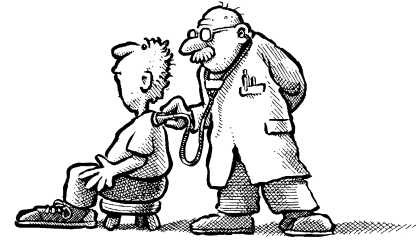




Check a.k.a. "Family Time"

When one goes to the doctor, one usually needs to strip down, sit down and let the diagnostics begin, including a pulse check. It is only then, that one's health, or lack thereof, can be determined. The same is true for this weekend.



GLORYbound is designed to be a multi-sensory extravaganza for your body and soul. Family Time "Pulse Check" is the time at the end of each day, when we gather together as a youth group and begin to hear what God is doing or not doing in our lives and the lives of each other. It is a time to be transparent, honest and authentic—no need to "fake it until you feel it" here. Most families just have a sense of knowing when you are elated and when you are in need of a little TLC. May the same be true for your youth group.

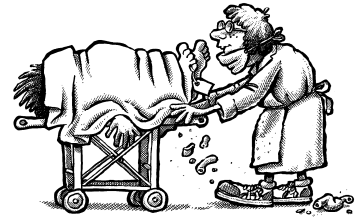
As you enter "Pulse Check," you might share how your heart was pumping hard during a song in worship, or at the sight of the beyond-gorgeous person you ran into in the elevator or you may need to share that you have found that GLORYbound has left your heart barely beating...you're finding that you would rather be anywhere but here. Whatever your "Pulse Check" discovers rest assured that God meets you, with no judgments, right where you are. "Come near to God and He will come near to you." *James 4:8* Take this time with your youth group to still your mind, your body, your ever-dexterous texting fingers and "Be still and know that I am God" (*NIV*) or in other terms "Step out of the traffic! Take a long, loving look at me, your High God...." (*MSG*) *Psalm 46:10* Use the format below as a resource. Take what works, insert your own and leave the rest. May you and your group begin to live the words: "I will give you a new heart, put a new spirit in you. I'll remove the stone heart from your body and replace it with a heart that's God-willed, not self-willed. I'll put my Spirit in you and make it possible for you to do what I tell you and live by my commands...You'll be my people! I'll be your God!" *Ezekiel 36:26-28 (MSG)*

Friday's



Check/Family Time

Before your group gets started, take a few minutes and identify what things are happening in your life that you need to leave behind to be focused on the weekend ahead? Pack those up in prayer and look to the weekend ahead. Use the space below as a prayer, trusting God to take care of those concerns, so that you can be fully open to Him and fully used by Him this weekend. I pack up these things...



...trusting that they have God's full attention, so they do not need mine.

"Give your entire attention to what God is doing right now, and don't get worked up about what may or may not happen tomorrow. God will help you deal with whatever hard things come up when the time comes." *Matthew 6:25 (MSG)*

"The Word of God is living and active, sharper than any double-edged sword it penetrates even to dividing soul & spirit, joints and marrow; it judges the thoughts and the attitudes of the heart." *Hebrews 4:12 (NIV)*

My heart attitude is...

What got my heart beating best today? *(For what moment today am I most grateful?)*

What failed to get my heart beating today? *(For what moment today am I least grateful?)*

Close with this simple prayer...and more if your group, so desires:

Father, Jesus, Spirit: "Break my stony heart with the things that break your heart." Amen.

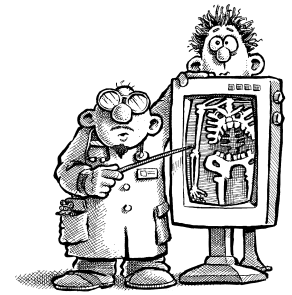
This prayer sentence is found in "The Prayer of Tears." Prayer: Finding the Heart's True Home by Richard J. Foster

Saturday's



Check/Family Time

Before your group begins, take a few moments and capture all of the magnificent moments of this day:



"The Lord does not look at the things man looks at. Man looks at the outward appearance, but the Lord looks at the heart." *I Samuel 16:7b (NIV)*

What does your heart look like?

Who did you see today from the Lord's perspective?

"You're blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world." *Matthew 5:8 (MSG)*

What was your "God-sighting" of the day?

What got my heart beating best today? (*For what moment today am I most grateful?*)

What failed to get my heart beating today? (*For what moment today am I least grateful?*)

Close with this simple prayer...and more if your group, so desires:

Father, Jesus, Spirit: "Break my stony heart with the things that break your heart." Amen.

This prayer sentence is found in "The Prayer of Tears." Prayer: Finding the Heart's True Home by Richard J. Foster

Sunday's Check/Family Time

"Love the
your God with all of
heart and with all of your soul
all of your strength." (NIV) 6:5

pulse GLORYbound 2008 EZ 38:25

Lord
your
and with
Deuteronomy



How's that working for you?

What got my heart beating best today? (For what moment today am I most grateful?)

What failed to get my heart beating today? (For what moment today am I least grateful?)

"Don't lose your grip on Love and Loyalty,
Tie them around your neck; carve their initials on your heart.
Earn a reputation for living well
in God's eyes and the eyes of the people.
Trust God from the bottom of your hearts,
don't try to figure out everything on your own.
Listen for God's voice in everything you do, everywhere you go;
he's the one who will keep you on Track.
Don't assume that you know it all.
Run to GOD! Run from evil!
Your body will glow with health,
your very bones will vibrate with life!" (MSG) Proverbs 3:3-7

Close with this simple prayer...and more if your group, so desires:
Father, Jesus, Spirit: "Break my stony heart with the things that break
your heart." Amen.

This prayer sentence is found in "The Prayer of Tears." Prayer: Finding the Heart's True Home by Richard J. Foster