



# ONE&ALL youth



## DATE

November 5th, 2023

## SERIES

It's Just A Lot - Week 1

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## BEFORE GROUP

### BOTTOM LINE:

You can trust God with a lot.

### SCRIPTURE:

*Cast all your anxiety on him because he cares for you. (1 Peter 5:7 NIV).*

### GOAL OF COMMUNITY GROUPS:

To help students see that God can help them with their stress and to encourage them toward things they can do right now to help them manage their stress.

### THINK ABOUT THIS:

In the middle school phase, students can have a ton on their plates, so it's no surprise that they're stressed out about things like relationships, family, school, extracurricular activities, and even their faith. In fact, research shows this is one of the most stressed out generations to date! That means your middle schoolers are feeling the weight of stress emotionally, physically, and spiritually in real ways. Be open to your students if they come to you when they're feeling overwhelmed. While you can't take their stress away (as much as you might want to!), you can provide a listening ear, encourage them to give their worries to God, and offer tips on how to manage their stress. As you lead this week and beyond, remember that you know your group best! Feel free to tailor the experience and conversation this week to them. If you know they'd do better writing, drawing, or even silently brainstorming a little bit before they answer, let them do it! Create a space that welcomes and encourages your students talk about what feels like a lot to them!

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. The goal is to get students verbally engaging, NOT to get through everything in the curriculum.*

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## DURING COMMUNITY GROUP

### HIGH/LOWS & OPENING QUESTIONS:

Begin with highs & lows from their week after they introduce each other. Really take this time to listen and ask questions to show you are interested in their lives.

**ICEBREAKER:** What's the most stressful scene you've ever seen in a movie or TV show?

**SCRIPTURE/VIDEO DISCUSSION:**

(Some groups may watch the video to begin Group time and then break off into their smaller groups, and that's okay)

1. What's one thing that stresses a middle schooler out?
2. What are some physical symptoms you experience when you're stressed?
3. What makes you feel better when you're stressed?
4. How did you feel about doing the breathing prayer during today's message?
5. What's something else that might help when you're stressed? (SGL: Give them some ideas to get started, like identifying people they can talk to, journaling, listening to worship music, etc.)
6. What might change if you chose to trust God with your stress?

**DO THIS (EXPERIENCE) 1:** Ask your students to put the following in order from most stressful to least stressful. Let them talk it out and debate it as they go!

- A big test
- Time with family
- Being grounded
- Keeping a secret
- Staying at home by yourself
- Being late for school

**DO THIS (EXPERIENCE) 2:**

Read through 1 Peter 5: 7 again in a few translations and talk through the following questions as a group:

- a. Do you feel like you can trust God with your stress? Why or why not?
- b. What might make believing these verses are true difficult for you?
- c. Which translation stands out to you the most? What do you like about it?
- d. Based on these verses, what do you think it might look like to trust God with your stress?