



*Reminder- take time to review your group's agreement whenever you have a new student, or your group needs a redirect/refocus.

Week 4

On a scale of 1 to 10, how important are other people's opinions to a middle schooler?

How do negative opinions or words impact a middle schooler?

Why do you think it can sometimes be harder to remember the good things people say about us than it is to remember the bad things people say about us?

Read Psalm 139:13-18.

What does this passage tell you about what God says about you?

While reading Psalm 139:13-18, have students write the verse or verses they're most encouraged by on an index card. Give them colored pens or markers so they can personalize their card and have them to put it in a special spot to encourage them when they see it.

What might change about the way you see yourself if you believed God's words about you were true?

Next Step: This week, what's one step you can take to remember you are more than what other people think of you?