



NOVEMBER THEME
DIFFERENT

SCRIPTURE 1 Peter 5:7, 1 Peter 4:19,
John 14:27, Psalm 94:19, Psalm 34:4, 2
Corinthians 12:9

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 four weeks we're going to explore spiritual practices as means of changing our experience of stress.

DISCUSSION QUESTIONS

Large Group

1. Darren in singing a song called "Different"
2. We will demonstrate common cliches students hear when they express stress and anxiety.
3. During the talk, a wall is built, symbolizing the obstacle of stress and anxiety between ourselves and others.
4. Students will write down:
 - Cliches they hear
 - Stressors in their lives
 - Who they go to when they feel stress
 - A note of gratitude

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

- What does stress mean to you? How does it work? How does it feel?
- What is stressing you out? Why?
- What does your wall look like and feel like? What is your stress keeping you from in life?
- How do you get out from behind the wall? What strategies have you used?
- How did you know you were out from behind the wall? What role has your faith played in these strategies?
- How can you tell if other people are behind the wall? What can you do to help them?
- Read verse 1 Peter 5:7. What does it mean to cast your burdens on Jesus? How much responsibility can you take for the things that are stressing you out? How much control do you really have?
- Who do you go to when you're stressed? As Christians, we believe that we are all filled with the Spirit of Christ. So, if you go to your small group and share, you're doing this!

Notes and Prayer Requests



**PRINCE
OF PEACE**
Called to Connect

**STUDENT
MINISTRY**

NOV 7
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.