



WEEK ONE

MARK 12:30

Spending time with God is a way to connect with God.

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WEEK TWO

LUKE 7:37-38;
LUKE 7:41-48

We can all freely connect with God.

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WEEK THREE

GENESIS 2:2b;
EXODUS 20:8-11;
MATTHEW 11:28

Resting is a way to connect with God.

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WEEK FOUR

MARK 12:30; JOHN 8:32

Learning about God is a way to connect with God.

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WEEK FIVE

1 PETER 4:10-11

Using your talents and gifts is a way to connect with God.



REMEMBER THIS:

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

MARK 12:30 NIV



THINK ABOUT THIS:

The Beginner's Guide to Connecting with God is a five-week series designed to help your student develop spiritual habits that will connect them with God. The idea of connecting with a God they can't see in front of them is certainly abstract for middle schoolers! That's why walking them through concrete examples they can put into practice will help them grow in this particular area of faith.

 DO THIS:



MORNING TIME

One of the best ways your kid can understand what it looks like to connect with God is to see it in action! Make a point to share with your middle schooler one of the ways you connect with God on a regular basis (through prayer, reading, music, nature, your friends, etc.). Then, make a point to do that specific thing this week so your kid can see it at work in your life.



MEAL TIME

Create an intentional time for your family to rest together this week! Make a point to remove any distractions or triggers that will disrupt your ability to mentally and emotionally rest (things like phones, media, homework, social media, etc.). Then, talk about how the time of rest impacted your mood the rest of the day.



DRIVE TIME

It's important for your kid to know that you struggle and feel challenged in your faith, too. Talk to them about a time that you struggled to connect with God. Share a little bit about why you felt that way and what helped you move forward in your faith in that season.



BED TIME

Encourage your kid to connect with God by taking part in this week's YouVersion reading plan. Simply download the YouVersion app and search "The Beginner's Guide to Connecting With God" to find this week's reading plan. (Bonus points if you read it together as a family!)