

STUMIN

SMALL GROUP LEADER GUIDE

MIDDLE SCHOOL FOCUS

YOUR NEW PLAYLIST

APRIL 10, 2024

Week 2 of a 4-week series
about mindset

BOTTOM LINE

You are enough.

SCRIPTURE

*Various scripture passages
about being of great value
to God.*

- Matthew 10:29-31 MSG,
Luke 12:6-7 NIV, Luke 12:24 NIV

*"I praise you because
I am fearfully
and wonderfully made;
your works are wonderful,
I know that full well."*

- Psalm 139:14 NIV

GOALS OF SMALL GROUP

To help students find their
value and worth in God,
who always sees them
as enough

>> BEFORE GROUP

THINK ABOUT THIS: This week's conversation is designed to help students recognize the ways they may feel inadequate or insecure in the world's eyes and to choose instead to believe the truth that they're enough in God's eyes. Easier said than done, right? The struggle to keep up with everyone around you is very, very real for all of us, but especially so in this phase. Your middle schoolers are looking for validation and acceptance from their peers more than anyone else. They're likely listening to the voices, cues, and approval from their friends, teammates, and classmates above all. While we know from experience that this path will never lead them to actually be enough, for themselves or others, they're still figuring that out. So, be patient as they work through this conversation with you. Remember, your goal isn't to get them to never care what anyone else thinks (though that would be great!). Rather, it's to help them see that striving for the approval of anyone other than God will never leave them feeling like enough.

>> DURING GROUP

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.

DISCUSS THIS:

- What's one song you would absolutely hate to have stuck in your head? (Bonus points if you're willing to sing it!)
- In your own words, what does it mean when someone feels like they're not enough?
- In what ways do you think most middle schoolers feel like they're not enough?
- Share about a time a negative thought about yourself got stuck in your head on repeat. What led to that thought coming to mind? How did it feel to have it on repeat all the time?
- On a scale of 1 to 10, how often do you feel like you are enough?
- What makes it difficult to believe that you are enough?
- What might change for you if you believed that God says you're enough?
- What animal/plant/part of nature do you think is particularly beautiful, unique, or cool? What about it makes it beautiful, unique or cool? What makes YOU beautiful, unique or cool?
- Take turns sharing some things you love and appreciate about one another.

DO THIS:

Hand out the provided journal page and pens, and give your group time to work on completing the journal during your time together.

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HIGH
SCHOOL
FOCUS

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>> BEFORE GROUP

THINK ABOUT THIS: The struggle to be enough is real for students. They're in a phase where trying to keep up or fit in with those around them is crucial. That means they're prone to listening to the voices of their friends, teammates, coaches, parents, classmates, and more to gauge their worth and value. This path will never actually lead them to feel like enough. There will always be a new standard, a new trend, a new something to chase in an effort to feel like enough. That's why it's important to help your students put what God says is true about them in their minds. That's the only way they'll stop the broken record that tells them they're not enough. It's the only way they'll discover their worth and value is enough because of God!

>> DURING GROUP

Create meaningful conversations. Adjust the questions as needed and ask thoughtful follow-up questions as the conversation unfolds. Don't feel like you need to answer every question.

DISCUSS THIS:

- Name one or two people you would say are crushing it in life. Why did you choose them?
- What does it mean to be "enough?"
- Are there areas of your life where you feel like you ARE enough? Tell us about that!
- In what ways do high schoolers struggle to feel like they're enough?
- Share about a time a negative thought about yourself got stuck in your head on repeat. What led to that thought coming to mind? How did it feel to have it on repeat all the time?
- How can listening to thoughts that say you're not enough impact the way you see yourself over time?
- What might change for you if you believed that God says you're enough?
- Share with the group something about yourself that has been "wonderfully made."
- Take turns sharing some things you love and appreciate about one another.
- What truth can you put on your playlist of thoughts to help you remember that, in God's eyes, you're enough?

>> AFTER GROUP

Take time to do a little self-evaluation here. Where are you struggling with feeling like you're not enough? What broken record thoughts are stuck on repeat in your mind? What truths do you need to put on your personal playlist to change the soundtrack? It's so important that we don't just tell our students to try these things but that we do it right alongside them! Not only will it show them you're right there with them, but it will also help you grow in your own personal faith journey.