

SMALL  GROUP

SMALL GROUP LEADER GUIDE

Be Humble / Week 2

BEFORE GROUP

BOTTOM LINE

Be brave, be humble.

SCRIPTURE

Matthew 11:28-29 NLT

GOAL OF SMALL GROUP

To encourage students to see that there is rest and acceptance in Jesus and to encourage them to take the brave step to be who they are in Him.

THINK ABOUT THIS

Middle schoolers are looking for inclusion and acceptance just about everywhere they turn. From friends, on social media, at school, even at church—their desire to be liked, accepted, and included is at an all-time high in this phase. Keep that in mind as you lead this conversation. Some may be aware of the ways they're twisting themselves into pretzels to find acceptance, but others may be doing it unconsciously. Your role isn't to point out where you see this in them, but instead, to ask questions and lead conversations in a way that will help them discover this for themselves. With that, as you talk about being brave and being themselves, keep in mind this isn't an easy thing for all your students. Depending on things like race, socio-economic status, and cultural context, choosing to be who they are may not be as easy or even safe for some students as it for others. The goal is simply to remind them that, regardless of how the world perceives you, in Jesus' eyes, you're loved and accepted just as you are.

This guide is a suggestion, not a formula. Adjust the content as needed, and don't feel like you need to complete everything listed.

DURING GROUP

JUST FOR FUN

If you could win an Olympic medal for anything in your life, what would it be? (The sillier, the better!)

DISCUSS THIS

1. Rank the following to show where you think a middle schooler wants to have the most acceptance to the least acceptance:
 - a. With their friends?
 - b. In their family?
 - c. With their teammates?
 - d. In their Small Group?
 - e. With people they don't know on social media?
2. What kinds of things might a middle schooler change about themselves to be accepted?
3. Why do you think trying to manage all that can feel heavy or hard to do at times?
4. Does it change anything for you to know that Jesus offers rest and acceptance just as you are? In what ways?
5. What do you think it looks like to find rest in Jesus?
6. In what ways do you think it's brave to simply be yourself?

DO THIS (EXPERIENCE 1)

Ask your students to create a journal page that describes or shows what they feel they're good at or what about them is important or unique. Encourage them to be creative and have fun in how they depict each thing. Ask for volunteers to share what they created with the Group.

7. What's one step you can take this week to be more comfortable just being yourself?

DO THIS (EXPERIENCE 2)

Read the scenario below to your Group. Ask them to discuss how they can demonstrate a balance of humility, bravery, and confidence in that situation.

Scenario: You did a bunch of extra chores this week around the house, but your family members didn't notice or acknowledge what you did. How do you respond?
