

Breakin it Down

The Sessions

| Session & Theme | Follow the Leader Topic | Bible Topics | FOCUS | Life Point | Scripture |
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| 1 GIVE THANKS FOR THE BASIC THINGS WE ENJOY EACH DAY | Thankfulness is important because it shows that we are thinking about someone other than ourselves. | Be sure to remember to thank God for those who love us enough to care and provide for us. | Have you thanked the people in your life who work hard to provide your home, meals and the things necessary to meet your everyday needs? | Take the time and make an effort to say thank you! | Colossians 3:15 [NLT] "...And always be thankful." |
| 2 GIVE THANKS FOR OUR SPIRITUAL TEACHERS | Spiritual leaders spend time preparing lessons and they put a lot of effort into presenting the Bible's messages. They truly care for us and others. | It's important to thank those who help us to grow spiritually. | Do you remember to pray for your church leaders, pastors, Sunday school teachers, and those who are helping you to know God's Word? | Give thanks for spiritual teachers. | Philemon 1:4 [NLT] "I always thank my God when I pray for you..." |
| 3 GIVE THANKS FOR GOD | Thankfulness to God shows we recognize His love for us. Being thankful is a celebration of who God is and what he does for us. | God gives us so much! All that God gives is good. We can thank God for all the little and big things He does for us. | Have you thanked God for His son and what he has given you? | Remember to Thank God everyday. | Psalms 136:1 [NLT] "Give thanks to the Lord, for he is good!..." |
| 4 GIVE THANKS NO MATTER WHAT | Our lives will have ups and downs... Thank God no matter what happens in our lives. | Be joyful always; pray continually; and give thanks in all circumstances. | Do you obey God's Word and continue to be thankful even when things are not going your way? | No matter what happens always be thankful. | 1 Thessalonians 5:18 [NLT] "Be thankful in all circumstances..." |
| 5 GIVE THANKS THROUGH PRAYER | We can show God we are thankful by trusting Him and praying. | Persistence in prayer shows God we believe he can answer our prayers. | Keep praying even when your prayers are not answered right away. | We should dedicate ourselves to prayer. | Colossians 4:2 [NLT] "Devote yourselves to prayer with an alert mind and a thankful heart." |

How long should each segment last?

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| Before Service Begins | 5 minutes |
| Worship & Prayer | 15 minutes |
| Ice Breaker | 5-10 minutes |
| Large Group Growth Time | 20-25 minutes |
| Small Group Growth Time | 15-20 minutes |
| Large Group Game | 5-10 minutes |
| Prayer | 5 minutes |