



RHYTHMS

MONTH 8 OF EPIC PURPOSE

SR2100 SERIES

EPIC RHYTHMS

59

EQUIP WEEK

WELCOME

Welcome to First Priority! Let's play a game.



TEACH

Today is **Equip Week** where we are teaching and having conversations about ways that Jesus embodied **rhythms**. Let's pray before we get started.

This month we are focusing on rhythms. Rhythms usually have something to do with music and sound but there's also a certain rhythm to us and our lives: Things such as, waking up each day, eating, exercising, watching TV, going to school, and celebrating special events. They are things we do regularly.

Jesus had rhythms that He practiced regularly and taught His followers to practice. The following are five things that Jesus did regularly, and we can do too through an acronym called. B.L.E.S.S.

Let's look at the main points of B.L.E.S.S.:

- Be in prayer - make prayer a regular part of your life.
- Listen - make listening to God and the people around you a priority in your everyday life.
- Eat - make eating meals and inviting others to your table a normal part of your week.
- Serve - make serving and helping others a normal routine.
- Share - share your story and the story of Jesus every time you get the opportunity as you are building relationships and living with a purpose.

Big Idea: Live with a purpose to B.L.E.S.S. others regularly.

For this section, get into groups of 3-5 and go through the discussion questions, challenge, Bible Project video, and pray together.



DISCUSSION QUESTIONS

- What's your favorite song? If you don't have one, then what's your favorite artist or genre?
- What are some regular routines or habits in your life?
- Are any of the B.L.E.S.S. rhythms a normal part of your life already?
- Which of the B.L.E.S.S. rhythms would you like to make a routine part of your life the most?



CHALLENGE

Make the B.L.E.S.S. Rhythms a part of your life. Find a place to write it down so you can practice it each day. Next week we will give the opportunity to share your experience.

Scan the QR code below for a short video about how Jesus embodied **rhythms**.



CLOSE

Invite everyone to pray as we close.

EPIC RHYTHMS



PREPARE WEEK

♥ WELCOME

Welcome to First Priority! Let's play a game.



TEACH

Today is **Prepare Week** where we are sharing our stories about **love**. Let's pray to get started.

Jesus valued people's stories. He helped everyone know the truth about their identity. They are welcomed, loved, and accepted unconditionally through Jesus. We want to hear your stories!



STORY QUESTIONS

- How does it make you feel to know that someone is praying for you?
- How does it make you feel when someone listens to you and makes you feel heard?
- Is there a time that someone has served you or helped you that impacted your life?
- How has the Good News of Jesus impacted your life?



CHALLENGE

Now we're going to open up time for everyone to share their stories. Everyone is welcome to share with a leader, friend, or the whole group - so if you would like to, go for it!

Scan this QR code for an app called MySharePal that will help you share your story and ask others questions about their stories.

CLOSE

Invite everyone to pray as we close.



EPIC RHYTHMS



INVITE WEEK



WELCOME

Welcome to First Priority! Let's play a game.



TEACH

Today is **Invite Week** where we are teaching and having conversations about how **truth** is Good News. Let's pray before we get started.

Jesus was always praying for people, listening to them, eating with them, serving them, and sharing the Good News with them.

Today, I would like to share the Good News of Jesus. (Share the Good News of Jesus in your own words.)

The Gospel is a public, royal announcement about Jesus, Who lived, died, and was raised to life to be the King that we so desperately need. All who believe in Him receive forgiveness, new life, and hope for the future. Jesus is making all things new, setting right what is wrong, and bringing Good News to everyone who receives it.

For this section, get into groups of 3-5 and go through the discussion questions, challenge, Bible Project video, and pray together.



DISCUSSION QUESTIONS

- Who have you been praying for this week?
- Have you listened to anyone's story that impacted you this week?
- Who have you invited to your table this week?
- Is there a way in which you have served others this week?
- Have you shared the Good News through word or actions this week?



CHALLENGE

Invite someone to a meal or coffee this week and share the Good News of Jesus with them. We can share stories next week.

Scan the QR code below for a short video about how Jesus embodied **rhythms**.



CLOSE

Invite everyone to pray as we close.

EPIC RHYTHMS



CONNECT WEEK

♥ WELCOME

Welcome to First Priority! Let's play a game.



TEACH

Today is Connect Week where we are teaching and having conversations about connecting with God and others. Let's pray before we get started.

We have been talking about rhythms of being in prayer, listening to others, eating with people, serving, and sharing our story and the story of Good News.

Today we want to focus on helping everyone get connected.

Give anyone who would like the opportunity to share about upcoming events at their youth group.

For this section, get into groups of 3-5 and go through the discussion questions, challenge, Bible Project video, and pray together.



DISCUSSION QUESTIONS

- How can we help you get more connected to Christ?
- How can we help you get more connected to our FP Club?
- How can we help you get more connected to a youth group?



CHALLENGE

Below is a QR code you can scan to start a YouVersion Bible app plan by First Priority. Today's challenge is to complete this study on your own or with a friend. It is a great way to help a friend who is curious about faith, help a new follower of Jesus take next steps, and help you go deeper in your own faith.



CLOSE

Does anyone have any prayer requests? Invite everyone to pray for prayer requests to close.