

Breakin it Down

The Sessions

Session & Theme	Follow the Leader Topic	Bible Topics	Focus	Life Point	Scripture
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?

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