



**NOVEMBER THEME
DIFFERENT**

SCRIPTURE JOHN 16-31-33

BOTTOM LINE We can live differently with God.



- Be sure to look at the large group interactions so you know what things to draw your kids' attention to throughout large group.

MY GOAL FOR THE NIGHT:

THINK ABOUT THIS

All of us deal with some type of stress in our lives on a day to day basis. Stress that can keep us from living the type of life that God wants for us. Thankfully, God has given us tools that we can use to get around that wall of stress. This month our theme is Different. For the next three weeks we're going to explore spiritual practices as means of changing our experience of stress. Tonight we will split into stations where we will get a chance to practice spiritual disciplines that will help us get through stress. Your small group has been assigned a station and you can find that on the bottom of your attendance form.

DISCUSSION QUESTIONS

Large Group

1.

Small Group Study

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. You can get paper for this activity at the leader bin cart or you can have the students use their phones. We suggest setting up a "group chat" using one of the following platforms: iMessage on iPhone, email, groupme, snapchat, instagram, or facebook.



Questions

- This month you have had a chance to engage in spiritual disciplines and practices to manage your stress. What practices have you found helpful? What practices do you know that you want to avoid in the future? Why? What ideas for additional practices do you have for the future?
- Do you see anything differently? What?
- At the beginning of this series Dana was trapped behind a wall of stress. The wall included 48 different stressors that, when taken together, separated her from the life that God wants for her. That life is relationship with others, with herself, and with God. Do you feel that you have been able to identify the boxes in your wall? Do you feel like the people in your small group (or StuMin) have heard you in a way that has been helpful?
- Do you feel like you have taken steps to get out from behind the wall? Why or why not? What does that look like for you?
- Do you think that anything you have learned about dealing with stress this month is something that you can extend to your neighbors, parents, siblings, and friends?
- Does the life that God wants us to have not include stress? Is a relationship with God and feeling stressed mutually exclusive? Or is there another way to approach it?
- Read: John 16:31-33
- Jesus isn't minimizing the stress or difficulty in our lives. Rather, he is trying to help us have perspective that they do not have to define us or make us feel alone. How does this enliven or inform your perspective on stress?

Notes and Prayer Requests



**PRINCE
OF PEACE**
Called to Connect

**STUDENT
MINISTRY**

NOV 28
SMALL GROUP GUIDE | MS/HS

EXTRAS

Affirmation Circle

What You Need: Paper and Markers

Have each student start with a piece of paper. Rotate the papers around the circle so each student can have a chance to affirm one another.

JUST FOR FUN

Pterodactyl

What You Need: Your group in a circle

What You Do: Start in a circle. One person will turn to the person next to them and say the word “pterodactyl” without showing their teeth. Each person will continue the pattern around the circle. To reverse the direction, turn back to the person and scream like a dinosaur. You lose by showing your teeth. Keep going until you have a winner- or until everyone is on the floor laughing.