

# STUMIN

## SMALL GROUP LEADER GUIDE

## MIDDLE SCHOOL FOCUS

### NEVER GIVE UP

SEPTEMBER 21, 2022

Week 1 of a 4-week series  
about resilience

### BOTTOM LINE

Resilience helps us  
never give up.

### SCRIPTURE

- 2 Corinthians 11:23b-27 NLT

*No, dear brothers and sisters,  
I have not achieved it, but  
I focus on this one thing:  
Forgetting the past and  
looking forward to what lies  
ahead, I press on to reach the  
end of the race and receive  
the heavenly prize for which  
God, through Christ Jesus, is  
calling us.*

- Philippians 3:13-14 NLT

- John 16:33 NIV

### GOAL OF SMALL GROUP

To help students see  
the value in developing  
resilience

### >> BEFORE GROUP

**THINK ABOUT THIS:** In this series, we use the phrase “give up” often to describe the way we respond to difficult circumstances, setbacks, and challenges in life. Be careful not to downplay the seriousness of things that may make students feel like giving up in big and small ways. Those things are very real and heavy to them! And of course, note students who talk about giving up in ways that could be dangerous to them. Be sure to follow up with them outside of group and refer them to Student Ministry staff for additional support. Remind all of your students that just because they choose to keep going doesn’t mean their circumstances will always change. It’s okay to feel the discouragement of that even as you’re building resilience!

### >> DURING GROUP

*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.*

### DISCUSS THIS:

- What is your favorite example from sports, movies, TV shows, or books that shows somebody being resilient? What can you learn about resilience from this example?
- In your own words, what does it mean to be resilient?
- Who is someone you know personally that’s resilient? Share a story that shows their resilience. What have you learned from their example?
- Have you ever had to be resilient in your life? Tell us about it.
- On a scale of 1-10, how resilient do you think you are?
- How might faith help us be resilient during difficult times?

### DO THIS:

Hand out the provided activity page to your group members and encourage them to take it home and put it someplace they will see it often. Say something like, “When you find yourself facing a setback and you feel like you want to give up, you can stop and ask yourself these three questions as a way to build resilience through it.” Then, discuss the following questions.

### DISCUSS THIS:

- What’s one challenge that’s happening right now that you want to give up on?
- What’s one thing that’s true no matter what you’re going through?
- What’s one thing you can do to be resilient in what you’re going through?

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**THINK ABOUT THIS:** In your group, you likely have students experiencing a range of difficult circumstances. Some may be facing really hard challenges like family tensions, sickness, or financial problems. Others may be stressed about things that may feel small to us but feel very overwhelming to them. This week, as students share the range of things they are struggling with, be sure to empathize with them and validate their experiences no matter how big or small their struggle may appear to you.

### >> DURING GROUP

*Create meaningful conversations. Adjust the questions as needed and ask thoughtful follow-up questions as the conversation unfolds. Don't feel like you need to answer every question.*

### DISCUSS THIS:

- In your own words, how would you define "resilience"?
- Why do you think we sometimes want to resist facing challenging things, even if we know there's a chance it will build resilience in us?
- Re-read the 2 Corinthians 11 scripture passage from the YouVersion Bible app on your phone or by looking it up in a physical Bible. Then re-read the Philippians verses. What motivated Paul to "press on" in the face of his challenges?
- Do you know somebody who seems to face more than their fair share of challenges? Share their story with the group. What do you think motivates them to "press on" in the face of their challenges?
- What motivates you to "press on" in the face of challenges? What is the value of developing resilience?
- What's an experience from your past that you realize now has helped you build resilience?
- What's an area of your life right now that could benefit from resilience?
- What's one step you can take toward building resilience in that area of your life this week?

### TRY THIS:

Gather your small group members' contact information and give them yours. Provide time at the end of your discussion for kids to text you about something they are currently struggling to face. Assure your group that you will be praying for them and their struggles throughout the week.

### >> AFTER GROUP

Be sure to follow up with students who could use extra support and encouragement.