

# WEEK 1

DISCUSSION GUIDE for middle schoolers

focus

It's not easy to stay focused. Especially these days, when we're connected to a never-ending stream of new notifications, ads, messages, videos, posts, and entertainment, it makes sense if we feel a little distracted sometimes. Maybe you've struggled recently to stay focused on your homework, or on the story your friend was telling you, or on the movie you were watching — but have you ever struggled to stay focused when you were spending time with God? In this four-week series, we're going to get honest about how difficult it can be to stay focused when we're trying to pray, read the Bible, or grow in our faith. Each week, we'll explore passages from Psalms and the Gospels as we challenge ourselves to focus on practicing four spiritual disciplines that can help us grow. Together, we'll try focusing on **what God has said**, on **giving something up**, on **talking to God**, and on **rest**.

## THIS WEEK

### BIG IDEA

Focus on what God has said.

### BIBLE

Matthew 4:1-11,  
Psalm 119:9, 33-37

## QUESTIONS

- **What's one thing you could focus on for hours?**
- **When is it most difficult for you to focus? Why do you think that is?**
- **Have you ever tried to read the Bible but struggled to focus? What made it so difficult?**
- **When we focus on God's words, how does it help us grow?**
- **Read Psalm 119:9. If you wanted to start memorizing Scripture, where would you start? How would you choose a verse? How would you memorize it?**
- **This week, what's one way you're going to practice focusing on what God has said?**



Share your habit stacks with each other! See if anyone has identified a habit stack that would be helpful to someone else in the group.