

# JOE MELENDREZ

Artist:	Album Title & Record Company:	Video Title:	Study by:
JOE MELENDREZ JOEMELENDREZ.COM	PRAISESHIP (REFLECT) JOE MELENDREZ	THIS IS THE DAY (FT HANNAH SCHAEFER)	CHRISTINA DAVIS DIRECTOR OF YOUTH MINISTRY ARCHDIOCESE OF NEW YORK, NEW YORK CHRISTINA.DAVIS@ARCHNY.ORG



## Playlist

This song is featured on "The Linc: Thankfulness" Spotify playlist – which is the perfect way to remind your students what you've taught them in this session. To share it with them, click the live link on the web version of this study.

## Theme

Thankfulness, Prayer; Thanksgiving, Devotion; Quiet Time

## Objective

Students will be encouraged to recognize the need to keep our focus on Jesus and to remember the hope we have in Him.

## Warm Up

**Musical Balloons** - Students should stand forming a large circle to start the game. Place one fewer balloons up in the air than participants in the center of the circle.

When the music starts, the students will toss the balloons in the air. The goal is to keep all the balloons up in the air during the song. When the music stops everyone will grab a balloon. The student who does not have a balloon is out, and one balloon is removed from the game.

The game continues until the last two students battle it out, the student who captures the last balloon wins the game.

Play "This Is The Day" by Joe Melendrez, stopping at intervals that will work for your group and time. (<https://open.spotify.com/track/25YejEldBiYxqPGwBqBBBQ?si=5388633a8ebc44d9>)

## Transition

When we want to do our best, we give our full attention and effort, whether it's in a game or any activity we dedicate ourselves to. We should show the same focus and attention to God.

## The Video

Play the "This Is The Day" music video by Joe Melendrez.

- What word or phrase stuck out to you while listening to the song?
- What do you think God is saying to you through this word or phrase?

## Bible Study

Focusing on the Word of God is one way to help us keep our focus on Him.

Read **Hebrews 12:2**

- Why is focusing on Jesus so important as a follower of Christ?
- Can you fully focus on Jesus if you are concerned with other things? Why or why not?
- Why is it important to put our hope in the Lord?
- There is a saying, "Where your focus goes, your energy flows." What are you putting your energy into?
- What do you need to do (or remove from your life) to fully focus on Jesus?

Read **Psalm 118:24**

Prayer helps us stay focused on Christ.

- Think of an experience that didn't go the way you expected. Where was your focus?
- If Christ was not your focus, what do you think would have happened if you turned your focus to God?
- How would focusing on the words "This is the day the Lord has made" change your perspective?
- The Scripture also reminds us to "rejoice and be glad." What can you rejoice and be glad in right now?

## Transition

The artist offers a meditation remix of the song "This Is The Day" on his *Praiseship (Reflect)* album. We will now spend time meditating and reflecting on this song. It is designed to lead us into praise and focus on Christ in the present moment.

To prepare, students should space out and find a comfortable position (lying down, sitting in a chair, or leaning against a wall). If possible, dim the lights. This is an opportunity to be present with God, letting go of any distractions and directing our focus towards Him. Students should enter a quiet state, clear their minds, and close their eyes if they are comfortable.

Just as we listened to the original version earlier, we now want to open ourselves and give God our full attention, listening for what comes to mind during this time.

## The Song

Play "This Is the Day (Reflect)" by Joe Melendrez. (<https://open.spotify.com/track/4cB2uKlIkMkfw3qBvitXv?si=8fc423cc27554ed9>)

## Wrap Up

After the song concludes, invite students to slowly open their eyes and return to a fully upright position. Turn on the full lighting if dimmed.

- Did this time in prayer help you focus on Jesus?
- What is one thing you can concretely do to help you focus on Christ this week?
- Is there someone that needs to hear an affirmation of God's hope in their life today? Can you commit to contacting them to let them know?

Ask each student to share the one thing they can rejoice and be glad in then close in a short prayer of thanksgiving.

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