



## TAKE A KNEE

### **ENGAGE**

**WELCOME** (Shake hands, give high-fives, write name tags, and connect with other students.)

**ICEBREAKER** (Don't skip this part! This helps people connect and start conversation!)

- *How often do you take the time to rest? What does rest look like for you?*

**READ:** 1 Samuel 1:26-28; 2:1-2 NLT

“Sir, do you remember me?’ Hannah asked. ‘I am the very woman who stood here several years ago praying to the Lord. I asked the Lord to give me this boy, and he has granted my request. Now I am giving him to the Lord, and he will belong to the Lord his whole life.’ And they worshiped the Lord there. ‘My heart rejoices in the Lord! The Lord has made me strong. Now I have an answer for my enemies; I rejoice because you rescued me. No one is holy like the Lord! There is no one besides you; there is no Rock like our God.’”

### **EQUIP**

**SET THE SCENE:** The book of 1 Samuel speaks of a man named Elkanah who had two wives: Hannah and Peninnah. Peninnah was able to have many sons and daughters, but Hannah couldn't bear children. Peninnah would intentionally provoke Hannah, making fun of her and bullying her for not being able to have kids. This caused Hannah much anxiety and sorrow. One day Hannah went to the temple, weeping bitterly over her circumstances and praying with honesty to the Lord. She just wanted a son. The Lord hears Hannah's prayer, and soon after she becomes pregnant with a son named Samuel. While dedicating him to the Lord, Hannah lifts up a prayer of gratitude and thanksgiving in praise to God for who He is.

Hannah's circumstances teach us the importance of prayer. While full of anxiety and sorrow, she finds time alone with the Lord to share the deepest feelings of her heart. Once Samuel is born, Hannah returns to her place of prayer but this time with worship and thanksgiving. She exalts the Lord for being the one true God whose ways are always good.

**What does this scripture say about me and my relationship with God?**

- God is the ultimate source of comfort and joy. When we face hardship or moments of great joy, we can run to Him as the source of all we need and all good gifts in life.
- *SALT LEADER EXAMPLE:*

NOTE:

This outline is a flexible way to equip Huddle Leaders to lead their Huddle. It can meet the needs of various Huddle lengths as it can be anywhere between 30 minutes-55 minutes.



### **What does this say about my relationship with others?**

- The best thing we can do for others is take their needs to the Lord. Prayer should be our first option, not our last resort. Placing something in God's hands is the best we can do.
- *SALT LEADER EXAMPLE:*

### **How does this relate to sports?**

- There are moments in competition where we face adversity or lose control and need to stop the game to refocus. We take a knee or huddle with a coach or teammate to share what's going on, rest and refocus, then go back into the game. Other times we experience great victory and take a knee at the end of a game to share moments of celebration with our teammates and coaches. Taking the time to stop and acknowledge our current reality always helps to provide perspective and focus on what's truly important.
- *SALT LEADER EXAMPLE:*

### **INTENTIONAL CONVERSATION**

*Spend time in small groups discussing the following questions:*

1. When life gets out of control or something exciting happens, what do you normally do?
2. How do you normally celebrate a big win? Do you take all the credit and glory, do you share it with your teammates, or do you give it back to God? How can you honor God in this?
3. *SALT LEADER QUESTION:*
4. *SALT LEADER QUESTION:*

### **EMPOWER CHALLENGE**

This week, if life gets hard or something great happens, take time away to pray to the Lord. Whatever's going on, acknowledge who He is and think about your experience in light of who He is. Take note of how this time to refocus on God changes your circumstance!

### **PRAYER**

Break the Huddle. Invite the students to come back next week to engage with one another!

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