

DATE: Jan. 15, 2025

SERIES: *Something NEW!*

TOPIC: DON'T WORRY about anything!

CHECK-IN!

- **PLEASE TAKE ATTENDANCE ON YOUR PAPER ROSTER!** If you have any students in your group who are not on your roster, please WRITE their names on your sheet! Also, please make notes about anyone who is missing. Ask students to TEXT/CALL/TALK TO any students who might have stopped attending and INVITE THEM BACK!
- **WELCOME** anyone who is NEW this week! (Be sure they get supplies if REGISTERED)

CONVERSATION STARTERS

- **NEW HABITS?** – Has anyone started a new routine this year to help strengthen their faith?
 - Reading their Bible each day (5 minutes!)
 - Listening to Worship music (15 minutes!)
 - Taking SERMON Notes on the weekends (GOAL: 10 per semester!)
- Share any/all ideas you might have. Encourage each other!! Follow up again next week!

WEEKEND WORSHIP NOTES

- **Once a student has COMPLETED their booklet** – have them stop by the Leader Table to get it stamped (and receive a prize!)
 - ALSO, everyone should pick up a NEW booklet for this semester!

SMALL GROUP DISCUSSION

Big Questions: Do you ever WORRY about things? (share some examples!) Maybe you get nervous (or WORRY) before a big GAME, or a SCHOOL PLAY, or a BAND CONCERT, or maybe when you have to take a BIG TEST, or do a SCHOOL PROJECT, or AUDITION for something. *What are some other examples? What else do people worry about? Why do you suppose people worry in the first place? (uncertain about outcome – and what it will mean for future!)*

Main Takeaway: It's NATURAL to worry... but it DOES NOT HELP us! What does, then... PRAYER!! (God says, "Don't worry about ANYTHING... Instead, PRAY about EVERYTHING!!)

OPEN YOUR BIBLES!

- Have students look up and HIGHLIGHT these verses (pick a student to read each one!)

PHILIPPIANS 4:6-7

- Practice memorizing this first part! Then, HIGHLIGHT it!
 - Don't WORRY about ANYTHING. Instead... PRAY about EVERYTHING!

OPEN YOUR BIBLES!

Re-Read the second sentence of verse 6! It says, "Tell God what you NEED."

- **ACTIVITY:** Go around the circle and have everyone share. What do you NEED from God this week? Be honest. Be vulnerable. There's nothing too BIG or too SMALL for God!

Re-Read the second sentence of verse 6 AGAIN! It says, "and THANK him for all he has done."

- **ACTIVITY:** Go around the circle and have everyone share. What has GOD DONE for you recently? What are you THANKFUL for? Take a moment and say it OUT LOUD :)

Now, take a moment, and have someone read verse 7 "then you will experience God's PEACE"

QUESTION: When we start to WORRY, what should we do instead? (PRAY!) When we decide to PRAY, what does God give us? (PEACE!) What will this PEACE do for us? (re-read verse 7!) What do you need PEACE about this week? What should you do? Worry? (NO!) Pray? (YES!)

His peace will guard your HEARTS and MINDS as you live in Christ Jesus.

UPCOMING SERVICE PROJECT!

- We will be inviting all PowerLife students to bring donations of TOILET PAPER (new and unopened!) as an offering **Wednesday, Feb 5** for our annual SOUPERBOWL FOOD DRIVE!

POWERLIFE "SHOUTOUTS!"

- **NOTE:** leave your shoutouts at the Leader Table when you check out!

PRAY TO END THE NIGHT!

- Ask if any STUDENT wants to close your time together in prayer? OR as a leader, say a prayer of thanksgiving and blessing over the group! End with the Lord's Prayer!

CHECK OUT AT THE LEADER TABLE!

- Please return your folder (and your roster with attendance) to the leader table. If you have feedback or notes, please leave those with us as well!! **THANK YOU!!**