

SMALL  GROUP

SMALL GROUP LEADER GUIDE

Be Humble / Week 3

BEFORE GROUP

BOTTOM LINE

Be you, be humble.

SCRIPTURE

1 Peter 5:5b NLT

GOAL OF SMALL GROUP

To encourage students to take off the tendency to compare and instead, put on humility, confidence, and celebration, both for themselves and others.

THINK ABOUT THIS

Comparison is a rollercoaster we don't just ride in middle school. It's a cycle of peaks and valleys we must navigate for the rest of our lives! While this is especially heightened in middle school, it's something your students will be dealing with continually as they grow up. So, this is a great opportunity to plant seeds of truth and form helpful habits that they can lean on to combat comparison now and in the future. With that in mind, it's important to present two big concepts to your students this week. The first is simply that, in humility, they can recognize the way God made them uniquely. And they can choose to let that define who they are rather than all the other things that comparison tells them should speak to their identity. The second is that one of the best cures for comparison is celebration. When they celebrate not just themselves but the way God made others around them, it leaves less room for comparison to creep in and redirect their minds toward harsh and unhelpful thinking about themselves and others.

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

DISCUSS THIS

1. In your own words, how would you define "comparison"?
2. In what areas of life do you think most middle schoolers compare themselves to others?
3. How can that comparison make you feel better? And how can it make you feel worse?
4. How might choosing humility help you combat comparison?
5. What things might you need to "take off" to put on humility instead? (*Small Group Leader: Feel free to give some examples to get them started!*)
6. How might celebrating both yourself and others help you avoid comparison?

DO THIS (EXPERIENCE 1)

Write down your students' names on slips of paper and have each student pick a name from a hat. Ask them to use the provided paper and pens to create an award for the person they selected. To get them thinking, ask them to consider what that person does well, what makes them interesting or unique, or what they admire about them. When everyone is done, take a quick look at the awards to make sure they're appropriate and encouraging, and then have a mini awards ceremony to celebrate each student in your group.

1. Who is one person in your life who avoids comparison and celebrates both themselves and others well? Tell us about them!
2. This week, what's one step you can take to get their help or guidance in resisting comparison?

DO THIS (EXPERIENCE 2)

Read the below scenario to your Group. Ask them to discuss how they can avoid comparison and demonstrate a balance of confidence and celebration of others in that situation.

Scenario: You didn't do well on a test, but your friend aced it. How do you respond?
