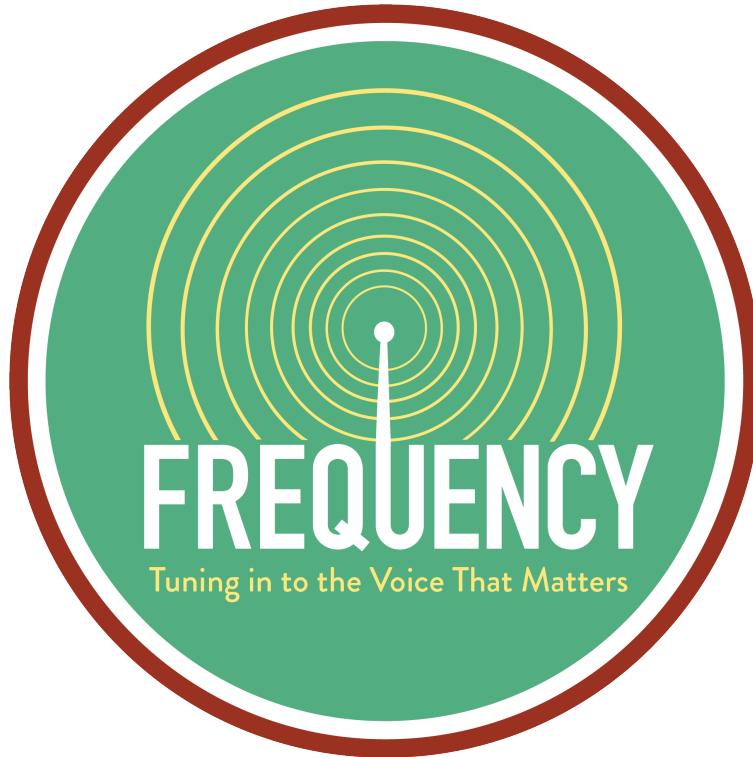


SAMPLE



Thank you for downloading the FREE SAMPLE of **DNowStudies** 4-session Bible Study, *Frequency*

Frequency is an amazing resource for your DNow or Retreat weekend. By leading your student through this study, you'll not only challenge them to live out their faith in a powerful way, you'll equip them to do it long after your event is over.

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What You'll Find In This Sample

- >>A Sample of a Small Group Lesson Plan
- >>A Sample of the Student Book
- >>A short version of the *Frequency* Overviews

Of course each of these components, and dozens more, are available to your teachers through their Online Lesson Manager. But this PDF will simply give you an idea of the main content of *Frequency*.

If you have questions, email us at dnow@leadertreks.com.
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- Large Group Speaker Outlines
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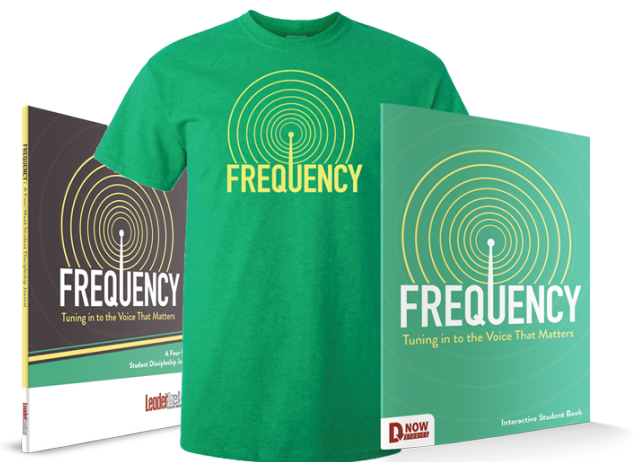
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Frequency: Tuning in to the Voice That Matters

God told me so.

When you hear those words, what's your reaction? Are you suspicious, wondering how anyone could be so sure that they, specifically, heard from the God of the universe? Are you a little jealous, wishing that you had that type of assurance, confidence, or closeness with God?

Hearing from God feels like a mystery—so many people talk about it, but not many people can tell you how to do it or how to figure out if what you're hearing is from God or not. But the rumors are true: God does speak and you can hear him—just not quite in the ways that you would expect.

God is constantly communicating with us, but in a loud world full of noise and distraction, it's easy to miss what he's saying. Sometimes, God speaks in predictable ways, like through Scripture, other believers, and the Holy Spirit. Other times, he uses the unexpected to get his message across. He even speaks through silence. That means hearing him is less about getting him to speak in the ways we want him to and more about opening up to the many ways he chooses to speak to us.

God is the only one who knows your whole future, your past, your greatest fears, the things you love today, and the things you'll love 30 years from now. There isn't a single, tiny detail that he doesn't know about, so if there were ever a voice worth hearing and obeying, it would be his.

That's what this DNow event is all about: identifying distractions, learning how to hear God, and allowing his words to spur us to action and obedience. **Frequency...tuning in to the voice that matters.**

Small Group Outlines

Small Group Session 1

- **Session Title:** Distracted
- **Main Scripture Passages:** Genesis 1:3–5, Exodus 3:1–4a, Psalm 46:1–3, 10
- **Session Overview:** The goal of this session is to introduce students to the idea of listening to God's voice, especially amidst the many distractions of the world. He speaks in unexpected ways and it can be difficult to hear him if we aren't tuned in and listening closely. Students will learn what it takes to set aside distractions and listen to God.

Small Group Session 2

- **Session Title:** God Speaks
- **Main Scripture Passages:** Romans 10:17, Luke 1:69–70, Romans 8:26
- **Session Overview:** The goal of this session is for students to go deeper into the many ways God communicates with us. God speaks to us in several amazing ways, each with benefits that reveal God in a unique way. If students only listen for God in one way, they will miss out on a fuller picture of who he is and what he wants for their lives.

Small Group Session 3

- **Session Title:** Silence
- **Main Scripture Passages:** Psalm 28:1–2, Matthew 7:7–8, Romans 1:20
- **Session Overview:** The goal of this session is for students to gain understanding about the times when God seems silent—a feeling most students can probably relate to. But God’s silence doesn’t mean that he is distant or that we can’t know his will for our lives. He gives us direction even when we have a hard time hearing from him directly. And those times of silence can help us appreciate the moments when we hear from him even more.

Small Group Session 4

- **Session Title:** Know His Voice
- **Main Scripture Passages:** Luke 9:28–29, 34–35; 1 John 2:3–6; Matt. 4:18–20; James 1:22
- **Session Overview:** The goal of this session is for students to learn more about discerning God’s voice from the deceptive voices of this world. How can students tell which messages come from Jesus and which don’t? It starts with learning from Scripture what his voice sounds like, so we can be sheep who know the Shepherd’s voice. And once we know the voice of God, we can hear it, then act on it by following Christ.

Large Group Outlines

Large Group Session 1: 1 Kings 19:11–13a

Large Group Session 2: 2 Timothy 3:15–17, 2 Peter 1:19–21, John 14:26

Large Group Session 3: Job 34:29–30

Large Group Session 4: John 10:1–6

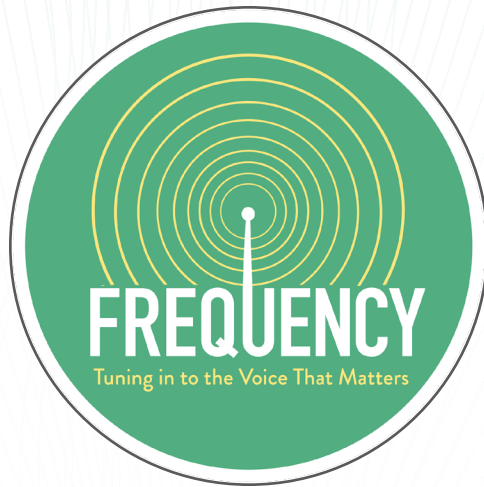
Student Book Devotional Outlines

Devotional 1: Hebrews 4:12–16

Devotional 2: 2 Timothy 3:14–17, 4:1–5

Devotional 3: 2 Peter 3:8–18

Devotional 4: 1 John 4:1–16



01.DISTRACTED

HOW TO USE THIS RESOURCE

GOAL:

The goal of this lesson is twofold:

1. *This small group lesson is designed to help you and your students go deeper into listening for God's voice. He speaks to us in many ways, but not all of them are what we expect. Students will learn about the origin of a famous movie theme that stands out today because it was so different from what people expected. God speaks to us in unexpected ways so his voice will stand out from the background noise clogging our ears.*
2. *It is also designed to make it easy for you to facilitate and teach students not to let their expectations distract them from hearing from God. That is why the Small Group Leader Guide is packed with easy-to-use instructions, time-frames, and questions that promote thinking and draw out real responses.*

WHAT YOU WILL NEED:

- A copy of the Small Group Leader Guide for you and any other facilitators.
- A Student Book for each participant.
- Be sure to check out the Live It Out section ahead of time to prepare. You'll need:
 - *note cards/paper and enough pencils or pens for every student*

TEACHER PREP VIDEO:

Don't forget to take a minute and watch the teacher prep video found in your DNow Studies account. It's a short video that will take you through some of the need-to-knows before you dive into this lesson with students.

WHAT'S INCLUDED: Small Group Leader Guide or Student Book

This table outlines the parts of each lesson and provides an approximate timeframe that you can adapt to meet the needs of your group.

Lesson Elements (and brief description)	Included in Small Group Leader Guide	Included in Student Book	Approximate Timeframe
LARGE GROUP TALK REVIEW W/OPENING QUESTIONS Recap the teaching. Get discussion going by sharing answers from the end of the Large Group Talk.	✓	✓	3–5 minutes
A SECOND LOOK A look at tuning into God’s voice in current, everyday life—followed by discussion questions.	✓	✓	10–15 minutes
A LITTLE DEEPER Dig into Bible passages that were not in the Large Group Talk. See what else Scripture says about this topic.	✓	✓	10-15 minutes
LIVE IT OUT An experiential activity to help students reinforce and internalize the lesson—followed by discussion questions.	✓		15-20 minutes
APPLY IT A practical application for students to do this week.	✓	✓	2–3 minutes
STUDENT DEVOTIONAL A short devotional for students to do on their own.		✓	

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SMALL GROUP SESSION ONE: Distracted

THE FIRST MEETING

Since this is the first small group meeting for this event, take the time to lay the foundation for the whole event.

- If your students don't know each other, cover introductions and consider an icebreaker (see leadertreks.org/freebies for several icebreaker and team-building activities).
- Make sure to cover the schedule and ground rules for the event, especially if you are staying at a host home.
- Tell students why you are here. You are probably sacrificing some time and comfort to be a small group leader and, chances are, it's worth it! Let students know why you care so much about them and why you want to invest in them to help them grow. Tell students why you think they're great and why it's worth it for you to be a small group leader this weekend!

LARGE GROUP TALK REVIEW

Take a minute to review what students just learned in the Large Group Talk. Have them pull out their notes, and ask them to share what their answers were for the two questions found on **page 4** of the Student Book (see below). Consider having students share their answers with a partner, and then ask for two or three volunteers who might want to share with the whole group.

Question 1: How have you expected God to speak to you in the past? Do you think you were listening on the right frequency?

Question 2: Why do you think God wants to communicate with us?

A SECOND LOOK

Read this story together and answer the following questions, found on **page 6** of the Student Book.

John Williams is known for creating some of the most memorable movie themes of all time. His instantly recognizable soundtracks include the triumphant tunes from *Star Wars* and *Jurassic Park*, the mysterious melodies from *E.T. the Extra-Terrestrial* and *Harry Potter*, and the bold ballads from *Superman* and *Raiders of the Lost Ark*. These complicated and captivating themes are practically synonymous with that feeling of excitement and wonder we feel when we see a blockbuster on the big screen.

But when director Stephen Spielberg asked Williams to craft a theme for his newest movie—a suspenseful thriller called *Jaws*—the composer decided to do something different. After weeks of work, he finally asked Spielberg to sit down and listen to the theme he had developed. The director held his breath and waited as Williams placed his hands on the piano keys. But instead of an intricate flurry of notes, Williams played only two alternating keys: E and F. Spielberg laughed out loud. *Good joke*, he thought. *Now what is the actual theme?* But Williams was completely serious. He played those two notes one after the other, soft and steady, then growing louder and louder. The composer later described the theme as “grinding away at you, just as a shark would do, instinctual, relentless, unstoppable.”¹

Finally, Spielberg grinned and said, “Let’s try it.”² The theme is now one of the most recognizable in all of cinema. Explaining why he chose such an unexpected melody, Williams said, “I settled on what I thought was the most powerful thing, which is to say, the simplest.”³

Discuss:

- Why do you think John Williams's score for *Jaws* is so effective?
- If you were making a movie about the Bible, and you needed to cast a voice actor to play God's voice, who would you choose?
- What kind of qualities would you look for in that person's voice?
- How can our expectations keep us from hearing the surprising ways God is actually speaking to us?

Leader's Note: Make sure to affirm any doubts or struggles students express and thank them for sharing and being so vulnerable. The idea of this exercise isn't to say "the right thing" but to explore the real ways that sin touches all our lives. Make sure to say a positive or encouraging comment after students share, for example, "Thanks for saying that," "Good insight," "I think we've all felt that way," or "I've never thought of it like that." If you let silence take over after a student shares, it can change the tempo of the discussion and prevent students from sharing any more. Stay upbeat, nod at them, and smile. It can change the whole atmosphere of each small group time.

A LITTLE DEEPER

Elijah lived in an era when a king named Ahaz and his wife, Jezebel, ruled the land and did more evil in the eyes of the Lord than any ruler before them. Elijah stood against them by following God. Jezebel demanded his immediate execution. Fearing for his life, Elijah ran off to a faraway town. He was so terrified that he prayed for God to end his life. God knew that Elijah needed something to get him past his fears. So what did he do to calm the prophet's nerves? He spoke to Elijah in a gentle whisper to show that he was there for him.

Even if we believe God is powerful and active, the dangers and anxieties of the world can make us despair. In those moments, we cry out for God to be near us, to speak so we know he's protecting us. Here are a few more passages from Scripture that tell us more about the power of God's voice and how we can listen for him when we need to hear him most.

Read each Bible passage and answer the questions (also found in the Student Book on pages 7 and 8):

GENESIS 1:3–5

And God said, "Let there be light," and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.

Discuss:

- According to this passage, how did God create the universe?
- What does this tell us about the power of God's voice?

EXODUS 3:1–4A

Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, 'I will turn aside to see this great sight, why the bush is not burned.' When the Lord saw that he turned aside to see, God called to him out of the bush, 'Moses, Moses!

Discuss:

- What is something familiar in your life that God may be using to speak to you (for example, your hobbies, schedule, friends, etc.)?
- Why do you think it's so easy to ignore these everyday messages from God?

PSALM 46:1-3, 10

God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, and the mountains tremble at its swelling....'Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth.'

Discuss:

- Why do you think it's so hard to find quiet and calm in the midst of our schedules?
- What is one way you could quiet your heart today to better hear God's voice?

LIVE IT OUT: Telephone Pictionary

What you'll need: note cards/paper and enough pencils or pens for every student

Just as the title implies, this activity is a combination of the games Telephone and Pictionary. Start by having students sit in circles of no more than seven people. Hand each student a stack of seven (or whatever the number of group participants is) note cards or pieces of paper (4" x 5" or so). Students should label each note card in their stack with their initials and number each card 1 through 7 in the bottom corner.

Instructions:

1. To start, tell students to write a common phrase on the top card of their stack—perhaps a short song lyric, book title, or movie quote (for example, "I believe I can fly," "Jurassic Park," or "I'm the king of the world!").
2. Once everyone has written an introductory phrase, have students pass their entire stack to the person on their left. On the second card, students should draw a picture to represent the words written on the first card. Give them 30 seconds to draw. Have them place the first card at the bottom of the stack and pass the stack again to the person on their left.
3. Now, based on the picture on the second card, have each student write what they think the original phrase was on card number 3. Again, give them 30 seconds, place the second card at the bottom of the stack, and pass it left.
4. Continue this pattern—picture, phrase, picture, phrase—until the stack returns to the original owner. Their phrase should be on top of the stack again.
5. Give students some time to look through their stack and laugh at the way their phrase was distorted and visualized. Then have each student share every card of their stack with the whole group or with the person next to them.

Debrief:

- How close are the phrases in your stack to the original phrase you wrote?
- What are some of the reasons the phrases and pictures do or don't match up to the original?
- When are some times that our version of God's message might not match up to the original?
- How can we know what God's original message was?

APPLY IT

Write down one way you can get rid of distractions and tune in to God's voice. Think about what you can do today or this week to grow in this area.

Be specific:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

Leader's Note: *Whenever students make applications, challenge them to be specific. It's one thing to say, "I'm going to trust God more." The truth is, our students won't really know if they did this, or if they grew in trust over the week. It's another thing to say, "Every morning this week before I eat breakfast, I'm going to tell God that today is his and that I trust him, and I'm going to ask him to give me the strength to replace worries with trust." Challenge your students to answer the questions under the "Be Specific" section. You can even have them pair up, share their applications, and ask for accountability from their partner.*

WHAT'S NEXT?

Schedule: Let students know what's happening next in the schedule and what they need to do or bring with them.

Student Devotional: The Student Book contains a short devotional for students to do on their own. Remember to point this out to students and let them know if and when this fits into the schedule of the weekend. The devotional that corresponds with this lesson is found on **page 35**.

¹"Two Notes That Changed The Film World: John Williams' Theme For 'Jaws'," *CSO Sounds & Stories*, June 8, 2017, accessed July 1, 2019, <https://csosoundsandstories.org/two-notes-that-changed-the-film-world-john-williams-theme-for-jaws/>.

^{2&3} Jon Burlingame, "The Music Of Jaws: An Interview With John Williams," *Limelight*, August 21, 2012, accessed July 1, 2019, <https://www.limelightmagazine.com.au/features/the-music-of-jaws-an-interview-with-john-williams/#sthash.0gn3Y0fA.dpuf>.



FREQUENCY

Tuning in to the Voice That Matters

THIS BOOK BELONGS TO:

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WELCOME TO FREQUENCY



God told me so.

When you hear those words, what's your reaction? Are you suspicious, wondering how anyone could be so sure that they, specifically, heard from the God of the universe? Are you a little jealous, wishing that you had that type of assurance, confidence, or closeness with God?

Hearing from God feels like a mystery—so many people talk about it, but not many people can tell you how to do it or how to figure out if what you're hearing is from God or not. But the rumors are true: God does speak and you can hear him—just not quite in the ways that you would expect.

God is constantly communicating with us, but he does so differently (read: better, more creatively) than we typically talk to one another. You just need to learn how to listen—how to tune in to his frequency.

Here are some things you need to know as you go through this study:

God wants to connect with you.

In fact, he's looking forward to it. But how ready are you to connect with him? As you go in and out of the sessions and devotional times, make sure you are willing to listen to him and learn from him. He promises that he will come near to you if you come near to him (James 4:8). Try it!

What you put into this study is what you'll get out of it.

There are people all around you who have spent a lot of time praying for you and getting ready to invest in you. You'll probably meet some new people, hear some new speakers, and get a chance to spend some quality time with God and with friends. Take advantage of it! Ask hard questions. Commit to being authentic and honest. God wants to use this time and these people in your life.



SESSION 1 INTRO DISTRACTED

Trying to talk to a distracted person is so frustrating. Maybe you've experienced this while telling a friend a story while his eyes are glued to the phone in front of him.

You: Can you believe that happened to me?

*Him: *nodding head* Same, dude. Me too.*

You: Are you even listening?

Him: Sorry, what?

You've probably had some sort of experience like this. It's frustrating, especially when you have something important to share. But distractions will always be there and, to be honest, you're probably also more distracted than you'd care to admit. What important things are you too distracted to pay attention to?

The truth is, God wants to cut through all the distractions and communicate with us too. We're surrounded by noise, by other voices, and we need to step back. We need to tune in to the right frequency. If you're ready to hear God's voice, it's time to trim the distractions and learn what to listen for.

SESSION ONE LARGE GROUP DISTRACTED

These two pages are designed so you can take note of anything that stands out to you and that you think is worth remembering during the large group talk. This talk will set the stage for the rest of the session. Consider writing down main points, quotes, Bible verses, and any questions that pop into your head.

How have you expected God to speak to you in the past?
Do you think you were listening on the right frequency?

Why do you think God wants to communicate with us?



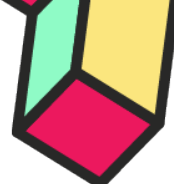

SESSION 1 SMALL GROUP A 2ND LOOK

DISTRACTED


John Williams is known for creating some of the most memorable movie themes of all time. His instantly recognizable soundtracks include the triumphant tunes from *Star Wars* and *Jurassic Park*, the mysterious melodies from *E.T. the Extra-Terrestrial* and *Harry Potter*, and the bold ballads from *Superman* and *Raiders of the Lost Ark*. These complicated and captivating themes are practically synonymous with that feeling of excitement and wonder we feel when we see a blockbuster on the big screen.

But when director Stephen Spielberg asked Williams to craft a theme for his newest movie—a suspenseful thriller called *Jaws*—the composer decided to do something different. After weeks of work, he finally asked Spielberg to sit down and listen to the theme he had developed. The director held his breath and waited as Williams placed his hands on the piano keys. But instead of an intricate flurry of notes, Williams played only two alternating keys: E and F. Spielberg laughed out loud. *Good joke*, he thought. *Now what is the actual theme?* But Williams was completely serious. He played those two notes one after the other, soft and steady, then growing louder and louder. The composer later described the theme as “grinding away at you, just as a shark would do, instinctual, relentless, unstoppable.”¹

Finally, Spielberg grinned and said, “Let’s try it.”² The theme is now one of the most recognizable in all of cinema. Explaining why he chose such an unexpected melody, Williams said, “I settled on what I thought was the most powerful thing, which is to say, the simplest.”³




Why do you think John Williams's score for *Jaws* is so effective?



If you were making a movie about the Bible, and you needed to cast a voice actor to play God's voice, who would you choose and why?



How can our expectations keep us from hearing the surprising ways God is actually speaking to us?



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DISTRACTED

Take a look at each of these Bible passages and get ready to talk through the following questions with your group.

Genesis 1:3–5: “And God said, “Let there be light,” and there was light. And God saw that the light was good. And God separated the light from the darkness. God called the light Day, and the darkness he called Night. And there was evening and there was morning, the first day.”

According to this passage, how did God create the universe?

What does this tell us about the power of God’s voice?

Exodus 3:1–4a: “Now Moses was keeping the flock of his father-in-law, Jethro, the priest of Midian, and he led his flock to the west side of the wilderness and came to Horeb, the mountain of God. And the angel of the Lord appeared to him in a flame of fire out of the midst of a bush. He looked, and behold, the bush was burning, yet it was not consumed. And Moses said, ‘I will turn aside to see this great sight, why the bush is not burned.’ When the Lord saw that he turned aside to see, God called to him out of the bush, ‘Moses, Moses!’”

What is something familiar in your life that God may be using to speak to you (for example, your hobbies, schedule, friends, etc.)?

Why do you think it’s so easy to ignore these everyday messages from God?

Psalm 46:1-3, 10: “God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth give way, though the mountains be moved into the heart of the sea, though its waters roar and foam, and the mountains tremble at its swelling...‘Be still, and know that I am God. I will be exalted among the nations, I will be exalted in the earth.’”

Why do you think it’s so hard to find quiet and calm in the midst of our schedules?

What is one way you could quiet your heart today to better hear God’s voice?

APPLY IT

Write down one way you can get rid of distractions and tune in to God’s voice. Think about what you can do today or this week to grow in this area.

BE SPECIFIC:

What are you going to do?

When are you going to do it?

Is there someone who can keep you accountable?

NOTES: