



SMALL GROUP LEADER GUIDE

More Than Friends / Week 4

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

LEADER PREP

BOTTOM LINE

A breakup doesn't have to break you.

SCRIPTURE

Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others (Philippians 2:3-4 NIV).

In your relationships with one another, have the same mindset as Christ Jesus: Who, being in very nature God, did not consider equality with God something to be used to his own advantage; rather, he made himself nothing by taking the very nature of a servant, being made in human likeness (Philippians 2:5-7 NIV).

GOAL OF SMALL GROUP

To help students understand that it's important to learn how to handle a breakup in a healthy way, even if they're not in a relationship right now.

THINK ABOUT THIS

Leaders—many students in your group will probably have breakup stories. Remind your students that this isn't a time to vent. Do your best to keep stories short and the conversation moving.

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. Without mentioning names, what are some of the ways that you've seen people around you break up?
2. Why is it important to learn about breaking up, even if you're not dating anyone right now?
3. How would a breakup look different from the norm if both people treated each other like they have value?
4. What will you have to let go of to take an unselfish approach to handling a breakup?
5. How can treating yourself with dignity keep you from making bad decisions after a breakup?
6. How can having the right people by your side keep a breakup from breaking you?

TRY THIS

Leaders—remind your students that it's important to pre-decide how they will handle a breakup. Because when they find themselves in the middle of one (which almost all of them will at some point), there will be a lot of emotions involved. And it's a lot harder to make good decisions when your emotions are high. Let them know that you're happy to talk with them if they ever find themselves in this situation.