



# SMALL GROUP LEADER GUIDE

Stuck / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

### BOTTOM LINE

This isn't as forever as it feels.

### SCRIPTURE

*There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance, a time to scatter stones and a time to gather them, a time to embrace and a time to refrain from embracing, a time to search and a time to give up, a time to keep and a time to throw away, a time to tear and a time to mend, a time to be silent and a time to speak, a time to love and a time to hate, a time for war and a time for peace (Ecclesiastes 3:1-8 NIV).*

### GOAL OF SMALL GROUP

To help students understand that even when they feel down, there's still good all around them.

### THINK ABOUT THIS

Leaders—when coaching your students emotionally, it's helpful to share a personal story to make a point. Before you share a personal story, however, you may want to ask yourself, "How will this story benefit them? What am I trying to accomplish? Why am I sharing this?"

## 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. How do you act when you're stuck in a bad mood?
2. When you're feeling down, what usually helps you snap out of it?
3. In what ways are emotions helpful? In what ways can emotions be tricky and misleading?
4. People act like emotions are a girls' thing. But in what ways do both girls and guys let emotions run their lives?
5. Why is it dangerous to make long-term decisions based on short-term emotions?
6. What are two or three good things that are happening in your life right now?
7. Name one positive step you can take to get unstuck when you feel down emotionally.

### TRY THIS

Leaders—at some point this week, get in touch with your students and remind them of this truth: **You can pay attention to your emotions, but they don't need to run your life.**