

# VOLUNTEER DEVOTIONAL

focus

## STUDY

Life can seem like a series of attempts to break or develop habits. Think about the habits you see forming in your own routine. Whether you like them or not, they form because of repetition and sometimes because we aren't paying very close attention. Then, there are those that require more intention. It wasn't an "oops" that you woke up being able to run a 5K, speak another language, or complete a project. All of these things took a habit-forming and a habit-repeating to exist.

In this series, you'll get to guide students to a place of focus — where they can begin to develop spiritual habits worth repeating. As you prepare, think about the places where God may be inviting you to focus more. Spending time with God, spending time with others, using your gifts, and telling your story are all habits that we tend to over a lifetime. Use this chance, while you're helping teenagers see what's possible, to consider what might also be possible for you.

To get ready for this series, **spend a few minutes reading the stories we'll be teaching students this month.** As you do, think about what God has taught you (and is still teaching you) about spiritual habits through these passages, and how these Big Ideas have been true in your life.

**WEEK 1: Focus on what God has said.** Matthew 4:1-11

**WEEK 2: Focus on giving something up.** Matthew 6:16-18; Psalm 121:1-8

**WEEK 3: Focus on talking to God.** John 4:5-30; Psalm 18:6 & 28

**WEEK 4: Focus on rest.** Mark 6:30-32; Psalm 23:1-6

## PRAY

There are so many things we can focus on when we are trying to grow spiritually, but having some specific goals in mind will give you a bigger opportunity to grow. Prayer is one of those things you can focus on as a habit to help you grow closer to God. Talking to God can feel intimidating or like you may not be doing it right, but if you shift your focus to why God wants to communicate with us, you may be inspired to do it more often! Focus on the thing God has said — or maybe give something up — to help you focus more during the duration of this series. Write down what it is you want to do and how long you'll do it, then try it out as you encourage your students to grow in the same way.

**Which passage of Scripture or Big Idea from this month is most relevant to you right now?** Spend a few minutes asking God to show you how you've already grown in this area, plus the next step you need to take in order to keep growing.

## GROW

So what's your next step? Do you need to open your Bible app and listen to what God has said? Do you need to give something up to be intentional with an area of growth that's important to you? It could be anything — from having a conversation with God to simply focusing on rest.

**Whatever your next step is right now, take it. Then help students do the same.**