



# SMALL GROUP LEADER GUIDE

## Into the Unknown / Week 4

---

### SO HOW DOES THIS WORK?

You've probably noticed the whole world has changed in different ways. And, your group time may be changing, too. This adaptation is a tool to help you integrate teaching time with small group time so that the message is broken up and discussed along the way.

#### USING THE TEACHING VIDEO

The speaker will pause at key moments and a cue will appear on the screen. Remember, to pause the video and give your group time to discuss. Your church may give you a specific amount of time or leave it up to you. When the conversation is ready to transition, start up the video again.

For this video, you will pause for small group conversation at the following times:

0:32  
1:43  
5:50  
8:48  
8:58  
10:46  
13:42

After the video, be sure to wrap up with more discussion if needed or prayer time.

---

### DON'T FORGET

#### READ AHEAD

No matter where or how you lead your group, it's important to spend a few minutes preparing. Take time to read the **THINK ABOUT THIS** section which will set you up to meet your students right where they are. And don't forget the **GOAL OF SMALL GROUP** which will point your conversation in the right direction.

#### MAKE IT PERSONAL

Remember, nobody knows your group quite like you. Just because a question appears on a piece of paper or on screen doesn't mean you have to ask it or use the same words. Ultimately, **YOU** are guiding the conversation for your group. So feel free to add, delete, or adapt questions to meet their needs.

#### LET THEM KNOW WHAT IS HAPPENING

Chances are, your few are curious what group will look like if you're changing formats. At the beginning of group time, give them an idea how the format may have changed so they will know what to expect.

# SMALL GROUP LEADER GUIDE

## Into the Unknown / Week 4

### BEFORE GROUP

#### BOTTOM LINE

God can use the unknown to make you stronger.

#### SCRIPTURE

*Dear brothers and sisters, when troubles of any kind come your way, consider it an opportunity for great joy. For you know that when your faith is tested, your endurance has a chance to grow. So let [your endurance] grow, for when your endurance is fully developed, you will be perfect and complete, needing nothing (James 1:1-4 NLT).*

#### GOAL OF SMALL GROUP

To see the good that can come from dealing with change, and to begin developing the endurance to make positive changes in their lives.

#### THINK ABOUT THIS

A middle schooler's self-confidence in their own abilities drops significantly between 5<sup>th</sup> and 6<sup>th</sup> grade. Because of that, their confidence to take on anything new—including change—is lower than it may have been before. They're not just scared of the change itself; they're scared they won't actually have what it takes to handle the change when it comes. Your encouragement in their ability to handle and take on hard things in this phase will be huge. You're helping them develop resilient thinking, a tool that will shape not just how they see themselves now, but also how they consider handling change in the future. Rather than looking ahead and thinking, "I can't do that," resilient thinking encourages them to say, "That will be hard, but because of God, I will get through it."

*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.*

### DURING GROUP

#### **After the first break, complete this ice breaker:**

#### ICE BREAKER

Play your own quick round of "Change My Mind" with your students. Have them share an unpopular opinion and see if the others can convince them to change their mind!

#### DISCUSS THIS

#### **After the second break, discuss these questions:**

1. Have you ever made a change in your own life? Tell us about it.
2. What's one example of a positive change a middle schooler might want to make:
  - a. At school?
  - b. At home?
  - c. With their friends?
  - d. In their faith?

#### **After the third break, discuss this question:**

3. What's one reason making a change in your life can be hard?

#### **After the fourth break, discuss this question:**

4. What do you think of when you hear the word "endurance"?

#### **After the fifth break, complete this activity:**

#### DO THIS (EXPERIENCE 1)

To introduce the word "endurance," have your few do a wall sit or hold their arms out to their sides for as long as possible.

#### **After the sixth break, discuss this question:**

5. When it comes to change, why do you think endurance could be helpful?

#### **After the seventh break, complete these activities:**

**DO THIS (EXPERIENCE 2)**

Using the provided journal page, help your few make a plan for change in their lives.

**DO THIS (EXPERIENCE 3)**

If you purchased an astronaut or space-themed keychain, sticker, pin, pop socket, or magnet, hand out the provided take home as a reminder that God can use change to make us stronger.

**NOTE TO MINISTRY LEADER:** *One of the XPs this week is a take-home that reminds students of the truth that God uses change to make us stronger. Before your meeting time, decide on what that take-home will be and order or make it. We suggest an astronaut or space-themed keychain, sticker, pin, pop socket, or magnet. We think this will work best since it was a thread through all four weeks of this series and will serve as a visual reminder of what they learned about change.*

---

The linked image cannot be displayed. The file may have been moved, renamed, or deleted. Verify that the link points to the correct file and location.