what makes you holy?
  - Share this Bible verse with your group: Colossians 3:23- Whatever you do, work at it with all your heart, as if you are working for the Lord.
  - Do you think your faith can be connected to the things that you're passionate about? In what ways?
  - Do you think people who have a strong relationship with Jesus tend to be happier than the average person? Why or why not?

### **6:45pm-7:05pm**

- **Video and Discussion:** We'll watch the video "The quest for happiness" together. You'll then lead a discussion using the questions on pg. 40 of your leader guide.

### **7:05pm-7:20pm**

- **Video and Discussion:** We'll watch the video "This is Personal" together. You'll then lead a discussion using the questions on pg. 45 of your leader guide.

### **7:20pm-7:25pm**

- **Video:** We'll watch the video "Decision Point" together.

### **7:25pm-7:30pm**

- **Announcements and Reminders**
- **Closing Prayer:** Lead your group in a closing prayer. Pray that they will have the courage to let go of the things in their life that are holding them back from God, and do more of what makes them holy. This prayer can be spontaneous, reflection on a scripture verse, something you prepare before class, or you can ask your students if they have prayer requests. Be creative!

**\*\*If your group finishes your discussions before I bring you back to the large group, use some of the other questions and activities in your leader guide. There is plenty that you can do!**