



*"I thought when I became a Christian I had nothing to do but just to lay my oars in the bottom of the boat and float along. But I have soon found that I would have to go against the current." —Dwight L. Moody*

If we aren't careful, a lot of us will spend our summertime stumbling around, just living for that day. We search for anything to fix our boredom and try to live up to the standards that the culture convinces us is a "normal" life.

If you aren't careful, summer can be a time that will lead to too much spending, too much Netflix, too much YouTube, too much time with that one guy or girl, too much time alone, too much time on your phone, or too much time on your Xbox or Playstation. You find temporary things to do this summer that may bring relief to your boredom—fleeting moments of trying to find pleasure or rest in things and people, that at the end of the summer may lead to regret or the question, "What did I even do this summer?!"

Summertime gives us mixed expectations. Often, we are excited because it is a time of rest and fun from a busy school year. It is a time to sleep in, hang out with friends, and stay up late. It could also mean that you go on family trips, get a summer job, "volunteer" to watch your younger siblings, and other things you didn't quite sign up for, but you have to do it because your parents are making you.

Obviously, everyone's summer will look different. However, the one thing we all have in common is that, whether you are too busy or too lazy to function, summertime often brings some kind of change in your routine that is different than the one you had all school year.

We suddenly find ourselves with all this time on our hands! If we aren't careful, different things can grab our attention instead of the Lord, and our relationship with God isn't as much of a priority as it should be. Now, the question remains: what are you going to do with that time?

## Questions:

*Read Proverbs 4:18-27.* What does the author tell us to pay attention to and why?

[Author: Allow for discussion and students to provide what they notice from the passage.

*Examples include:*

Verses 18-19: The way of the righteous is lit up, but the wicked stumble and do not know where they are going. As believers, we can have confidence in obedience as God leads us, but like everyone, we need to be mindful of what we are doing with our lives.

Verses 20-21: Pay attention to words. Listen and look at them and keep what you have learned in your heart. Obey them!

Verses 25-26: Pay attention to what you are looking at and letting influence you in your life. Verse 21 encourages us to not let the truth escape from our sight.

Verse 27: Don't swerve to the right or left. Keep your eyes on Jesus and His word!

Why should we make some goals for our lives, physically, emotionally and spiritually? The 'why' we should pay attention to these things is found in verses 22 and 26. When we pay attention and ponder the path we are taking it will lead to life and healing and our ways will be sure.]

Do you have a hard time doing these things in the summer? Why or why not?

How could you do a better job at being attentive to the author's words and listening (vs. 20)?

What do you think keeping “your heart with all vigilance” mean? What does that look like for you? (*Dictionary definition of vigilance is “the action or state of keeping careful watch for possible dangers or difficulties.”*)

Proverbs 4:25-27 tells us that we should be thinking about “the path of our feet” instead of just existing day to day. Making plans is wise. Without it, we could easily become distracted by many temptations and “stumble” (vs. 19). What are your plans this summer? Specifically, what are your plans to make sure your relationship with God doesn’t drift?

**Challenge for the Week:** Get a calendar or write out all the days and weeks that are left in the summer. Write down plans and goals you want to accomplish each week this summer. This will help to have something to aim for.

**Verses for the Week:** Take time each day this week to read over these passages. Journal them in a notebook or in your phone. What are the principles and lessons found in these verses? If you had to sum up those lessons in one sentence, what would it be?

Day 1 - Psalm 4:4

Day 2 - Jeremiah 17:9-10

Day 3 - Psalm 19:14

Day 4 - Colossians 3:1-2

Day 5 - Proverbs 15:28

Day 6 - 2 Corinthians 13:5

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