ESSENTIALS

What's good, YTH Nation!

We're stoked to dive into *Essentials*, a six-week, video-based group study created and led by Pastor Holly Furtick. We want to do this study together because we believe God doesn't just want to speak to the adults in our church — He wants to speak to YOU too!

This study is for everybody. It doesn't matter if you're in middle school or getting ready to step into college — this is an opportunity for you to build a firm foundation and faith for everyday life.

If you'll lean into this study, we believe you'll discover how to pray with more clarity, worship more freely, and hear the whisper of God.

But we can't do the work for you — you've got to be willing to dig deep and create new rhythms. Don't sleep on the teachings, don't skip the readings, and show up for the group discussions...and then watch what God does.

This catalog is meant to be a condensed version of the full study. You'll find weekly videos from Pastor Holly along with questions that have all been tailored just for you! Your eGroup can decide together if you want to live in this catalog or in your *Essentials* book for the next six weeks (we really hope you rely on your *Essentials* book as much as possible though). You'll also notice this catalog doesn't have bonus material each week because we want you to skip the extra stuff so you can spend more time soaking up truth straight from the source, the Bible.

So, here's what you need:

- Bible
- *Essentials* book (or PDF)
- Pen
- Your eGroup

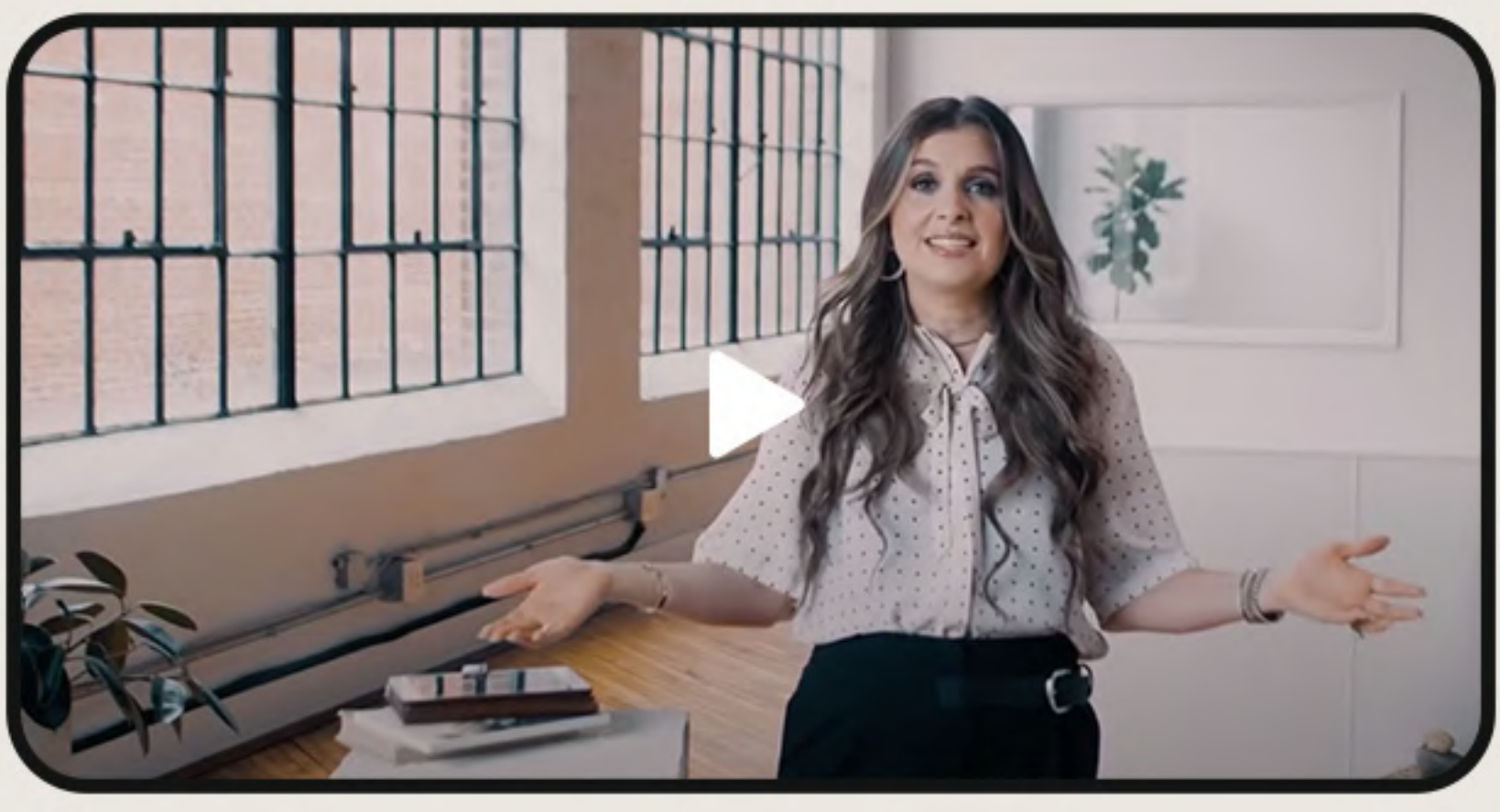
That's it. Are you ready? We're ready. Let's do this!

Prayers up. Rhythm high. Big love.

Week 1

Introduction

EVERYONE WHO COMES TO ME AND HEARS MY WORDS AND DOES THEM, I WILL SHOW YOU WHAT HE IS LIKE: HE IS LIKE A MAN BUILDING A HOUSE, WHO DUG DEEP AND LAID THE FOUNDATION ON THE ROCK. AND WHEN A FLOOD AROSE, THE STREAM BROKE AGAINST THAT HOUSE AND COULD NOT SHAKE IT, BECAUSE IT HAD BEEN WELL BUILT. LUKE 6:47-48



Think It Through (And Talk It Out)

1. How long have you been attending Elevation?
2. What do you love about our church?
3. What led you to join this eGroup?
4. Talk about a time when you made a choice that you later regretted.

Live In The Rhythm

Do this on your own before your next eGroup meeting. Be sure to grab a notebook or pop open a note in your phone and write your answers down.

READ: Luke 6:46-49

RELATE: What are some ways you identify with this passage?

RESPOND: What actions can you take today to live out this scripture? Specifically, how can you dig down deep like the wise man?

READ MORE:

Joshua 1:7-8 (Obedience = success)
1 Samuel 15:1-30 (To obey is better than sacrifice)
Matthew 22: 34-40 (Commanded to love)

What's an example of a time when you obeyed God or your parents (either doing something you were supposed to do or not doing something you were told not to do), and understood later why it was for the best?

REFLECT: What has God shown you today through the reading of His Word? Write out a prayer to God and thank Him for what He spoke to you.

To go deeper in your rhythm, use your Essentials book to find more scriptures to explore!

Week 2

Praying

DO NOT BE ANXIOUS ABOUT ANYTHING, BUT IN EVERY SITUATION, BY PRAYER AND PETITION, WITH THANKSGIVING, PRESENT YOUR REQUESTS TO GOD AND THE PEACE OF GOD, WHICH TRANSCENDS ALL UNDERSTANDING WILL GUARD YOUR HEARTS AND YOUR MINDS IN CHRIST JESUS. PHILIPPIANS 4:6-7

Think It Through (And Talk It Out)

Pro tip: If you lived in the rhythm last week, then most of these questions will be easier to answer because you already studied it!

1. Describe your knowledge of the Bible. How is the Bible used in your home?
2. What stood out to you when you read Luke 6:46-49?
3. What does Luke 6 tell us about how we build a life on a firm foundation and why do you think it's important that you start doing that now, in your youth?
4. What's one thing you can do this week to start building your life on God's Word?
5. Tell about a time when God didn't answer your prayer the way you thought He would. How did that impact your faith?

Guided Prayer

In the morning, Lord, you hear my voice; in the morning, I lay my requests before you and wait expectantly. Psalm 5:3	Write down three things that are heavy on your heart today, and visualize yourself handing them to God.
Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name. Psalm 100:4	List three small, specific things you're grateful for.
I will remember the deeds of the Lord; yes, I will remember your miracles of long ago. I will consider all your works and meditate on all your mighty deeds. Psalm 77:11-12	List three times in your past that God made a way for you or provided for you.
He will call on me, and I will answer him; I will be with him in trouble, I will deliver him and honor him. Psalm 91:15	Breathe in and out, taking a moment to be mindful of the peace and presence of God. List three things that really matter right now.

Live In The Rhythm

READ: Philippians 4:4-9

RELATE: What are some ways you identify with this passage?

RESPOND: What actions can you take today to live out this scripture? Specifically, what worries can you trade for prayer and peace?

READ MORE:

Ephesians 6:18; Colossians 4:2;
I Thessalonians 5:16-18 (More of Paul's call to continual prayer)
Luke 6:12-16 (Jesus praying all night)

What steps do you need to take to begin making prayer part of your lifestyle?

REFLECT: What has God shown you today through the reading of His Word? Write out a prayer to God and thank Him for what He spoke to you.

To go deeper in your rhythm, pop open your Essentials book for more scriptures to explore!

Week 3

Worshiping

BECAUSE YOUR LOVE IS BETTER THAN LIFE, MY LIPS WILL GLORIFY YOU. I WILL PRAISE YOU AS LONG AS I LIVE, AND IN YOUR NAME I WILL LIFT UP MY HANDS.
PSALM 63:3-4

Think It Through (And Talk It Out)

1. What changes in your attitude or outlook have you experienced on the days you've added reading God's Word into your rhythm? Talk about when you're making time to read God's Word. How are you making it part of your rhythm? Share pro-tips with each other!
2. How's prayer modeled for you right now in your home?
3. Why do you think prayer is so important if we're going to follow Jesus?
4. What's something you're praying for right now, or something you would like to start talking to God about?
5. Describe a worship experience that was special to you. What song was playing? Where were you? What made it so special?
6. What would you say is the purpose of worship?

Live In The Rhythm

Remember, you're doing this section on your own between eGroup meetings.

READ: Psalm 63:1-8

RELATE: What are some ways you identify with this passage?

RESPOND: What actions can you take today to live out this scripture?

READ MORE:

Psalm 141:1-2 (Lifting hands, like a sacrifice)
Job 11:13-15 (Hands stretched out to God)
Ephesians 5:18-20; Colossians 3:16 (Teaching, singing, and building each other up)
1 Timothy 2:8 (Lifting holy hands)

Have you ever had a moment when worship momentarily lifted a burden you were carrying?

REFLECT: What has God shown you today through the reading of His Word? Write out a prayer to God and thank Him for what He spoke to you.

There's more where this came from. To go deeper in your rhythm, pop open your Essentials book for more scriptures to explore!

Week 4

Hearing

THE GATEKEEPER OPENS THE GATE FOR HIM, AND THE SHEEP LISTEN TO HIS VOICE. HE CALLS HIS OWN SHEEP BY NAME AND LEADS THEM OUT. WHEN HE HAS BROUGHT OUT ALL HIS OWN, HE GOES ON AHEAD OF THEM, AND HIS SHEEP FOLLOW HIM BECAUSE THEY KNOW HIS VOICE. JOHN 10:3-4

Think It Through (And Talk It Out)

1. What did you learn from last week's reading?
2. Are you loud and outgoing or quiet and reserved? How does that impact the way you worship?
3. What's one worship song that instantly makes you feel connected to God?
4. Has worship ever helped you through something hard? Talk about it!
5. How can you worship God outside of church this week?
6. Do you feel like God has ever spoken to you or does the idea of God speaking to you seem weird or impossible?

Live In The Rhythm

READ: John 10:1-18

RELATE: What are some ways you identify with this passage?

RESPOND: What actions can you take today to live out this scripture? What voices do you need to turn down so you can hear the whisper of God more clearly? How do you need Jesus to be a shepherd to you today? Leading? Providing? Correcting? Protecting? Rescuing?

READ MORE:

1 Samuel 3 (The Lord speaks to young Samuel)
Psalm 23 (The Lord, my shepherd)

What's one area of your life where you would like for God to give you some guidance?

REFLECT: What has God shown you today through the reading of His Word? Write out a prayer to God and thank Him for what He spoke to you.

We're almost to the end of this six-week study. If you want to take it deeper, use that Essentials book!

Week 5

Giving

EACH OF YOU SHOULD GIVE WHAT YOU HAVE DECIDED IN YOUR HEART TO GIVE, NOT RELUCTANTLY OR UNDER COMPULSION, FOR GOD LOVES A CHEERFUL GIVER. AND GOD IS ABLE TO BLESS YOU ABUNDANTLY, SO THAT IN ALL THINGS AT ALL TIMES, HAVING ALL THAT YOU NEED, YOU WILL ABOUND IN EVERY GOOD WORK.
2 CORINTHIANS 9:7-8

Think It Through (And Talk It Out)

1. When you think of God, what comes to mind? Do you view Him as loving and kind or mean and angry? Why do you think you have that picture of Him?
2. Share a time when you heard (or felt) God's voice encouraging you or guiding you.
3. How do you think you can tell the difference between the Holy Spirit speaking to you and other voices?
4. None of us can perfectly speak for God, but what are some loving things you think God might say to you or to another member of your eGroup today?
5. What are some things you can do to focus on your character and commitment to God in this season of life, no matter what's happening around you?
6. What are some dangers of greed and the love of money you've seen play out in other people's lives?
7. Our last catalog of 2021 was all about generosity. What did you learn through that study?

Live In The Rhythm

READ: 2 Corinthians 9:6-15

RELATE: What are some ways you identify with this passage?

RESPOND: What actions can you take today to live out this scripture? How can you start living a generous life, even as a teenager?

READ MORE:

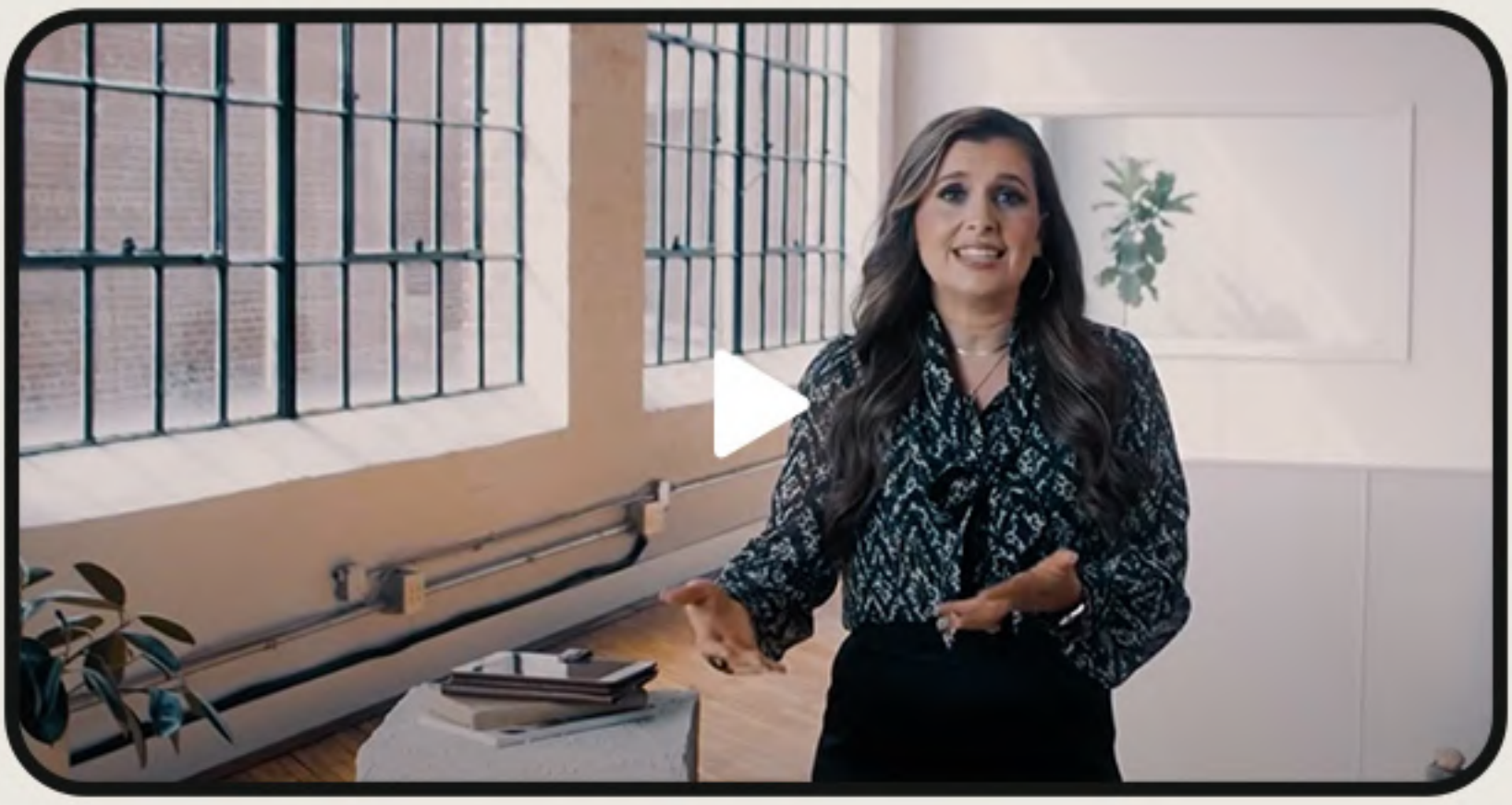
Luke 6:38 (Measure for measure)
Acts 20:35 (The greater blessing)
1 Corinthians 16:1-4 (Paul's collection strategy)

If it's more blessed to give than to receive, why do we usually prefer to receive? When have you been blessed by giving?

REFLECT: What has God shown you today through the reading of His Word? Write out a prayer to God and thank Him for what He spoke to you.

Week 6

Conclusion



Think It Through (And Talk It Out)

1. If you won a bunch of money, what would you do with it?
2. What are some ways you can give back and live a generous life right now, even if you're not making your own money?
3. Share when you've seen God provide for you and your family (remember, it doesn't have to be limited to money).
4. Deep is doing. What week of the study has made the deepest impact on your faith because of a step you've taken?
    a. What's something you still need to do?
5. What did God reveal to you through *Essentials* that you never want to forget?
6. Essentials may be over, but your rhythm with God is only just beginning. How can you keep the momentum going and stay in sync with Him? What habits have you created that you want to continue in?

Playlist

Extras for eGroups Leaders

Essentials taught us we don't need all the extras for God to speak to us. When we open His Word and we're still in His presence, He is faithful to teach us and fill us with His truth and perfect peace. But, we're all about fueling our spirits through books, sermons, and podcasts too! If you want even more to read and digest then check out these resources. We love them and we think you will too!

Books

A Shepherd Looks At Psalm 23

The Last Supper On The Moon

Whisper: How To Hear The Voice Of God

Sermons

The Stress Of Rest, Robert Madu

When The Battle Chooses You, Pastor Steven Furtick

Defiant Worship In The Midnight Hour, Louie Giglio