



# SMALL GROUP LEADER GUIDE

Stressed Out / Week 2

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

## CONVERSATION GUIDE

### BOTTOM LINE

Trade your stress for His strength.

### SCRIPTURE

*Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe (Proverbs 29:25 NIV).*

### GOAL OF SMALL GROUP

To help students understand that they have the power to trade their fear of what others think for a bigger foundation of joy and purpose.

### THINK ABOUT THIS

Leaders—your students might be stressed out about things that seem small to you. Avoid the temptation to minimize or one-up your students' stress. Do your best to empathize with your students right where they are.

**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 the top three things you think most high schoolers stress out about the most?
2. Who are the people that put the most pressure on you when it comes to sports, grades, accomplishments, and looks?
3. What's one thing you've done or changed about yourself in order to change people's opinions of you?
4. How can the fear of what people think about you keep you "trapped"?
5. In what situation are you most likely to feel trapped by what other people think?
6. What does relying on God's strength mean? What do you think it looks like to trade your stress for His strength?
7. Before walking into a situation or running into people who can trap you, what's one thing you can do to trade your stress for His strength?

### TRY THIS

Leaders—at some point this week, get in touch with your students and send them this message: *I hope you're having a great week. I just want to encourage you to avoid the traps this week! Don't let stress about what other people think of you rob your ability to enjoy life and make the most of it! Know that I love you just the way you are!*