



# INTRODUCTION & OVERVIEW

SPIRITUAL PRACTICE RELEASE



To our CBOQ Youth Leaders,

This year's CBOQ Next Gen theme is ONE: One God. One Life. Together. Our theme focuses on the concept of "I Breathe- cultivating intimacy with Christ and developing Christ-like character".

It is with this theme in mind that we have selected to focus on Spiritual Practices over the course of the year. After all *cultivating intimacy with Christ* and *developing Christ-like character* doesn't just happen, it needs to be intentionally sought after, and there is no better way to do this than through consistent practice.

People in the Next Generation want to *experience* the truth, they are no longer going to believe something simply because they are told. We know the powerful impact that comes from gatherings and retreats, and we believe that a vibrant walk of faith that draws us closer to Christ involves creating rhythms that regularly create experiences with God. Actively engaging with Spiritual Practices is one way that you can encourage your youth to do this.

On the next couple pages, you will find details about what Spiritual Practices are, how to use the Monthly Releases, and what you can expect from us each month.

Over the centuries many Christians have turned to Spiritual Practices and it is our hope that your group's experiences with these practices over the course of the year will connect you deeply to the one who created you.

All the best,

The CBOQ Youth Team



## What are Spiritual Practices:

Simply put, Spiritual Practices are ways to connect with God. We know that not every practice is for every person, but we hope that over the course of the year everyone in your youth group is able to discover a way to connect with God that is impactful for them.

Throughout this school year, you'll receive releases for the following practices:

Prayer

Meditation

Study

Service

Solitude

Submission

Guidance

Confession/Self-Examination

Worship

Celebration

The great thing about reframing things like Prayer and Bible Study from *mandatory tasks* into *opportunities to try* (practice) is that some of the pressure off needing to do things perfectly. After all, we go to music lessons, dance rehearsal, and sports practices in order to learn and improve. Our spiritual life is the same, we cannot expect people to just *know* how to do things, rather a steady rhythm of effort will aid us as we walk closer and closer with Jesus, after all “Grace is not opposed to effort, but to earning.” (Dallas Willard)

## What to expect each month:

At the beginning of each month a new PDF will become available ([www.cboqyouth.ca/ONE](http://www.cboqyouth.ca/ONE)), you can check there for each new practice and will be reminded via our eUpdate (not receiving these? [Sign up here](#)) as well as via our Social Media platforms.

In each release, you'll find a variety of resources: a sample lesson, links to articles, how-to's, printable resources, YouTube and Podcast recommendations, booklists, scripture references, and more!

If you are especially passionate about a practice and have great resources that you'd like to share with the rest of our CBOQ Youth family, we would love to hear from you and add to the release.

You can contact Meghan at [mmatthews@baptist.ca](mailto:mmatthews@baptist.ca) with your recommendations or share them in our [CBOQ Youth Leader Facebook group](#)



## How to use these Monthly Releases:

Each month focuses on a different practice and it is our prayer that that is enough time for you to try out each practice several times as a group and to encourage your youth to try them for themselves outside of youth group time.

We have tried to take some of the leg work out of your content preparation, so you can spend more time on other areas of your ministry. However, we know that every group and context is different (especially in the COVID-19 era) so these releases do not include a prescriptive weekly schedule. Rather, we hope that you'll be able to incorporate these practices into the program you are already running, use them as challenges, or as starting points for conversations and growth within your group. In each month's release you'll find a Lesson Outline Example (for a 1-hour timeframe, online or in-person, and a second as a 10-minute segment of your program).

While some practices may lend themselves to group activities (Worship, Prayer, Celebration, Guidance, etc.) others are clearly intended to be done as individuals (Solitude, Submission, Confession etc.). This is part of the beauty of Spiritual Practices, there really is something available to everyone regardless of their personality type, activity needs, or where they are spiritually. We have tried to include options that are group oriented and others that are more for individuals, some active and others still, practices that are very seeker-friendly and a few that are deeper dives.

For each practice, we recommend doing an overview of the practice with your youth (using the provided scriptural references can be a great place to start), and then create a space for them to *do the practice* during your youth group time. While talking about our faith is a good thing, the intention of these releases is to help youth find ways to interact with Jesus that make sense for *who they are* and *how God made them*. Following the *doing*, plan enough time to give opportunity for debriefing and sharing about their experiences. Whether this is done in a group discussion, 1-on-1, or in a journal can be up to you.

Discovering a practice that connects them to our Heavenly Father sets a firm foundation for them to begin their personal walk with Christ. This is, of course, the goal of discipleship. To create disciples that have a flourishing life that is rooted in an intimate relationship with God.