



FEBRUARY'S THEME

PERFORM

SCRIPTURE John 18:28-40

BOTTOM LINE Jesus is where we can find what is true about us and about life

MEMORY VERSES John 18:38-38



•Tonight we will be in the choir format and we will have communion.

MY GOAL FOR THE NIGHT:



Tonight is the second night of our topical series called “Captives.” Our speaker is from the Emily Program, a program that serves people struggling with disordered eating and negative body image. The population of people who are affected by eating disorders and negative body image continues to grow each year due to a variety of factors. As a result, this is not a “far off” issue affecting ‘people you know.’ It is something that affects nearly 40% of all people, including students, parents, and leaders here at StuMin. The good news is that through the work of the Emily Program and positive, life-affirming communities like this one, the captivity created by these issues does not have to be permanent.

DISCUSSION QUESTIONS

Connect

Highs/Lows and Prayer Requests - Share your “highs” and “lows” with the group and then gather prayer requests to distribute to the group for prayer throughout the next week.

Message

The small group material for the message tonight is provided by The Emily Program. It is in your bin.

Devotional: John 18:12-27

Supplies – dixie cup, water, life saver.

If you have spent time around the church, you have probably heard the word “sin” more than a few times. Usually, it is used in the context of something you do against God or God’s wishes. While that is a useful sense of the word, maybe a better understanding of the word is to think of it as a power over us, obscuring us from living life abundantly. In this way, sin can look like your phones that we talked about in large group. They can be social circles, habits we get caught in, government or economic systems we participate in—a whole lot of things!

Most of the time it is uncomfortable to deal with the sin that has power over us. It requires changing or giving some things up. Peter found that out. He was caught up in the idea that by following Jesus he was somehow going to end up like one of the well-off people in town. As you read tonight, that isn’t the way things turned out up to this point of the



**PRINCE
OF PEACE**
Called to Connect

**STUDENT
MINISTRY**

MAR 14
SMALL GROUP GUIDE | MS/HS

story. Each of you has a cup with some frozen water. Peel off the paper cup and hold the water in your hand. While you do that, think of the things that have power over you, that keep you from living life abundantly. Like dealing with the in real life, this will be a little uncomfortable. But, as you'll find out, there is a kind of 'life' at the center of this chunk of ice. As you wait for your ice to melt think about these questions:

- Are you aware of things that might have power over you that might be keeping from living the way that God would want you to? What are they? Who are they? How do they keep you "captive"?
- What are some ways that you could begin to deal with these powers over you? Do you need to have a tough conversation? Do you need to change your routine? What is it?
- What do you think it would look like if you really worked to deal with these things? What would be different about your life?

EXTRAS

March Madness

What You Need: Paper, pens

What you Do: In just a couple of weeks we'll all be putting together a bracket for the NCAA Basketball Tournament. Some lucky team is going to make their way to the Final Four and then the National Championship. You can be sure that all of these teams will give it everything they've got to cut down the nets. In a similar way, there are many things that are after your heart and attention that want to dominate in a similar way: social relationships, school, beauty, and a whole host of other things. Sometime the things competing in the tournament of our hearts are good--and that's great! But, other times, they tend to bend us out of shape. Using your paper, create a bracket with four or eight lines for "teams." On each of those lines, place something that is after your heart. What do you notice about your list? Are there things missing that should be there? are there things on your list that shouldn't be? Is there a clear winner? It is always important to be aware of what has our heart.

JUST FOR FUN

NCAA Tournament Brackets

What You Need: Brackets and Pens

What You Do: Fill out a bracket and put your name by it for a chance to win a \$20 gift card to Chick-Fil-A! Put brackets in the leader bin.