

DEEP ROOTS BEARING FRUIT



# SUMMER 5-WEEK SERIES

## YOUTH STUDENTS

**ALFRED STREET BAPTIST CHURCH**

Rev. Dr. Howard-John Wesley, Senior Pastor

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**August 8, 2021**

**Lesson 1**

**Rest in Creation**

**Genesis 2:2-3; Hebrews 4:9-11**

**Lesson Story:**

Genesis 2:2-3, NIV

By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. 3 Then God blessed the seventh day and made it holy, because on it he rested from all the work of creation that he had done.

Hebrews 4: 9-11, NIV

9 There remains, then, a Sabbath-rest for the people of God; 10 for anyone who enters God's rest also rests from their works, just as God did from his. 11 Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.



**Opening:**

Watch the opening video: Genesis Creation of the World - NLFC

Why do you think God rested at the conclusion of creation?

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**Breakthrough:**

1. I wonder what it means for me to keep the Sabbath holy.
2. I wonder how my praise and worship with my church community is connected to the practice of Sabbath.
3. I wonder how I might find rest in the middle of a hectic schedule.

**Life Application:**

Develop a list of pros and cons of resting.

Pros of Rest	Cons of Rest

## Going Out:

In Genesis 2:2, God rested once God's work was complete. God understands the power and need of resting from one's work. God is our example and the one to whom we look for wisdom. God has given us an example of work and rest. Therefore, we should appreciate God's example and take heed. If God rested, we also must rest.

## Prayer:

*Dear God, everything that You create is magnificent! From the stars, to the sea, to the land and the mountains, nothing that You created is without wonder. Thank You so much for allowing us to see You in all Your creation. Thank You for loving us so deeply that You would save us from ourselves, that You would love us when at times it is hard for us to love ourselves, for never turning Your back on us although we disappoint You daily. You mean the world to us. Lord, help us to find rest in You because in You we are safe. In Jesus' name, we pray. Amen.*



**August 15, 2021**

**Lesson 2**

**Rest in Relationship**

**Psalm 23:2-3 and Exodus 33:14**

**Lesson Story**

Psalm 23: 2-3 NIV

2 He makes me lie down in green pastures, he leads me beside quiet waters, 3 he refreshes my soul. He guides me along the right paths for his name's sake.

Exodus 33 14 NIV

The Lord replied, "My Presence will go with you, and I will give you rest."



**Opening:**

Watch the opening video: Bible Project – Covenants.

How does our relationship with God and others allow us to rest?

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**Breakthrough:**

1. I wonder if being distant from God has a negative effect on my rest.
2. I wonder how rest can deepen my relationship with God.
3. I wonder how shifting my thinking about rest in God can help me find peace and rest.

**Life Application:**

Reflect on a time you felt restored and refreshed. How can you find that type of refreshing in your relationship with God?

**Going Out:**

Psalm 23:2-3 is filled with metaphors describing the peace we find in relationship with God. In God, we find security, peace, safety, wisdom and rest. All that we need is found in the God we serve. Therefore, our rest should be achieved through our faith in God. We are safe in God's arms, and it is so because we are God's namesake. We were chosen by God and can rest comfortably in that fact.



**Prayer:**

*Dear Lord, You are such a gracious God, and we are amazed that You would desire to be in relationship with us. You are the creator of all that is holy, and You choose to call us friend. Your sacrifice of Yourself for our good is love that is beyond measure. Thank You for Your grace and mercy. Thank You for all that You do for us, both seen and unseen. In Jesus' name, we pray. Amen.*



**August 22, 2021**

**Lesson 3**

**Rest in Responsibility**

**Mark 2:27 and Psalm 91:1**

**Lesson Story:**

Mark 2:27

27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath.”

Psalm 91:1

1 Whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty.



**Opening:**

Watch the opening video: Bible Project – Sabbath.

What does Sabbath mean to you and how does it relate to rest?

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**Breakthrough:**

1. I wonder how I might rest responsibly.
2. I wonder how I might find righteousness in rest.
3. I wonder how a lack of rest on the Sabbath might affect my relationship with God.
4. I wonder if attending church all Sunday violates the Sabbath.

**Life Application:**

Reflect on ways that you can rest responsibly using methods that help you center God as a form of worship. Create a list of ways to rest responsibly.

**Going Out:**

In Mark 2:27, we are instructed to understand that the Sabbath was made for humankind and not humankind for the Sabbath. Why do you think this is important? Why would we need a Sabbath? What questions arise when

you think about the purpose of Sabbath? What about humanity might have caused God to require us to take time to rest?

The Sabbath is a moment to rejuvenate our souls. We should center God in our day of rest rather than the traditions of people. We also must challenge ourselves to avoid becoming law-abiding oppressors regarding the Sabbath. Jesus Christ opposed any outlook about the Sabbath that oppressed others.

In Psalm 91:1, the psalmist suggests that whoever dwells in the shelter of the Most High will rest in the shadow of the Almighty. What do you imagine resting in the shadow of the Almighty looks like? Why do you think dwelling in God's shelter would bring such rest?

**Prayer:**

*Dear God, Your instructions are for our safety, security, protection and benefit. So, we thank You for instructing us to be intentional about our rest. You call us to rest not only for rest's sake. Rather, You call us to use our rest as a form of worship to You. You want us to center You in all our rest, especially on the Sabbath. Lord, continue to help us be intentional about rest when we live in a world that only desires our productivity. We are more than our work, so thank You for helping us to see that our worth is in You. In Jesus' name, we pray. Amen.*



**August 29, 2021**

**Lesson 4**

**Rest in the Storm**

**Mark 4:35-41**

**Lesson Story:**

Mark 4:35-41 NIV

35 That day when evening came, he said to his disciples, "Let us go over to the other side." 36 Leaving the crowd behind, they took him along, just as he was, in the boat. There were also other boats with him. 37 A furious squall came up, and the waves broke over the boat, so that it was nearly swamped. 38 Jesus was in the stern, sleeping on a cushion. The disciples woke him and said to him, "Teacher, don't you care if we drown?" 39 He got up, rebuked the wind and said to the waves, "Quiet! Be still!" Then the wind died down and it was completely calm. 40 He said to his disciples, "Why are you so afraid? Do you still have no faith?" 41 They were terrified and asked each other, "Who is this? Even the wind and the waves obey him!"



**Opening:**

Watch the opening video: Jesus Asleep in the Storm – Video.

What does it mean to you to be going through one of life's storm?

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**Breakthrough:**

1. I wonder how I might find God during a stormy season of my life.
2. I wonder in what ways my faith gets tested during life's storms.
3. I wonder how Jesus was able to stay in the boat without worrying.
4. I wonder why the disciples' faith failed during the storm.
5. I wonder how I can develop the discipline to rest during chaos.

**Life Application:**

Reflect on ways that we can remain restful during life's storms. How can we develop the courage to find rest during chaos? What steps do we need to take to rest in times of anxiety or fear? Name some mental health tools can help us cope during troubled times.

## Going Out:

It is important to remember to grow your faith so you can stand firm when life's storm comes. Rest is an essential part of our lives, and we must ensure trials and tribulations do not disrupt our sacred time of relaxation. God is with us during the storm. Despite how gloomy the times might be, remember to keep the faith and press through the storm.

## Prayer:

*Dear Lord, no storm can keep us from the fact that You have and will always care that we live. You are with us through happiness and hardship. If our minds ever get to a place where we forget this fact, please send Your Holy Spirit to rush our minds back to remembrance. Thank You for Your mercy and grace because without it we would be in a state of continual chaos. You desire for us to thrive, but You also desire us to be strong in the face of opposition. So, we thank You for the strength You have given us to persevere, and we are beyond grateful that when we are weak, You are strong. In Jesus' name we pray. Amen.*



**September 5, 2021**

**Lesson 5**

**Rest in Community**

**Mark 6:30-31**

**Lesson Story:**

Mark 6:30-31 NIV

30 The apostles gathered around Jesus and reported to him all they had done and taught. 31 Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, “Come with me by yourselves to a quiet place and get some rest.”





**Opening:**

Watch the opening video: LeBron James Together – Video

How do you feel supported by your community?

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**Breakthrough:**

1. I wonder how resting as a community can be beneficial.
2. I wonder how resting among the community can glorify God.
3. I wonder how the practice of communal rest can be seen in the church.

**Life Application:**

Reflect on ways where rest can be found in the community. How can we challenge ourselves to see rest as something that is done within the community? Is it possible to be intentional about developing community time every month to rest?

## Going Out:

Mark 6:30 shows the apostles gathering after preaching and teaching to what could have been thousands. They had been working hard much like we work hard in school, at home studying, or doing our chores.

Mark 6:31 shows us that we not only have the ability to rest as individuals but also as a community. Sometimes we overlook that we should intentionally rest as a community because we also work in community. It is only right for us to also find ways to rest together.

## Prayer:

*Dear God, what would we be without the gift of community? Your infinite wisdom shows us that it is not good for us to be alone. You want us to live in communal harmony because You are a communal God. We thank You for the friends, family, and loved ones that You bring into our lives. We continue to thank You for those who are now with You in glory. And we praise You for those who are yet to come. Lord, continue to be our rock and our shield, our shepherd, and our sustainer. Keep us close to You because there is no better place to be. In Jesus' name, we pray, Amen.*



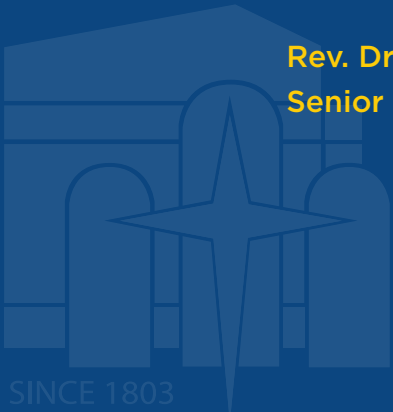
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Street  
BAPTIST CHURCH

parents went to Jerusalem every year at the  
five years old, they went up to Jerusalem accord  
shed the days, as they returned, the Boy Jesus  
mother did not know it; <sup>44</sup> but supposing Him  
ery, and sought Him among their relatives and  
, returned to Jerusalem, seeking Him. <sup>4b</sup> Now so  
the temple, sitting in the midst of the teachers  
And all who heard Him were astonished at His  
, they were amazed; and His mother said to He  
father and I have sought You anxiously." His  
st of the Passover. <sup>42</sup> And when He was twelve  
the custom of the feast. <sup>43</sup> When they had finish