



Series Goal: In a culture of packed schedules, honors classes, travel teams, anxiety, and screen addiction, students need help for the hustle! This 3-week series examines Jesus’ life and ministry and how He remained at peace amidst a busy schedule and a high-stakes mission. How did He do it? Spiritual disciplines. Introduce or reintroduce your students to the “unforced rhythms” of Jesus: a life marked by silence & solitude, meditating on Scripture, and fasting. We prioritize these practices not for religious badges, but for inward spiritual transformation. Jesus Himself is the answer to the hustle.

Weekly Breakdown:

Week 1: Silence & Solitude
Week 2: Meditating on Scripture
Week 3: Fasting

Additional Resources:

Included “Help for the Hustle” Devotional: This 3-week devotional was written for students to use during this series.

Options for After this Series:

Blank Journals: Composition Notebooks are great. Here is an [Amazon link](#), but you can get them for close to \$1 a piece at Walmart or the Dollar Store.

Bible Journals: These have the text of the biblical book with a blank page on the opposite side for notes.

[Matthew](#)

[Luke](#)

Devotionals:

-My 30-Day “Day & Night” Devotionals: [Psalms](#) or [Proverbs](#)

-[God With Us: 21-Days in John & Psalm 119 Devotional](#)

Other Great DYM Devotionals:

Download Youth Ministry | Help for the Hustle: A 3-Week Series on the Spiritual Disciplines of Jesus | Overview | Sabrina Hadro

Rhythms Prayer Journal

The Pursuit Six Week Devotional

Deeper Faith Devotional

Slowing Four Week Devotional

How To Grow Sermon on the Mount Devotional

Belief and Life 21-Day Devotional

Grow Book Devotional

Come Alive in 40 Devotional

21 Day Prayer Challenge Devotional

Slowing 4-Week Devotional

Physical Books:

Enjoy the Silence: A 30 Day Experiment In Listening To God

The Life You've Always Wanted

To Hell With The Hustle

DYM Videos & Tools for Programming:

Lectio Divina Videos

Narrated Psalm 23 Cinematic Video

******If you liked "Help for the Hustle," please leave a great review and check out my other resources on the Download Youth Ministry site. If you think this resource deserves a 5-star review, email me at sabrinahadro@gmail.com and I will send you a free resource!***

Blessings to you!

-Sabrina Hadro