

Week 1 - March 16-18

In middle school, students can have a ton on their plates, so it's no surprise that they're stressed out about things like relationships, family, school, extra-curricular activities, and even their faith. In fact, research shows this is one of the most stressed out generations to date! That means your middle schoolers are feeling the weight of stress emotionally, physically, and spiritually in real ways. Be open to your students if they come to you when they're feeling overwhelmed. While you can't take their stress away (as much as you might want to!), you can provide a listening ear, encourage them to give their worries to God, and offer tips on how to manage their stress.

What's the most stressful scene you've ever seen in a movie or TV show?

What's one thing that stresses a middle schooler out?

What are some physical symptoms you experience when you're stressed?

What makes you feel better when you're stressed?

What's something else that might help when you're stressed? (Leader Note: Give them some ideas to get started, like identifying people they can talk to, journaling, listening to worship music, etc.)

Leader Note: Pass out the 1 Peter 5:7 take home card to your students and talk through the following questions as a group:

Do you feel like you can trust God with your stress? Why or why not?

What might make believing these verses are true difficult for you?

Which translation stands out to you the most? What do you like about it?

Based on these verses, what do you think it might look like to trust God with your stress?

What might change if you chose to trust God with your stress?