
About This Resource

What does God desire in our relationship with Him?

How do you care for yourself?

Who is your neighbor and how do you connect with them?

Why is it important to connect with the marginalized?

This month we are going to take a look at relationships. The first chapters of Leviticus focus in on our relationship with God and the sacrifices the Israelites were to bring to Him. Throughout the rest of the book we see glimpses of what God instructs and how it invites us to take care of ourselves, reach out to those in need and to be intentional about connecting with those on the margins. I can't wait to see what God has in store for our relationships as we journey through Leviticus this month!

Each session includes (60 – 75 minutes):

- ❖ **Share Time:** An opportunity for people to share where they saw God this week. (7 minutes)
- ❖ **Connection Time:** An activity to grow in relationship with each other. (8 minutes)
- ❖ **Worship:** Songs that speak the truth of the session. (10-15 minutes)
- ❖ **Teaching:** A video clip that dives into the chapter. (15-20 minutes)
- ❖ **Scripture Memory:** Tools to hide the word of God in your heart. (5-7 minutes)
- ❖ **Simple Spiritual Conversation Starters:** Questions that can easily transition to spiritual conversations (10-15 minutes)
- ❖ **Biblical Prayer:** Prompts to pray Scripture back to God (5 minutes)

Full Send Ministry exists to Equip, Empower and Encourage people to live 100% committed lives to God. There are more resources at www.fullsendministry.com

- Daily tools for personal growth and outreach
- Yearly conference information
- Free curriculum



Lesson #3: Ourselves

What you will need for this lesson:

Setup:

- Have the song videos and teaching videos pulled up on the computer.
- Prepare the tool for memorizing scripture.
- Put a list of past scriptures on the board to go over.
- Print a copy of the daily tools for each attendee.

Curriculum Note: As you walk through each daily tool, have your group write down who or when they could use that tool this week. This curriculum is a call and an expectation of action in this world. Let's equip, empower and encourage each other to live our lives 100% committed to Jesus every day.

Welcome: (Includes Share Time and Fun Friday)

Start the time together with a game that you love to play. Share the joy with your group and then explain how God invites us to take time to care for ourselves and find rest from the constant full schedules in this world.

At Full Send we love to celebrate what God is doing and that is why we want testimony time to be a part of every session. We believe that God has been moving throughout the week and want to celebrate with each other where we saw Him. **Before we start talking about the book of Leviticus let's share what God has been doing in our lives this week!** After a few people have shared praise God for His movement in your lives.

Worship: (Includes Tune In Thursday)

Listening and singing to God is a great way to connect with Him and hear Biblical truths. Encourage your group to either listen or sing along, whatever is best for them. As they engage with each song there will be a few questions to unpack what they heard and experienced.

Rest by Toby Mac -

https://www.youtube.com/watch?v=g0toxVJu3MM&list=RDg0toxVJu3MM&start_radio=1

- **What does rest do for us?**

Abide by Aaron Williams -

https://www.youtube.com/watch?v=BLDEt9KP2O0&list=RDBLDEt9KP2O0&start_radio=1

- **What does abiding in Christ do for us?**

Word: (Includes Scripture Sunday, Memorize Monday and Watch It Wednesday)

Before we listen to the message from Jeremy let's read Leviticus 23

Today we are going to hear from Jeremy Van Genderen about our relationship with God.

<https://youtu.be/jlnVZ0Zx8IY>

Encourage people to take notes on the back of their sheet of daily tools as they listen to the teaching. **Ask them what stood out to them from the teaching or the scripture.**

Let's memorize Leviticus 23:3 "Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the Lord in all your dwelling places.

<https://www.youtube.com/watch?v=wEORGOKuDZ0>

(Memory Verse put to song) – Listen to this first

Put the first letter of each word on a whiteboard and then as you point to the letter have the group repeat the word it stands for.

“SDSWBD, BOTSDIASOSR, AHC. YSDNW. IASTTLIAYDP.”

Witness: (Includes Table Talk Tuesday)

Now that we have read and studied about our relationship with ourselves ask the group to answer the questions as they would. Then think about how others may answer the questions and how they can turn that into a spiritual conversation.

The questions of the day are: How do you practice self care? How do you choose to rest and when do you often find time to slow down? What does your Sunday usually look like? Can I tell you about what God thinks of rest?

As we process these questions, we hope that each person is prepared and equipped to use these questions in normal everyday conversations throughout the week.

Let's read Leviticus 23:31

Truth: God created us to rest and to are for the bodies He gave us.

May this section be an encouragement to those who hear it, and may God fill them with the hope they can have in Jesus Christ.

Closing Prayer: (Includes Seek Him Saturday)

Each week we want to teach people how to pray scripture back to God. Sometimes it is as easy as speaking the text and other times it is using the concepts of the passage to say what is going on in our lives. **Let's finish our day by praying Leviticus 23:26-32 and lament your sins and confess before God. Give praise to Him for His grace and forgiveness through Jesus Christ.**

Encourage the group to come back with stories of what God did this week and how He worked through these daily tools.

Scripture: Leviticus 23**Topic: Our Relationship With Ourselves****Scripture Sunday:**

Today please join me in the book of Leviticus and read chapter 23. Take note of what each feast was about and the encouragement to rest in almost everyone.

Memorize Monday:

“Six days shall work be done, but on the seventh day is a Sabbath of solemn rest, a holy convocation. You shall do no work. It is a Sabbath to the Lord in all your dwelling places.

Leviticus 23:3 <https://www.youtube.com/watch?v=wEORGOKuDZ0>

Table Talk Tuesday:

Talk: How do you practice self care? How do you choose to rest and when do you often find time to slow down? What does your Sunday usually look like? Can I tell you about what God thinks of rest?

Text: And you shall make a proclamation on the same day. You shall hold a holy convocation. You shall not do any ordinary work. It is a statute forever in all your dwelling places throughout your generations. Leviticus 23:21

Truth: God created us to rest and to are for the bodies He gave us.

Watch it Wednesday:

Full Send Leviticus – What's the Target in Our Relationship with... Ourselves – Jeremy Van Genderen <https://youtu.be/jlnVZ0Zx8IY>

Tune In Thursday:

Rest by Toby Mac -

https://www.youtube.com/watch?v=g0toxVJu3MM&list=RDg0toxVJu3MM&start_radio=1

Abide by Aaron Williams -

https://www.youtube.com/watch?v=BLDEt9KP2O0&list=RDBLDEt9KP2O0&start_radio=1

Fun Friday:

Tonight pick something to do that brings you life and energy and invite some folks to join you. Share with them why you picked that certain activity. Then share with them how God invites us to find rest in and through Him

Seek Him Saturday:

Pray Leviticus 23:26-32 and lament your sins and confess before God. Give praise to Him for His grace and forgiveness through Jesus Christ.