



# ONE&ALL *youth*



## DATE

September 24th, 2023

## SERIES

Stuck Together Week 3

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### BEFORE GROUP

#### BOTTOM LINE:

When your family changes, God is with you.

#### SCRIPTURE:

*When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze (Isaiah 43:2 NIV).*

*Don't panic. I'm with you. There's no need to fear for I'm your God. I'll give you strength. I'll help you. I'll hold you steady, keep a firm grip on you (Isaiah 41:10 MSG).*

#### GOAL OF SMALL GROUPS:

To help students navigate changes in their families by remembering that God is always with them no matter the circumstances.

#### THINK ABOUT THIS:

Change is inevitable for every family. As your students talk about this, remember that if they haven't experienced or recognized a major change in their home yet, not all change has to be bad. Keep in mind that in this phase, every change will feel like a big deal. While it may seem small to you, even the slightest change in their home can feel as if their entire world has shifted. Be quick to encourage your middle schoolers to keep the right perspective when faced with change, but be careful not to downplay or dismiss the changes they're experiencing. No matter how big or small, good or bad the changes they've walked through in their family may be, the truth remains the same: They have access to God who never changes. That is something they can hold on to when life at home feels like it's always changing

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. The goal is to getting students verbally engaging, NOT to get through everything in the curriculum.*

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### DURING COMMUNITY GROUP

**HIGH/LOWS & OPENING QUESTIONS:** (Have some light and fun opening conversation. The more active they are the more bought in they will be.)

Begin with highs & lows from their week after they introduce each other. Really take this time to listen and ask questions to show you are interested in their lives.

## **SCRIPTURE/VIDEO DISCUSSION:**

(Some groups may watch the video to begin Group time and then break off into their smaller groups, and that's okay)

- 1. On a scale of 1 to 10, how comfortable are you dealing with any kind of change . . . and why?**
  - a. In your friend group?**
  - b. At school?**
  - c. On your team?**
  - d. With your family?**

**DO THIS (EXPERIENCE 1):** One-at-a-time, ask a student to pick a number between 1-16, and then read the corresponding situation out loud to the group. Together, discuss one thing that could be good about that situation and one thing someone (besides themselves) in their family might be feeling in that situation.

- 2. What's an example of an exciting change that might happen in a family?**
- 3. What's an example of a difficult change that might happen in a family?**

Different Scenarios:

- 1) I recently learned my adoption story.
- 2) My family member passed away.
- 3) I was recently reunited with my biological family.
- 4) My parent just completed their time in jail, and they're moving back home with us.
- 5) My mom changed jobs, and now she works at night instead of during the day.
- 6) My cousin went to college and no longer lives at our home.
- 7) My dad got remarried and now I have two step-siblings.
- 8) After my parents divorce, my sister decided to live with our mom, but I'm living with our dad.
- 9) I no longer live with my parents; I moved in with my aunt.
- 10) I became part of a new family.
- 11) My mom is moving us to a new state, which means I'm starting a new school again.
- 12) My older sister checked into rehab.
- 13) My grandfather lost his job, and we are struggling to pay rent.
- 14) My Step-mom decided to start going to church, and now she makes us all go.
- 15) My parents are spending a lot of time taking care of my grandmother.
- 16) My family member just got deployed overseas, and I don't know how long they'll be away.

**DO THIS (EXPERIENCE 2):** Ask your group to sit and close their eyes. Lead your students through a visualization exercise by saying the following:

- Think of a change that has happened or is happening in your family.
    - Picture who is part of that change.
    - Think about what's happening because of that change.
    - Picture how that change makes you feel.
  - Now, think about that thing and imagine God being there with you.
    - Think about how that makes you feel.
  - Now think about God being with every single person in this room.
    - How does that make you feel?
- 4. How does it make you feel to know God is with you through every change?**
  - 5. What's one thing you can do to focus on the good when your family changes?**