



OCTOBER THEME

MORE THAN FRIENDS

SCRIPTURE Ps. 7:11; DUET 32:36; JN 3:16; EX 34:14; GEN 1:26-27; PHIL 1:6

BOTTOM LINE Own your emotions



- 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

This month in StuMin our theme is More Than Friends. At the heart of this series are strategies for bringing our faith into our significant relationships. While we'll spend a lot of our time focusing on dating, much of what we talk about can be applied to friendships and other relationships. Tonight we are going to have a conversation about how to handle the feelings that are bound to arise as a result of being in relationships. Specifically, what can we do to identify strong feelings in our relationships, where they come from, and how to manage them so they don't overwhelm us.

DISCUSSION QUESTIONS

Large Group Interactions

- **Coffee Shop Skit** - Were there elements of the coffee shop skit that you identified with? What were they?
- **Megan Emotions** - Have you ever felt like you were in a relationship that caused you to be consumed by your emotions? How so?
- **We all have emotions** - Have you ever considered all of emotions that people are carrying with them during the school day? Have you been able to successfully carry your emotions with you rather than becoming them? How so?
- **Our Girl** - What are the moments in your day that provoke emotions that take you over?



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

- Leader: Share a story about a time when your emotions got the best of you or someone that you know.
- **Show your students the feeling wheel.**
- What feelings do you feel the most often in your relationships? Why?
- Are there feelings that you feel like you should feel more of or less of? Why? Are there feelings that you think are off-limits or necessary to feel in order to be a Christian? Why?
- Take a look at the following verses: God feels angry: Psalm 7:11; God feels compassion: Deut 32:36; God feels love: John 3:1; God feels jealousy: Exodus 34:14. What does God’s access to emotions have to do with us? ::get answers::
- Read Genesis 1:26-27. We are made in God’s image, so we should also have access to all of these emotions. How does this jive with what you said about how Christians should feel?
- Read Philippians 1:6. Sometimes we feel like we are bad because our emotions get the best of us sometimes. What consolation is it that God is still working on you? What does it mean to still be in process? How is that good or bad news for you?

Notes and Prayer Requests

EXTRAS

Expect, break, attention, learn, repeat

What You Need: None

What you do: So, how do we gain perspective so that we don't have broken down walls all the time?

Expect – Expect that so long as you have a pulse and a need to be in relationship with other people, you're going to have situations where things will provoke a reaction out of you. **Give yourself a break** (kit kat bars)– It is OK if you feel upset, sad, down, happy, elated, and everything in between as you navigate relationships. As we said earlier, those are all a part of being human. **Pay attention** – What was going on inside of you that created your emotion in that situation? Does this happen often? Is it a trend? What is that trend pointing to? **Learn**– If you notice a trend where certain things that people do produce a negative or positive reaction in you, then think about some ways that you can either lean in, or break out of that cycle. **Repeat** – This process isn't a straight line. It goes in loops and depending on what is happening in your life, those loops can be big or they can be small.

JUST FOR FUN

Family Feud Game

What You Need: Some kind of buzzer, split group in half, questions will be in your bin

What You Do: Split your group in half. They choose one participant from each group to answer questions each round. They get three strikes as a group. After which the other group gets to answer the question. They get one chance. Group with the most correct answers wins.