

SMALL GROUP LEADER GUIDE

Prism / Week 5

BEFORE GROUP

BOTTOM LINE

You're never alone.

SCRIPTURE

Psalm 23:4 NLT; 1 Peter 5:7 NIV; John 16:33 NIV

GOAL OF SMALL GROUP

To help students see that Jesus is with them in their troubles and to encourage them to be with others in the same way.

THINK ABOUT THIS

At this phase, belonging is one of the most important drives in teenagers. Friendships are often changing, and students are wondering where they fit. Your group can be a tangible reminder that they belong with God and God's people. If one of the students in your group is going through a difficult experience, that sense of belonging may be more important than ever. You may need to check on them during the week or ask to follow up outside of the group.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

1. Who are the people who get you the most? What makes you close?
2. Share about a time when you felt really alone. (**Leader:** could share a personal example)
3. As much as we wish it would be, life won't always be easy. What are some examples of unhealthy ways people deal with the challenges we face in life?
4. It's tempting to think that everything went perfectly, or was easy, in Jesus' life, but that wasn't the case. Jesus understands our pain, because He also went through painful experiences:
 - Let down by His closest followers when He needed them most (garden of Gethsemane).
 - Jesus's brother rejected Him until after His death.
 - Rejected by His followers when things looked bad (Peter rejecting Jesus).
 - He was betrayed by one of His close friends who then committed suicide.
 - Physically and emotionally abused before being crucified.

How does knowing Jesus experienced these difficulties change the way you feel about the difficulties you might face in life?
5. What are some ways Jesus helps us through tough times?
6. What are some ways you can be there for someone who is going through tough times? Brainstorm a list of phrases you could use to offer friendship/support to someone in a difficult situation.
7. What are some ways our small group can support each other when one of us is going through a challenging situation? How would you want our group to support you?

TRY THIS

Which one do you need to work on this week: talking to God and others or supporting friends during their times of trouble? Write a prayer, take a note in your phone, draft a text you can send in those times. Remind yourself you are not alone as you talk to God & others. Be that reminder for others as you support them this week.