



Hey leaders!

As a young adult pastor, I have used this resource on numerous retreats, local church events, camps, and even on mission trips. The goal of *Hour With Jesus* is for young adults to encounter Jesus in the course of an hour through different spiritual habits, which are broken up into 12 five-minute segments.

As you set up this experience for your students, challenge them to unplug from their normal routines and give Jesus a focused hour of their time. You may experience hesitation, as some young adults don't believe they can actually connect with Jesus for an uninterrupted hour. Let them know that, as the facilitator, you will also be joining in this process as a participant. Your participation will be important for when you debrief the experience as a group at the end of the hour.

After your debrief, you can open the floor for the group to share application ideas. I always like to end this experience with a prayer of commitment as your students move forward in seeking to connect more intentionally with Jesus. You will need to print off a copy of the *Hour with Jesus* Participant Outline for each student.

Opening Comments:

[Author Note: As a facilitator, your passion for and commitment to the *Hour With Jesus* is key in getting your group engaged and excited about this experience.]

Today we are going to do something different. We are going to unplug from our normal routines and plug into Jesus. Each of us will have the opportunity to spend the next hour of our time connecting with Jesus, uninterrupted.

At church, we often talk about how we need to spend time with Jesus, but today we are not going to *talk* about connecting with Jesus—we are actually going to do it. Don't worry ... even if you suffer from spiritual ADHD like many of us do, this journey is set up for you.

The hour is broken up into 12 five-minute segments, making it much easier to stay focused and connected. At the end of the hour, we will meet back up in this room to debrief the experience as a group, and talk through some application ideas.

We don't always know what tomorrow will hold, but we do have the gift of today. Together, we are accepting the challenge and believing that Jesus will meet us in this space as we intentionally give him the next hour of our time.

Instructions:

[Author Note: Keep comments here brief. The goal is to send out your students to begin their hour with Jesus as soon as possible. You might suggest some places they can go, such as a spot by a lake, picnic area, seat in your church sanctuary, or even their car in the parking lot. Plan on providing water bottles if it's a hot, sunny day and it fits your budget. Before sending everyone out, pray together, asking Jesus to meet with each individual and bless his or her time together with Him.]

Here are just a few instructions before we send each of you out for your Hour with Jesus.

1. Grab your Bible (electronic is OK, but no using your phone for anything else).
2. Find a place of solitude, away from people and distractions.
3. Turn off cell/internet connection.
4. Take a bottle of water on your way out the door
5. Begin your hour of prayer using the printed outline.
6. Please meet back in this room for debrief at _____ sharp.

[Author Note: For the next hour, do exactly what your students are doing, following the instructions on the outline.]

Debrief:

[Author Note: Bring people back together in your original meeting room. Note that some students may come in earlier or later than others. This is OK. When you have the majority back together, begin your debrief. In my experience some students end up going way over the allotted hour of time as they continue to connect with Jesus. After you have gone through a quick debrief of each of the 12 segments, ask the group to share a few application ideas, and close with prayer.]

Welcome back, everyone. I am really excited to debrief this experience as a group. How many of you were blessed by your hour with Jesus? We are going to take the next 20 minutes to go through each of the 12 segments, sharing our experiences. There's no pressure to share, but we can definitely grow and learn from each other through this process.

Questions:

- *Location* – Where did you spend your hour with Jesus?
- *Praise* – What did you praise God for as you started the hour?
- *Waiting* – Was it hard to be quiet?
- *Confession* – Did you feel better after you shared?
- *Read the Word* – What verse of Scripture did you read?
- *Your Needs* – What was one thing you prayed about?
- *Needs of Others* – What was one thing you prayed about?
- *Pray the Word* – What Scripture did you use as your prayer?
- *Thanksgiving* – What did you thank Jesus for?
- *Singing* – Was it awkward for anyone to sing out loud, by yourself?
- *Meditation* – What did Jesus lay on your heart?
- *Listening* – What message did Jesus share with you today?
- *End With Praise* – What did you praise Jesus for at the end?
- *Application* – What was one takeaway from this experience?

Prayer

Jesus, thank you for meeting us during this past hour. Give us the strength and courage to prioritize our time with you above all else. Help us to find a quiet place, turn off distractions, and commit to meeting with you every day, even if it's just for a few minutes. Amen.