

POWERLIFE

DATE: Sep. 24, 2025

SERIES: Open Your Bible!

TOPIC: When feeling Anxious, Afraid, or Alone!

Big Questions: Have you ever been Anxious (nervous/worried) about something? What? Can you remember a time when you felt Afraid (or scared)? What were you afraid of? How do you feel whenever you're alone? Are you okay with silence, with quiet, with stillness? Tonight, we are going to look at what the Bible has to say about each of these things!

Takeaway: God can speak to you through words of scripture. He can bring peace when you feel anxious, courage when you feel afraid, and a reminder of his presence when you feel alone! Encourage your students to **OPEN THEIR BIBLE** (or Bible App) to read God's word!

GETTING STARTED

- **WELCOME BACK!** Anyone NEW tonight? Be sure they get supplies (if REGISTERED) For those who are just visiting as a friend, they can get supplies after they officially register.
- **TAKE ATTENDANCE!** If you have any students on your roster who did not show, please make notes if you have an update. Or, if anyone knows them, please text them!
 - Please make notes, and we can follow up with their families as well!

SMALL GROUP COVENANT!

- Take time to make (or REVIEW) what you would like to include in your group covenant! Students should share their expectations, and leaders should share theirs, too!
- **NOTE: Each Student and Leader** in your group should sign these covenants!
- **Leave them in your folders for FUTURE reference (every week if needed!)**

DISCUSSION STARTERS

- **HIGHS/LOWS** – take time to go around the circle – allow space for students to share HIGHS (what's going well right now) and LOWS (what's not so great at the moment?)
 - Leaders, be mindful to offer encouragement (for both!!)
- **OR use the BIG QUESTIONS (list above) to get your conversation started!**

WEEKEND WORSHIP JOURNALS

- Please make sure everyone received a Weekend Worship Journal! The goal is to complete the ENTIRE booklet this Fall! Students who do so will receive a PRIZE (that they can redeem at the leader table).

OPEN YOUR BIBLES!

- **Remind students to bring their Bibles EVERY Week!**
 - (we have extras at the Leader Table if anyone needs to borrow for the night!)
- Have students look up the following verses (pick a different student for each one!)
- **NOTE:** encourage students to work together & find the pages. **HIGHLIGHT** each verse!
 - **(OLD TESTAMENT) Psalm 46:10**
 - *When we see big problems in the world (or in our life) what does this verse remind us to do? (1. Be Still // 2. KNOW that he is God!)*
 - *Where do you find time to BE STILL in your day?*
 - *What does it mean in your own words to “know he is God?”*
 - **(NEW TESTAMENT) Philippians 4:6-7**
 - *What does the Apostle Paul (who wrote this letter from a prison cell) tell us about what we should do when feeling worried about something?*
 - *Don’t worry. Pray! (but how?) Tell him what you NEED... AND...*
 - *THANK HIM for all he has done!*
- **FOLLOW UP FROM LAST WEEK:**
 - Do you remember what verses we highlighted last week?
 - How did you do with TRUSTING God last week? Any stories to share?

BONUS VERSE!

- Have students look up ONE MORE verse.
 - **(NT – GOSPEL) Matthew 5:13-16**
- QUESTION: Jesus is teaching (during the Sermon on the Mount) about what we (his followers) are called to be in this world? What are the two things? (Salt & Light!)
 - Take a moment (as a group) to list ALL the uses you can think of for **SALT**.
 - How might these examples you shared remind us of how to love others?
 - Take a moment (as a group) to list ALL the ways **LIGHT** is so important.
 - How might these examples you shared remind us of how to love others?

PRAY TO END THE NIGHT!

- IDEAS: (pick one! Or multiple!)
 - Ask if any STUDENTS want to close the time in prayer?
 - Leaders say a prayer of Gratitude and Blessing over the group!
 - Say the Lord’s Prayer (“Our Father...”)

CHECK OUT AT THE LEADER TABLE!

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

THANK YOU!! HAVE A GREAT REST OF YOUR WEEK!