

SMALL GROUP LEADER GUIDE

Vibes / Fear

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.

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.

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.

BEFORE GROUP

BOTTOM LINE

Because of Jesus, fear doesn't have to be the boss of you.

SCRIPTURE

Matthew 10:16a NIV, Matthew 8:24-27 NIV, Matthew 10:28-31 NIV, & 1 Peter 5:7 NIV

GOAL OF SMALL GROUP

To help students recognize when fear is holding them back and invite them to trust Jesus and move forward with Him – whether or not they are afraid.

THINK ABOUT THIS

Developmentally, high schoolers are more naturally wired for risk-taking behaviors. The part of their brain responsible for predicting consequences isn't fully developed yet, so they may be more likely to try something new, drive too fast, sign up for challenging classes, experiment with drugs, or go on adventures. At the same time, with more expectations than ever, students are experiencing anxiety and fear about their future at alarming rates. In short, our teenagers are both fearless and fearful. That's why, as leaders, we can be helpful by being available to talk through feelings of fear and help teenagers develop the skill of discerning the difference between fear that holds them back and fear based in wisdom that protects them.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

After the first break, discuss these questions:

1. *PART OF THE XP—Note to the Small Group Leader: In order to use the feelings wheel take some time to explain what it is and how to use it. Simply start in the center, then move outwards. Then ask the question #1.*
2. *Using the Feelings Wheel, ask: Which of these feelings do you have the hardest time dealing with in other people?*
3. *What is something that scared you when you were a little kid that you aren't scared of now?*

After the second break, discuss these questions:

4. *Would you say you have more fear for the future or most hope for the future?*
5. *What are you most hopeful or excited about in the future? What scares you most about the future?*

After the third break, discuss these questions:

6. *Read Matthew 10:28-31. This passage points out that God is a personal God who is always with us. Does knowing that God is with you in every situation change the way you look at fear?*
7. *Have you ever felt like you could go to God with your fear and anxiety? Why or why not?*

After the fourth break, discuss these questions:

8. *What is one thing in your life currently that scares you the most?*
9. *How can this group help you cast your fears on to God and over your fear?*

TRY THIS

Throughout this week, text your students thanking them for being a part of the group and using their answers from question #9, challenge them to help the other students within the group. It may be as simple as encouraging them to let each other know that they are there for them.
