



MOODS / Week 4

SO HOW DOES THIS WORK?

You've probably noticed the whole world has changed in different ways. And, your group time may be changing, too. This adaptation is a tool to help you integrate teaching time with small group time so that the message is broken up and discussed along the way.

IF YOU ARE USING A TEACHING VIDEO

The speaker will pause at key moments and questions will appear on screen. Remember, to pause the video and give your group time to discuss. Your church may give you a specific amount of time or leave it up to you. When the conversation is ready to transition, start up the video again.

For this video, you will pause for small group conversation at the following times:

0:31

2:55

7:01

14:27

14:37

After the video, be sure to wrap up with more discussion if needed or prayer time. And don't forget to check out the "Try This" section of your Small Group Leader Guide.

IF SOMEONE IS COMMUNICATING LIVE

The speaker will pause at key moments and give your groups time to discuss. Whether you're meeting digitally or in a small group in person, the communicator should give you an idea of how long you have to chat and which questions to discuss. **This information can be found in the Digital and Home Group Option of the Communicator Guide.**

After the talk, be sure to wrap up with more discussion if needed or prayer time. And don't forget to check out the "Try This" section of your Small Group Leader Guide.

DON'T FORGET

READ AHEAD

No matter where or how you lead your group, it's important to spend a few minutes preparing. Take time to read the THINK ABOUT THIS section which will set you up to meet your students right where they are. And don't forget the GOAL OF SMALL GROUP which will point your conversation in the right direction.

MAKE IT PERSONAL

Remember, nobody knows your group quite like you. Just because a question appears on a piece of paper or on screen doesn't mean you have to ask it or use the same words. Ultimately, YOU are guiding the conversation for your group. So feel free to add, delete, or adapt questions to meet their needs.

LET THEM KNOW WHAT IS HAPPENING

Chances are, your few are curious what group will look like if you're changing formats. At the beginning of group time, give them an idea how the format may have changed so they will know what to expect.

SMALL GROUP LEADER GUIDE

MOODS / Week 4

BEFORE GROUP

BOTTOM LINE

Guilt doesn't have to be the boss of you.

SCRIPTURE

So now there is no condemnation for those who belong to Christ Jesus. And because you belong to him, the power of the life-giving Spirit has freed you from the power of sin that leads to death (Romans 8:1-2 NLT).

GOAL OF SMALL GROUP

To encourage students to recognize that God loves them no matter what and because of that, they can live free from guilt.

THINK ABOUT THIS

Middle schoolers may not feel a lot of guilt about a lot of things. If they do, it's usually about things that seem

minimal. Lying to their parents, fighting with a friend, cheating on an exam, being mean to a sibling—these are the things most middle schoolers experience guilt over in this phase. Even though those things may seem like less than a big deal to us, the weight of the guilt they feel over them is very real to them. Do your best to help them move from only focusing on what they did to feel guilty to thinking about how they can better respond to the guilt they feel. Also remember that for some students, guilt isn't a bad thing. They *need* to feel guilty. They need to understand that what they've done or said is wrong. While it's definitely not your job to make them feel guilty (please don't!), it doesn't have to be a bad thing if, this week, some of your students recognize or experience guilt for the first time.

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

After the first break, complete this activity:

DO THIS (EXPERIENCE) 1

Scatter the provided emoji cards on the floor in the middle of your group and ask your students to select one card to represent how they're feeling today. They'll then go around the group and explain why they picked that card.

After the second break, complete this activity:

DO THIS (EXPERIENCE) 2

Put the provided "Feelings Wheel" in the center of your group to use as a conversation aid. Lead a discussion about what words can be used to describe "guilt." Ask a few students to read the "guilt" words from the Feelings Wheel out loud and follow by asking the group if they've ever felt or used these words before.

DISCUSS THIS

After the third break, discuss this question:

1. What's one reason middle schoolers may feel guilty . . .
 - a) With their family?
 - b) With their friends?
 - c) On social media?
 - d) At school?

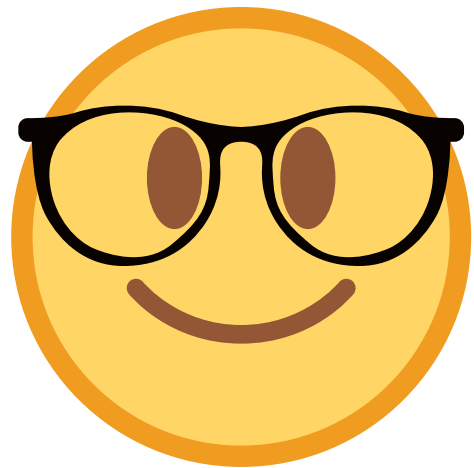
After the fourth break, discuss these questions:

2. What's one helpful way a middle schooler can deal with guilt?
3. What's one unhelpful way a middle schooler can deal with guilt?
4. Does knowing God loves you no matter what change anything for you? Why or why not?

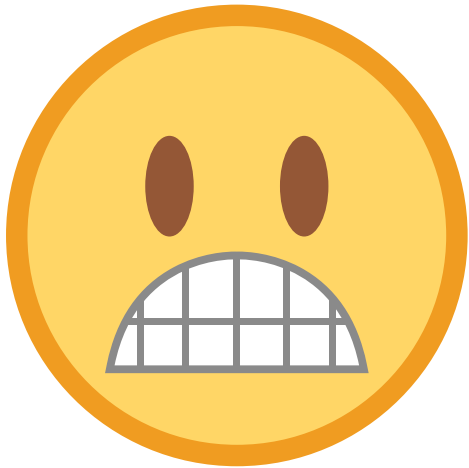
After the fifth break, complete this activity:

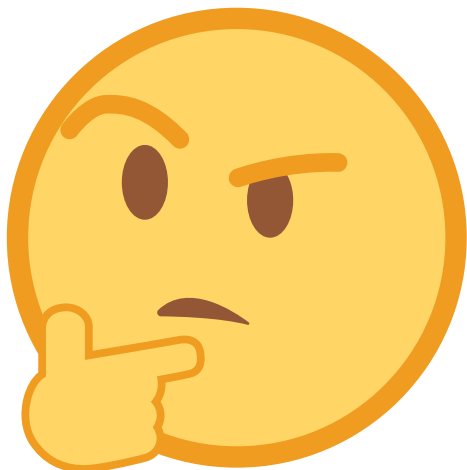
DO THIS (EXPERIENCE) 3

Pass out the provided guided prayer sheet and have students use it to pray in a quiet location in your space. As you lead the XP, remind students that they don't have to write in the blanks today. They can fill them in silently in their minds as they pray quietly to themselves. Then, they can take the prayer sheet home to fill in later or use as a guide for future prayers.









MY PRAYER

GOD,

THANK YOU FOR LOVING ME NO MATTER WHAT.

LATELY I'VE BEEN FEELING GUILTY ABOUT _____.

IT HAS MADE ME FEEL AND THINK _____.

PLEASE HELP ME REMEMBER THAT YOUR LOVE FOR ME DOESN'T CHANGE
BASED ON WHAT I'VE DONE. BECAUSE OF THAT, I DON'T HAVE TO FEEL
GUILTY OR BE SO HARD ON MYSELF WHEN I MESS UP.

PLEASE HELP ME USE _____ (WHAT I FEEL GUILTY ABOUT)
TO REMIND ME THAT I CAN CHANGE.

INSTEAD OF LETTING _____ (WHAT I FEEL GUILTY ABOUT)
MAKE ME FEEL BAD ABOUT MYSELF, PLEASE GUIDE ME IN USING IT TO
MAKE NEW DECISIONS GOING FORWARD.

THANK YOU FOR NEVER GIVING UP ON ME.

THANK YOU FOR TAKING THE GUILT I FEEL AND GIVING ME A CHANCE TO
START AGAIN.

AMEN

MY PRAYER

GOD,

THANK YOU FOR LOVING ME NO MATTER WHAT.

LATELY I'VE BEEN FEELING GUILTY ABOUT _____.

IT HAS MADE ME FEEL AND THINK _____.

PLEASE HELP ME REMEMBER THAT YOUR LOVE FOR ME DOESN'T CHANGE
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THANK YOU FOR TAKING THE GUILT I FEEL AND GIVING ME A CHANCE TO
START AGAIN.

AMEN

