



DATE: Jan. 21, 2026

SERIES: *HEART, SOUL & MIND!*

TOPIC: *Brain Health Night!*

GETTING STARTED

- **WELCOME!** Anyone NEW tonight? Be sure they get supplies (if REGISTERED) For those who are visiting with a friend, they can get supplies once they officially register.
- **TAKE ATTENDANCE!** If you have any students on your roster who did not show, please make notes. Also, if anyone knows them, please text them!
- **JANUARY IS A GREAT TIME TO RE-INVITE STUDENTS WHO HAVE ATTENDED BEFORE, BUT MAYBE HAVEN'T BEEN HERE IN AWHILE!**

CONNECTION QUESTION

- Have ONE STUDENT in your group pick a question to start! (see the Connection sheet)
- **OR go around and share HIGHS/LOWS**

SMALL GROUP COVENANT!

- Take time to REVIEW what you included in your group covenant!
 - **Remember, what is spoken in your small group, stays in your small group.**

WEEKEND WORSHIP JOURNALS

- **Please make sure everyone has a Weekend Worship Journal!** NEW ones are available at the leader table for any students who have filled all the pages. If any students are close to finishing all 10 notes, please remind them there is a PRIZE for doing so and it can be redeemed at the leader table (if they bring their completed journal.)

OVERVIEW for TONIGHT!

- Jesus said, "You must love the Lord your God with all your **HEART**, all your **SOUL**, and all your **MIND**. This is the first and greatest commandment."
 - So, over the past THREE weeks we have been studying this verse and looking at each of these three words (Heart, Soul, Mind) in greater detail!
- What does it mean to love God with all your MIND?
- Have you ever felt "off" like your MIND went to a dark place, or left you feeling confused?
 - If that has ever happened? Did you talk with someone about it? WHO?
 - Who do you go to when you're feeling down? Family? Friends? Counselor? Pastor?

Takeaway: Our MINDS are powerful! What you THINK about matters very much! The Bible says we should NOT think about SINFUL things, but **we should instead let the SPIRIT control our MIND which leads to LIFE and PEACE!** So, tonight let GOD transform the way you THINK!

OPEN YOUR BIBLES!

- **Remind students to bring their Bibles EVERY Week!**
- **NOTE:** encourage students to work together & find the pages. **HIGHLIGHT** each verse!
 - **(NEW TESTAMENT - Gospel) Matthew 22:37 (page 1156)**
 - What are the THREE things we must love the Lord with? (Heart, Soul, Mind!)
 - What does it mean to love the Lord with ALL your MIND?
 - Go around and share some examples.
 - Who has control of your MIND? (Read & Highlight **ROMANS 8:5-6**)
 - SIN or the SPIRIT? Is there any HOPE for me?
 - (YES! In CHRIST! Read & Highlight **ROMANS 8:10-11**)
 - Do you believe the people you hang around with can SHAPE what you THINK?
 - How are we TRANSFORMED? (Read & Highlight **ROMANS 12:2**)
 - (HINT: by changing the way we THINK!)
 - Do you ever get ANXIOUS, WORRIED, or AFRAID?
 - About what? When? How Often? (Read & Highlight **PHILIPPIANS 4:6-7**)
 - What does it say GOD'S PEACE will guard? (your heart and **MIND!**)
 - SERIOUSLY, PRAY THIS PRAYER!! :)
- Have you ever felt "OFF" like your MIND went to a dark place, or left you feeling confused?
 - If that's ever happened, did you talk with someone about it? WHO?
 - Who do you go to (or talk with) when you're feeling down?
 - A Family Member? Friend? Counselor? Pastor?

PRAY TO END THE NIGHT!

- ASK: if a STUDENT wants to lead the prayer?
 - IDEAS: Prayers of Gratitude or the Lord's Prayer or a Blessing over group!

THE LANDING (Thursday Nights // 6:30 – 8:30 pm)

- **ALL ARE WELCOME:** Students can join us any week! We meet year-round.
- **OVERVIEW:** The Landing is a place for students in **grades 7-12** to talk about REAL things going on in their lives, learn coping skills and find a safe place to feel loved. Teens don't have to have a "problem" to come to The Landing ... learning how to manage life's experiences with God's help is transformational.

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!