



- Index cards or Post-it notes
- Markers/pens
- Cups or small containers
- Dominoes (or anything stackable)
- Timer (phone is fine)

Execution

For both styles start with the intro section. Then when it gets to send to groups, decide either send them to groups for the guide from the side style, or lead through the group guide from stage for the sage from the stage style.

INTRO

Over the past few weeks, we've been talking about something called influence. In week 1, we saw that you don't need to be popular or powerful to make a difference—you just have to be willing to offer what you have. In week 2, we learned that influence grows best in community. A big effect doesn't usually start with one person—it starts with a group. And in week 3, we talked about how even when we mess up, Jesus can change the effect we have on others.

This week is going to feel *a little different* than our other weeks—and that's on purpose! For the last few weeks, we've been talking about friendship. You've heard teaching, had small group conversations, and hopefully even asked some big questions! Now it's time to *do something with it*.

That's what today is all about. Practice.

Not perfection and not having it all figured out. Just taking one step—together.

So, if you've ever felt like you're not good at the "practice" part of faith... this is for you. If you've ever needed space to *try something* instead of just talking about it... then yep, this is for you.

We're going to have a ton of fun today. You'll get to move around, try new things, and hopefully walk out of here understanding how to live out what we've been learning over the past few weeks in a real way.

DECIDE TO SEND THEM TO GROUPS FOR PRACTICE or GUIDE THROUGH GROUP PRACTICE ONE SECTION AT A TIME FROM STAGE



Week 3

HEAR

Say This:

“1 Timothy 4:12 says, ‘Don’t let anyone think less of you because you are young. Be an example to all believers in what you say, in the way you live, in your love, your faith, and your purity.’ You don’t have to wait to have influence. You already do. The question is what kind of example you’re setting.”

Do This:

1. Create 3 quick lists as a group:
 - Places you have influence (school, team, group chats, home, etc.)
 - Ways people your age usually influence others (good or bad)
 - Ways you could be a *different* kind of example
2. Ask:
 - “Where is it easiest to be a good example?”
 - “Where is it hardest?”
3. Challenge:
 - “Pick ONE area (words, actions, love, or faith) to intentionally live out this week.”

PRAY

Say This:

“If small actions matter, then prayer is one of the most powerful ways we can impact others.”

Do This: “Who’s in Your Circle?” Prayer

1. Give each student a card.
2. Have them draw a small circle in the middle (themselves).
3. Around it, write 3–5 names of people in their everyday life:
 - Friend
 - Teammate
 - Family member
 - Someone they don’t normally talk to
4. Spend a few minutes quietly praying:
 - “God, show me how to show up for them”
 - “Help me see what they need”
5. Encourage them to keep the card for the week.

TALK



Say This:

“Sometimes we don’t act because we don’t know what to do. Let’s practice noticing needs.”

Do This: Real-Life Scenarios

1. Scenarios:
 - A friend seems off but says “I’m fine”
 - Someone gets made fun of in class
 - A teammate messes up and feels embarrassed
 - A friend is drifting away
2. For each scenario, ask:
 - What might they *need*?
 - What would most people *do*?
 - What could you *actually do* this week?
3. **Key Shift:**
Move them from: “That’s sad” → to → “Here’s what I can do”

LIVE

Say This:

“You don’t need a big moment to make a difference—you just need a starting point.”

Do This: “Start Something” Challenge

1. As a group, pick ONE shared action like:
 1. Sit with someone new this week
 2. Invite someone in
 3. Encourage 3 people
2. Then individually:
 1. Each student writes their personal version
3. Encourage:
 1. “This isn’t about being perfect—it’s about showing up.”