

G.R.O.W.

Lesson 3—One-on-One Time with Jesus

OVERVIEW

G.R.O.W. Acrostic:

Week 1—G—Go to Church

Week 2—R—Read, Study and Memorize God’s Word

Week 3—O—One-on-One Time with Jesus

Bible Stories: Mark 1:35-38 and Exodus 34:29-35

Key Verse: Mark 1:35 –“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

BEFORE CLASS

Preparation: *Your preparation will determine what direction your class will go.*

- Consider the importance of your own daily time with God.
- Consider the reason you spend time in prayer.
- Consider the role prayer has played in your life.
- Study and prepare your lesson so that you are familiar with the illustrations and outline.
- Contact students who missed Sunday School last week.
- Pray for each student by name.

TEACHING TIPS

You will probably have guests in your class this week. Get to know them by name. Make sure each one fills out a guest card and let them know you are glad they are in your class. Then call them this week to let them know they are always welcome.

OPENING ACTIVITY

As Students Enter

As students enter the room, *give each a survey*. While they are finishing casually ask the following, but for time’s sake, once everyone is finished begin with the “Time will Tale” section below.

- *How was your week?*
- *What did God do in your life this past week?*

Time will Tale

Did you know:

If a person spends 10 minutes in the shower every day, over the course of a year they will spend nearly 61 hours—that's 2 ½ days in the shower.

If a person spends 2 minutes brushing his or her teeth each day, over the course of 75 years, he or she will spend nearly four days brushing his or her teeth.

If a person spends 2 hours each day watching TV, over the course of a year he or she will spend 730 hours watching TV. Then over the course of 75 years, he or she will spend 6 ¼ years watching TV.

If a person spends 1 hour eating throughout each day, he or she will spend over three years eating if he or she lives to be 75 years of age.

SAY: The average person spends 40 hours per week working. That's 2,000 hours per year. The average student spends 30 hours at school, 1,100 hours per year. The average person spends 3,000 hours sleeping, 1,500 hours watching TV, and 550 hours eating each year.

- *How much time do you spend every day one-on-one with Christ?* (Many people spend more time making sure their teeth look good each year than making sure their hearts looks good.)

- Don't answer this aloud—*This past week how much one-on-one time did you spend with Jesus? Is this more or less time than you spent brushing your teeth? Getting ready in the morning? Watching TV?*

- *How much time do you think it takes to read the Bible through in a year?*

SAY: At a moderate rate it takes about 90 hours. That's an average of 15 minutes each day to read the Bible through in a year. It takes 20 hours to read the New Testament through. That's only three minutes each day. Even though it only takes such a small percentage of time, most believers in America won't read the Bible through in a lifetime.¹

- *On a scale of 1 to 10, 10 being great and 1 being poor, how important is it to you that you spend time with Jesus every day?*

- *On a scale of 1 to 10, how important is it to you that you live a godly life?*

TEACHING TIPS

When leading student discussions remember that you want your students to feel the freedom to express themselves without other students mocking them. Stay in control of the discussion and don't let it turn into a debate. Let each person express his or her opinion not from the attitude of "whatever you believe is okay" but to build a platform that says, "Now let's take a look at what the Bible says." Remember that the purpose of the discussion is to give you direction as to what may need to be addressed specifically in the lesson as well as to help you understand what the world view of your students is. Also, be careful that you don't spend so much time discussing that your lesson suffers as the result.

SAY: Godly character is a direct result of a consistent, daily, one-on-one relationship with Christ. The one-on-one time you spend with God every day will affect every other area of your life.

- *What are some significant ways your time with Jesus affects you?*

Consider the following:

- What you think about.
- How you respond to situations.
- How you deal with temptation.
- How quickly you become angry.
- How well you can control your mouth.
- What your attitude is like.
- How well you are tuned into God's voice.
- How well you are tuned into God's things.

STORY: A minister and a scientist were walking down a busy street one day. The scientist asked, "What do you hear?" The minister replied that he heard the chatter of people busily talking and the noise of the traffic. The scientist, who was an entomologist and a specialist in the study of insects, said, "I hear a cricket above all the sounds you have mentioned." He went to a nearby office building, moved a small stone and showed the minister a cricket that had taken refuge there. The minister was amazed. Then the scientist walked back to the street and said, "Watch this." He reached into his pocket, pulled out a quarter and dropped it. Though the sound was almost inaudible, several people turned to see where the money had fallen. The scientist remarked, "You hear what you want to hear and what you are trained to hear."²

- *Do you think you might miss out on "hearing" some of the things God's wants you to hear because you have not trained yourself to listen to Him?*

BIBLE LESSON

The Importance of Spending Time with God

Read Mark 1:35 from your Bible:

SAY: If Jesus understood the importance of pulling Himself aside and having a daily "quiet" time with the Father, how much more should we?

STORY: Martin Luther (not Martin Luther King, but Martin Luther for whom he was named, the minister who helped introduce the Reformation, a significant landmark in Christian history) said, "I am so busy now that if I didn't spend two or three hours each day in prayer, I couldn't get through the day."³

Another saying states, "I'm too busy NOT to pray."⁴

The Result of Spending Time with God

Read Mark 1:36-38 from your Bible:

SAY: Notice Jesus' clarity on what to do and why to do it. When you spend time with God on a daily basis you receive instruction and clarity as to His purpose for your day and His purpose for your life.

The Evidence of Spending Time with God

Read Exodus 34:29-35 from your Bible:

SAY: After Moses had been with God, the affect was obvious to all—His face shone with the glory of God. When you spend time with God on a daily basis, it will make a difference in how you live. People will see the glory of God in your life and in your actions because the more time you spend with Christ, the more your life will be swallowed up in Him.

LET'S GET PRACTICAL

SAY: We all know the importance of having one-on-one time with God every day, but how does this play out in real life?

What is a Quiet Time?

- *What is a "Quiet" Time?*

SAY: A quiet time is time alone with God (without interruption) in the Scriptures, prayer, and meditation. It is the way you get to know Christ and the foundation for consistent spiritual growth.

- *What does a person do during a Quiet Time?*

SAY: Quiet times don't have to be quiet. You don't have to do the same thing everyday. Enjoy variety and enjoy knowing God.

Here are some things you can do:

- Pray about anything—like talking to your best friend
- Listen to God
- Meditate on a Bible verse
- Be still and quiet and enjoy God's presence
- Sing a song
- Worship the Lord
- Tell God about your day
- Read the Bible
- Memorize a verse

- Study a passage of Scripture
 - Take a walk with Christ, listening for Him in the stillness of your own heart
 - Ask God a question and wait for an answer
 - Write a song or poem for God
- *What are some other things a person can do during a Quiet Time?* (Keep a journal of what God is doing in your life; Read a devotional book, etc.)

SAY: Another aspect of spending time with God is journaling. You might want to write down your thoughts and feelings or to write a letter to God. Sometimes this helps to identify your spiritual needs. In fact, take a look at the book of Psalms for an example of people writing down their feelings and experiences and how God interacted with them.

Where to Start

- *How do you think a person begins having a daily, one-on-one time with Christ?*

(1) *Make a decision* to begin spending daily time with God.

(2) *Decide on a good time* when you are least likely to be interrupted.

- *When is a good time with you to spend time with the Lord?*

SAY: Jesus got up early in the morning. This doesn't mean that everyone should follow this same pattern although it has been said that "How you spend the first fifteen minutes of your day, sets you on a course for the rest of your day." Find a time when you can be alone and when and where it is quiet so that you won't be distracted. Also, if you usually have a quiet time with music playing, try complete silence from time to time. We live in a culture that doesn't know what to do when it's quiet. Try it and just sit and listen to what God has for you.

(3) *Give God top priority*—You will always find time for what is most important to you. Love is spelled T-I-M-E.

(4) *Don't over-do it*—Spending time with God is about quality, not quantity. A quiet time should be a fun, inspiration time, not a burden as you hurry about to follow a ritual. Also, don't feel guilty if you are having a 12-minute quiet time and someone else is having a 40-minute one. To a certain extent, your time with God will adapt to your personality. Don't cut God short, but at the same time don't frustrate yourself by setting unrealistic expectations.

(5) *Keep it fresh*—use variety. Don't always do the same thing. Don't let it become a ritualistic rut but a real and dynamic relationship.

(6) *Don't go by feelings*—There will be some times when your quiet time may not seem as alive and exciting as other times. It's easy to skip when you don't feel like having it. One seminary professor often said, "*It's easier to act yourself into a new way of feeling than to feel yourself into a new way of acting.*" In other words, whether you feel like it or not, choose to act and the feeling will come.⁵

WRAP IT UP

Final Thoughts

- *Who remembers from last week, how much time the average person spends waiting in line during the span of their life? (Three years)*

SAY: Why not write a Bible verse on a small card, carry it with you, and any time you find yourself standing in line or with nothing to do, pull it out, read it, and think about it, and put God's Word in your heart and mind.

Prayer Time

List prayer requests below and on the back of this page and pray for your students throughout the week.

¹*Stories for Life*, (Fort Worth, TX: Student Discipleship Ministries, 2000), Story #526.

²*Ibid*, Story #328.

³*Ibid*, Story #505.

⁴Unknown.

⁵*Passion For Purity: Leader Guide*, (Fort Worth, TX: Student Discipleship Ministries, 2000), p. 27.