



EVERYTHING EVERYWHERE

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Week 3 - April 17 or 21

This week, the conversation centers around choosing joy in the midst of our stress and uncertainty. There's a balance you want to find in talking about joy here. While you want students to know joy is possible in any and all circumstances, you also don't want them to feel as though they have to downplay or get over their stress in order to choose it. Choosing joy isn't a spiritual band-aid or a quick fix to their stress and worry. Instead, it's a chance to be honest about the stress and worry they're feeling while still choosing to trust and experience God's goodness in the middle of it.

Think of a recent moment of joy you experienced. Tell us about it!

When you think about the future, what excites you? And what stresses you out?

Why do you think considering what may or may not happen in the future can add stress to our lives?

On a scale of 1 to 10, how much do you struggle with not being in control?

Upperclassmen Question: How do lack of control and stress work together?

What surprises you about the way Paul and Silas responded to an uncertain, stressful circumstance?

In your own words, what does it mean to choose joy?

Do you think it's possible to choose joy when you're stressed or unsure? Why or why not?

Upperclassmen Question: Do you ever hear this and think you have to "fake" joy? How can joy and stress both be real at the same time?

How can choosing joy help us navigate our stress over an uncertain future?

Leader Note: What does choosing joy look like for you? Because this can be an abstract concept, one of the best ways you can help your students understand and apply it to their lives is by modeling it for them. Be open and honest about how you've chosen joy in your own stressful or uncertain seasons. Your transparency here may be the key to making an abstract idea more concrete for your students.