

Take a deep breath. Count to ten. Unclench your jaw. Close your eyes. (Or don't, since you're trying to read). You've probably learned a trick or two like this to help you feel with feelings of stress, worry, or overwhelm. Unfortunately, there are a *lot* of reasons to feel stressed on most days. So between school, family, relationships, and questions about our future, what can we do about everything that's causing us stress? During Jesus' ministry, he spent a lot of time with people during some really stressful moments. In this four-week series from the Gospels, we'll see how, **when we're not okay, Jesus offers hope**. We'll discover that **when people reject us, Jesus never will**. We'll see that **when it's not easy to do what's right, it's still worth it**. And we'll be reminded that **when you feel worried, Jesus can be trusted**.

THIS WEEK

**BIG IDEA**

When it's not easy to do what's right, it's still worth it.

**BIBLE**

Mark 6:17–29; 1 Peter 3:14–18; Hebrews 13:18

- **Would you rather never be able to lie or know when everyone else is lying and have to confront them about it?**
- **How would you describe integrity to someone else?**
- **On a scale of one to five (five being most important), how important is it to be someone who lives with integrity?**
- **What is something in the story of John the Baptist that surprised you?**
- **Why might God choose to allow John to go through what he did?**
- **What is something you noticed in Peter's letter that you could start doing in your life?**
- **Who is someone that encourages you to share what you are experiencing honestly? How can you do that for others?**
- **If you were asked to help teach someone younger than you how to live with integrity, what would be one thing you would say?**
- **Read Hebrews 13:18. Where is the one place in your life where we can pray for you to do what is right even if it is not easy?**
- **What keeps you from living with integrity? What is one way you want to address that this week? How can we support you?**