

# STUMIN

## SMALL GROUP LEADER GUIDE

## MIDDLE SCHOOL FOCUS

### EVERYTHING EVERYWHERE

MARCH 20, 2024

Week 3 of a 3-week series  
about stress

### BOTTOM LINE

God uses other people  
to help us  
when we're stressed.

### SCRIPTURE

*"Dear woman,  
here is your son."  
And he said to this disciple,  
"Here is your mother."  
John 19:26b-27a NLT*

*Fearing people is a  
dangerous trap, but trusting  
the Lord means safety.  
Proverbs 29:25 NLT*

*Carry each other's burdens,  
and in this way you will  
fulfill the law of Christ.  
Galatians 6:2 NIV*

### GOALS OF SMALL GROUP

To encourage students to  
find support from others in  
their stress and to empower  
them to be that support for  
others as well



### >> BEFORE GROUP

**THINK ABOUT THIS:** Things like stress and worry are subjective. In other words, it's personal! What's a big deal to one student may not be stressful at all to another. Keep that in mind as students open up about what causes stress and worry for them specifically. Be careful not to overreact to or diminish any experiences or thoughts they share. The goal is to simply create a safe space for them to express their stress and worries, big or small, to your group. As you move through this conversation, pay attention to the verbal and nonverbal cues your students may be giving. Their body language, fidgeting, eye contact, stuttering, and stumbling over their words can be indicators that more is going on than they're comfortable sharing just yet. This is a great opportunity to take note of which students you may want to follow up with in a one-on-one setting. Give them a chance to open up to you about what they're worried about in a more personal, private way outside of group this week.

### >> 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 are the top three things you think people worry about? (Allow your students to debate with each other a little bit here!)
- What's one thing you usually do when you're feeling worried?

#### DO THIS:

Using the provided scenario cards, talk through the following questions as a group:

- What's the cause of their stress or worry?
- How would you navigate this situation?
- How would you ask for help?

#### DISCUSS THIS:

- Share about a time someone helped you when you felt worried about something.
- How does it feel to know that Jesus experienced every feeling, including worry?
- What's one way you might start a conversation with someone when you're worried?
- What's one way you can support someone else when they're worried?
- What's one thing you want to remember that was helpful to you today?

#### DO THIS:

Close your time together in prayer, praying over your students' worries and stresses.

# STUMIN

## SMALL GROUP LEADER GUIDE

## HIGH SCHOOL FOCUS

### EVERYTHING EVERYWHERE

MARCH 20, 2024

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about stress

### BOTTOM LINE

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### >> BEFORE GROUP

**THINK ABOUT THIS:** Your small group is a great space for students to practice what they're learning this week. In your group, they have a safe space to open up about what's stressing them out and find the support they need from people who care. But beyond that, they have the chance to step outside themselves and be that same support system for someone else. Be sure to encourage students to see this as a two-way street. Small Group isn't just about showing up and getting what they need from others; it's about showing up for the other people in your group, too.

### >> 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:

- What is something stressful that's easier to face when someone is with you? (Think: scary movies, rollercoasters, etc.)
- Has anyone in life ever helped you through something stressful? Tell us about it!
- Why do you think it's important to lean on other people in our stress?
- What might keep you from wanting to share your stress and worry with others?
- What can we learn from Jesus about how to handle stress?
- What does it look like practically to "carry each other's burdens?"
- What are some burdens you could use some help carrying right now?
- As a group, how can we carry each others' burdens this week?

### >> AFTER GROUP

As a small group leader, you're one of the biggest supporters your students have. And one of the best tools you have to support them through stress and worry is prayer! Set a reminder on your phone daily to pray for a different member of your group. If you know what's stressing them out, pray specifically over that. And if you don't, pray generally that God would meet them in their stress, carry their worries for them, and provide people (like you) to help them along the way.