

TOGETHER... Kinda

Artist:
PEABOD
PEABODRAPS.COM

Album Title & Record Company:
ANTI-SOCIAL - SINGLE
CENTRICITY MUSIC

Video Title:
ANTI-SOCIAL

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WEEK 2: REST

THEME

Rest

OBJECTIVE

We live in a world where we are connected 24/7 and the noise of life has become deafening; but when we quiet our souls and seek rest and refuge with Christ, He will renew us.

WARM UP

Be Still – When your group has assembled online, have a version of a staring contest. Instead of just a stare-down, find out which of your young friends can remain *absolutely still* the longest! Things should get interesting as some kids begin to fidget – and then they will try to distract the remaining players, maybe cause them to smile or laugh. Think of a cool reward that you can give to the winner.

TRANSITION

Have the students converse about how difficult remaining quiet and still is in a constantly-connected world. Make sure your students have a copy of the Student Guide with them.

THE VIDEO

In this video, Peabod talks about the pressures and distractions of constantly being connected. In this video he talks about issues very familiar to what young people deal with today. We live in a culture where our teens are literally going to bed with their phones in their hands, under their pillows, or right next to their heads so they don't miss a single ding or buzz from a notification.

As you show the video, have the students write down lyrics they relate to in their lives in the section titled **Unplugged**.

TRANSITION

As you transition to the study, allow your students to reveal the lyrics that related to them the most. Discuss such issues as getting less sleep or constant stress or worry because they are connected so much.

BIBLE STUDY

Read each passage. Have the students discuss the answers to the questions, or write them down. Talk with the students about how they can use their devices for good, to help people, but also help them see that they can be the cause of serious spiritual and health issues. Discuss the importance of resting and being still before God. Have them write their responses in the section titled **Overload**.

Luke 10:38-42

In this well-known passage about Martha and Mary, we see Martha hurrying about to be the perfect host, while Mary sat at the feet of Jesus instead of helping prepare for their guest.

- At the end of the passage, why do you think Jesus told Martha that Mary had chosen the good portion?
- Was Martha doing anything wrong? Then what kept Martha from the better experience?
- How does being connected on a global scale distract us from our growth at the feet of Jesus?

Psalms 46:1-11

This passage deals with the chaos of our lives, hard times, and spiritual warfare. In it, God tells us He is our refuge and strength, but He also reminds us to be still and know that He is God.

- What promises are made in this passage?
- How does our technological world prevent us from being still?
- What do you think it means to be still and know He is God?
- How can taking a rest from your “connectedness” benefit you and your spiritual growth?

Matthew 11:25-30

This passage discusses rest found in Jesus. Because of our “connectedness,” not only do we tend to tackle our trials, but many of us take on the trials of those close to us as well, and we have every detail at our fingertips.

- What are the promises found in this passage?
- What does Jesus mean by “My yoke is easy, and my burden is light?”
- With this constant flow of information, why is it important to unplug and take a sabbath from being connected?
- What health risks do we take by wanting to be so connected, we sleep with our phones?

WRAP UP

It is very important not to demonize the technology the students are using as it is their language, their form of communication. What is important is to show them the physical and spiritual benefits of breaking away for a time of rest- a sabbath as Peabod puts it. Finish with the **Psalms 131:1-3** and use that as your prayer over your students.

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UNPLUGGED

Write down lyrics that relate to your life or someone you know in terms of being too connected.

Psalm 46:1-11

What promises are made in this passage?
How does our technological world prevent us from being still?

What does Jesus mean by “My yoke is easy, and my burden is light?”

With this constant flow of information, why is it important to unplug and take a sabbath from being connected?

OVERLOAD

Luke 10:38-42

At the end of the passage, why do you think Jesus told Martha that Mary had chosen the good portion?

What do you think it means to be still and know He is God?

What health risks do we take by wanting to be so connected, we sleep with our phones?

Was Martha doing anything wrong?
Then what kept Martha from the better experience?

How can taking a rest from your “connectedness” benefit you and your spiritual growth?

WRAP UP

Conclude with **Psalm 131:1-3** as our prayer for yourself and those around you.

How does being connected on a global scale distract us from our growth at the feet of Jesus?

Matthew 11:25-30

What are the promises found in this Bible passage?