

SMALL GROUP LEADER GUIDE

Vibes / Guilt

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, guilt doesn't have to be the boss of you.

SCRIPTURE

Proverbs 4:23 NIV & Romans 8:1-4 NIV

GOAL OF SMALL GROUP

To help students recognize when guilt is controlling them and invite them to trust Jesus instead.

THINK ABOUT THIS

At the high school phase, decisions and actions in high school come with higher stakes than ever before. That's

why, as adults, it can be tempting to use guilt or shame as a tool to influence students to behave well. And while our intentions may be good, using guilt or shame as a tool can do significant harm, not only for the student we're addressing but also to those watching. This week, if a student acknowledges a mistake, be careful to guard your facial expressions and vocal tone so that you are not demonstrating shock or disappointment. In doing so, you will communicate that your group is a safe place to process the pain of poor choices, and you will earn the right to be trusted in moments when a student is feeling guilty.

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:

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.

1. Using the Feelings Wheel, ask: Which of these feelings do you seem to never feel?
2. What's the stupidest thing you've ever felt guilty for or apologized for?
3. Use the emotions wheel. You may have noticed that guilt can show up in a few different places on the wheel. What is one area where guilt shows up most for you? Why?

After the second break, discuss these questions:

4. Read Proverbs 4:23. Do you think this is true, that everything you do flows from your heart?
5. How do you know when someone is feeling guilty? Do they run? Do they shut down? Do they brush it off? What are you most likely to do when you feel guilty?

After the third break, discuss these questions:

6. If we were to believe that Jesus takes away our shame and guilt, how would that change how we live?

After the fourth break, discuss these questions:

7. For upperclassmen: Our past can remind us but does not define us. What can make it difficult for us to accept this statement? What could change in your life by accepting this statement?
8. How can we, as a group, create a safe place for you to share without you feeling guilt or shame for the decisions you have or will make?

TRY THIS

This week, be sure to observe how your students respond to this talk and discussion. Be sure to follow up with them and remind them that they don't have to process guilt by themselves.
