

DATE: Jan. 29, 2025

SERIES: *Something NEW!*

TOPIC: GIVE ALL YOUR WORRIES TO GOD!

WELCOME & ATTENDANCE!

- **PLEASE MAKE SURE EVERYONE IN THE GROUP HAS PRINTED THEIR NAMETAG!**
Also, please take attendance on your paper roster.
- **NEW STUDENTS:** If anyone is NEW this week, be sure they get supplies if REGISTERED.

CONVERSATION STARTERS

- **NOTE:** Please SKIP this section and jump right into the discussion.
- Students will be able to share their “Highs & Lows” during the Bible Study!

OPEN YOUR BIBLES!

- Encourage everyone to **have your Bible out and ready!**
- Then, **make sure each student has their “FAITH & FEELINGS WHEEL”** along with their PowerLife Notes Sheet ready for the discussion!

SMALL GROUP DISCUSSION

Big Questions: How have you been FEELING recently?

STEP #1: Give students 2-3 minutes to look at their PowerLife Notes sheet as they QUIETLY fill in the answers to the questions. It’s important for each student to take the time to consider how they have been feeling recently and then write down that specific word (along with one or both of the corresponding Bible Verses.) DO THIS FOR EACH SECTION on the PL notes sheet.

STEP #2: Once students have written down their words, have them LOOK UP and HIGHLIGHT the Bible Verses that correlate with their word on the FAITH & FEELINGS WHEEL.
(spend 3-5 minutes on this)

STEP #3: Spend time asking students to share one of the words they wrote down... then to also share the verse they highlighted as well. (It’s GOOD to spend time in GOD’S WORD!)

- QUESTION: What made you choose that specific word to describe how you’re feeling?
- QUESTION: When you read the scripture verse, did it connect with how you’re feeling?
- QUESTION: How does God’s word help us with our feelings?
- QUESTION: Are there ways you could use the FAITH & FEELINGS wheel to help others?

ADDITIONAL RESOURCES!

In **ADDITION** to reading your Bible, there are also many OTHER resources to help you (especially if you feel overwhelmed, anxious, or struggle with seasons of depression)

IMPORTANT: make sure students are aware of the additional resources and support systems using the list included in your leader folder.

- **The Landing – Thursdays, 6:30-8:30 pm at Hope WDM in The Well**
 - Students (grades 7-12) can talk about REAL things going on in their lives and learn healthy coping skills. Any students who are facing bullying, anxiety, depression, chaos at home, divorcing parents, broken families or any difficult situation can find hope at The Landing. Email Amber.Dismute@hopewdm.org for more info!
- **CALL or TEXT 988** - The 988 Lifeline's network of over 200 crisis centers has been in operation since 2005 and has been proven to be effective. Trained crisis counselors listen, provide support, and connect callers to resources when appropriate.

WEEKEND WORSHIP NOTES

- **Once a student has COMPLETED their booklet** – have them stop by the Leader Table to get their booklet stamped (and receive a prize!) ALSO, we provided everyone with a NEW booklet for this semester last week! If anyone missed it, or was absent, please help!

UPCOMING SERVICE PROJECT!

- We are inviting all PowerLife students to bring donations of **TOILET PAPER** (new and unopened!) as an offering **NEXT Wednesday, Feb 5** for the 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!!**