



SMALL GROUP LEADER GUIDE

Take A Bow / Week 2

BEFORE GROUP

BOTTOM LINE

When you follow Jesus, you will find real rest.

SCRIPTURE

Matthew 11:28a NLT
Matthew 11:28b NLT

Matthew 11:29a NLT
Matthew 11:29b NLT

GOAL OF SMALL GROUP

To show students the way trying to fit in or be the best can weigh them down and to encourage them to find real rest by turning to Jesus.

THINK ABOUT THIS

There may be no phase where fitting in and proving yourself feels like a bigger temptation than high school. Teenagers are constantly aware of the standards set by the culture around them. They know who they should be, how they should act, what they should like, what they should do, and who they should hang out with to fit in, at least by the world's standards. Even if they aren't conscious of it in the moment, they're in the thick of trying to measure up. That means the weight of that pressure is likely heavier in this phase than in any other. As you talk through this, give students space to be honest about what's weighing them down, first with themselves and then with your Group. Then, focus on helping them make the abstract idea of giving those burdens to Jesus and finding rest more concrete. Brainstorm what this looks like practically, encouraging students to try just one way of go to Jesus with the pressure, pride, and insecurity they may be crumbling under and look to find real rest.

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

In the spirit of LeBron, who would you say is "it" in culture right now?

DISCUSS THIS

1. In what ways do you think high schoolers feel the need to change something about themselves to fit in?
2. How do you think that pressure might eventually make someone feel?
3. What do you think the difference between pride and insecurity is?
4. In what ways might each weigh you down?
5. What does it look like to go to Jesus with what weighs you down?
6. How might going to Jesus give you rest from trying to fit in or prove yourself?
7. This week, what would it look like to give Jesus whatever might be weighing you down?

TRY THIS

Challenge your group to memorize Matthew 11:28-29 together this week. Not only will it get you all in the practice of memorizing God's Word together, but it will put in your minds the truth that God is there to give you rest when you humbly come to God with your burdens.