

Students Group Guide - FEB 9, 2022

Series: AM I OKAY? | Week 3

OVERVIEW

LINKS FOR STUDENTS GROUPS VIDEO

[YouTube Link](#)

[Dropbox Link](#)

BOTTOM LINE

Even when belief is all you have, it is enough.

SCRIPTURE

Luke 8:42b-48

GOAL OF SMALL GROUP

Help students understand the role that faith plays in their lives and relationships.

THINK ABOUT THIS

This is a hard lesson because for most people, it is hard to give up control. Even when we think we have a lot of faith, when we look deep within ourselves we realize that we really struggle to let go of the things that are very important to us. This lesson is going to help us realize that it is okay to depend and lean on our faith when times are tough and we don't have control over situations.

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GROUP TIME

NOTE: Think about your students and contextualize the lesson you want them to have. From there, adjust the questions and activities as needed. Don't feel like you need to do or ask everything you see here. There is too much here for you to accomplish in one night, so choose prayerfully and keep your students in mind.

OPENING TIME OF SILENCE (3 minutes):

We want your group to engage in this discussion after a brief time of silence. Here are some things you could say to your few before you enter into this time:

- This is a heavier than normal topic, and we want to give it some space before we have a discussion
- We want to spend some time in silence as a spiritual practice (take phones away for this time...or the rest of the time 😊)

Take 2 minutes of silence, and ask your students to just simply focus on the word "trust."

Come back together after the leader closes this time in prayer.

ICEBREAKER (5 minutes):

1. Has anyone ever been on a high ropes course? Were you nervous about doing it? Why or why not?

SAY: Ropes Courses are awesome, they're wild, adventurous and bring a major adrenaline rush. As we heard from the speaker, Ropes Courses can also be a scary and nerve racking experience. Especially the first time we go. We're giving up control and putting our safety in the hands of someone or something else and when we give up control over something it can be hard to trust that we will be okay in the end.

INTRO DISCUSSION (6-10 minutes):

Use this section to help develop the material for the group:

1. What are some things that your parents have given you control over in your house? What about what you don't have control over?
2. When have you had to give up control of something? What was your reaction when that happened? *(Leaders, if your students are struggling, consider ways they've been punished/grounded and have lost privileges).*

TRANSITION POINT: Losing control can feel terrible. When we lose access to our phones, the internet. When we lose control of access to friends.. But even more so when it comes to matters of our health, livelihood, friendships, finances and for the woman in our story, she had lost control of her health, and was on her last leg.

SCRIPTURE DISCUSSION (3-5 minutes)

Provide questions to help reading comprehension and guide students to key portions of the text

READ LUKE 8:42b-48

1. What situation does this woman find herself in at the beginning of the story?
2. After the woman touched Jesus, what do you think she was expecting him to say? What did he actually say? Are you shocked by his response, why or why not?
3. How does this woman exhibit faith in this story?
4. One more question??

APPLICATION DISCUSSION (15 minutes):

Use this section to ask specific questions from the text to drive discussion and interaction with the concepts of the lesson.

1. What do you think the meaning of this story is? What does the author want us to take away from the story? *(Have faith)*
2. What does society tell us to lean on when life gets hard? What about you?
3. What is a practical way to maintain your faith when you feel it is all you have? *(the right community and spiritual practices)*
4. HIGH SCHOOL ONLY: What experiences in your life required you to have faith and give up control of something important? What was that experience like?
5. What situations in your life may require you to give up control and lean on your faith?
6. List some areas of your life where faith may be needed the most. *(future career, spouse, etc.)*

7. What's a way that we can exhibit faith like this woman did in our everyday life?

SPIRITUAL PRACTICE: SILENCE AND PRAY

As you close group time, take into consideration the situations that your few shared where they could lean on their faith. Spend another moment in silence with one another and pray for/with them to end your time together that week.