



# SMALL GROUP LEADER GUIDE

Hello, My Name Is / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

### BOTTOM LINE

Be kind to yourself.

### SCRIPTURE

*Those who are kind benefit themselves, but the cruel bring ruin on themselves (Proverbs 11:17 NIV).*

*But now you must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips (Colossians 3:8 NIV).*

*Set your minds on things above, not on earthly things (Colossians 3:2 NIV).*

### GOAL OF SMALL GROUP

To help students understand that how they treat themselves changes how they see themselves, and to start being kind with their self-talk.

### THINK ABOUT THIS

Leaders—one way to encourage students to open up is to be vulnerable about some of the cruel things you remember saying to yourself in high school. Remember the goal is to help your students grow. Don't treat them like your counselors. Keep things age-appropriate.

## CONVERSATION GUIDE

**Create meaningful conversation. Adjust the questions as needed, and don't feel like you need to answer all of them.**

### DISCUSSION QUESTIONS

1. What are some things that cause the people you know to be critical of themselves?
2. Why is it easier to think cruel thoughts about ourselves than kind ones?
3. What do you think would happen if you talked to a friend the way you talk to yourself?
4. What are some ways that being cruel to yourself can bring ruin?
5. What's the area where you tend to be critical of yourself the most?
6. What's one thing you can do this week when you're tempted to be critical of yourself in that area?
7. What's one phrase you can repeat to yourself when you're tempted to be cruel to yourself?

### TRY THIS

Leaders—this week text your students one thing that you see in them that's great. Encourage them to remember that when they're tempted to be cruel to themselves.