



Awkward / Week 2

BEFORE GROUP

BOTTOM LINE

Just because you can do something doesn't mean you should.

SCRIPTURE

I am allowed to do all things, but not everything is good for me to do! Even if I am free to do all things, I will not do them if I think it would be hard for me to stop when I know I should (1 Corinthians 6:12 NLV).

I have come that they may have life, and have it to the full (John 10:10 NIV).

GOAL OF SMALL GROUP

To help students recognize what obsessions may be at work in their lives and encourage them to set healthy boundaries around those things.

THINK ABOUT THIS

Keep in mind that this conversation is about more than just helping students recognize what obsessions they might have; it's also about helping them see how these obsessions might be motivating them to act in ways that aren't healthy or helpful. Remember that self-awareness is still developing in this phase, so recognizing an obsession or a response to it may be difficult for them to do. Be careful not to dismiss or downplay any of the things your students share with you that may feel like obsessions to them. Even if it seems like not a big deal to you, it certainly is to them. In the same way, be careful to not overreact to anything they open up about. Your response is key to keeping the conversation going and your students feeling safe to continue sharing.

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.

DURING GROUP

ICE BREAKER

If you could have a YouTube channel about anything, what would it be about?

DISCUSS THIS

1. What's something you're passionate about?
2. What's one way you can tell the difference between a passion and an obsession?
3. What's one example of something that might move from passion to obsession for a middle schooler?
4. How can an obsession impact you or the people around you?

DO THIS (EXPERIENCE) #1

Ask students to fill out the provided "Obsession or Passion?" quiz. Since this topic can be personal, don't encourage a conversation about each of your students' individual obsessions. Instead, ask students to think about their quiz results and make some healthy changes if they're heading into obsession territory.

5. Did your results surprise you? Why or why not?
6. How can you tell if something is good or wise for you to do?
7. How might doing something that isn't wise or good for you impact your life?
8. How can creating boundaries help you avoid things that aren't wise or good for you?

DO THIS (EXPERIENCE) #2

Scatter the provided scenario cards on the floor in the middle of your group. Have a student select a card and read it aloud. Together, have your group brainstorm ways healthy boundaries can be set for that particular scenario. Repeat with each card as long as time permits.

9. This week, what's one step you can take to set better boundaries for yourself?
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OBSSESSION OR PASSION?

It can sometimes be difficult to know whether something you're really passionate about is turning into an obsession. Help figure it out by completing this quiz. Circle the answer that best describes your passion.

- Yes / No** – Do I think about this constantly?
- Yes / No** – Do I spend most of my free time doing this?
- Yes / No** – Do I talk about this all of the time?
- Yes / No** – Do I have trouble sleeping because I think about this so much?
- Yes / No** – Is this the last thing I think about when I go to sleep at night and the first thing I think about when I wake up in the morning?
- Yes / No** – Do I feel better or worse when I take part in this?
- Yes / No** – Do I feel really upset, anxious, or angry if I'm not able to take part in this?
- Yes / No** – Do I do this for longer periods of time than I had originally planned?
- Yes / No** – Do people in my life make comments about how much I talk about or spend time doing this?
- Yes / No** – Do I tell myself that I'm not going to spend time doing this anymore, but end up doing this anyway?
- Yes / No** – Does this thing impact my life and relationships with others in negative ways?

If you answered "yes" to more than five of these questions, your passion could actually be turning into an obsession. While that doesn't necessarily mean you have to cut this thing out of your life altogether, it does mean you should start finding balance and setting boundaries. Start by asking a trusted adult, Small Group Leader, or parent/guardian to help you figure out ways to create limits and boundaries for yourself. Then, figure out a first step you can take to begin changing your behavior so that you can live the free and full life God intends for you to live.

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Lily

constantly checks

her likes and comments
on Instagram, and it's
causing her to

ignore her family members.

Octavio

plays video games non-stop

all weekend and only
takes a break to eat.

Imani only wants
to hang out with
her new boyfriend
and has been

canceling plans
with her friends.

Alex has been

breaking house rules

with his girlfriend by

staying up late

to video chat and

lying to his parents

about spending time alone
with her in his room.