



A 4-WEEK SERIES FROM LUKE ON

JESUS

FROM GROW'S ANNUAL TEACHING STRATEGY



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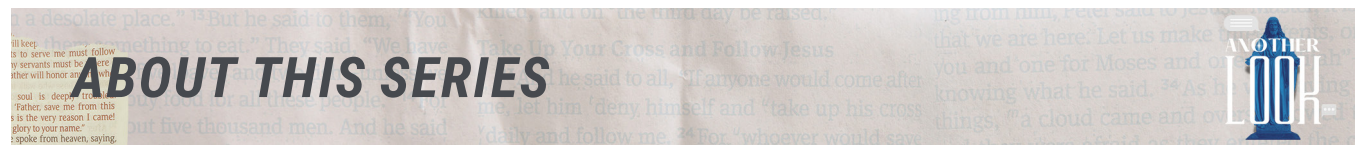
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Have you ever had a conversation that opened your eyes to something you'd never thought about before? Or maybe someone asked you a single question that completely shifted your perspective. Words have the power to change everything, and that's never been more true than with Jesus. He asked questions that changed people's perspectives and caused them to take another look at themselves, their lives, and what they believed about God. In this 4-week series from the book of Luke, we'll take a look at four big questions Jesus asked. Together, we'll ask: **What can you trust Jesus with today? Where did you notice Jesus' presence today? What can Jesus rescue you from today? How can you put Jesus' words into practice today?**

WEEK 1

This week, Jesus reminds us if God provides for ravens, we can trust God to provide for us too, and we'll explore a Psalm about God being our refuge.

- **BIG IDEA:** What can you trust Jesus with today?
- **BIBLE:** Luke 12:22–34; Psalm 16; Philippians 4:6

WEEK 2

This week, we follow two friends on the Emmaus Road who suddenly notice they're walking with Jesus and read a Psalm urging us to call on God for help.

- **BIG IDEA:** Where do you notice Jesus' presence today?
- **BIBLE:** Luke 24:13–35; Psalm 34:18, 116:1–4

WEEK 3

This week, we explore Jesus' parable of rescuing one sheep that's lost and hear a Psalm that assures us of God's presence, even in life's darkest valleys.

- **BIG IDEA:** What can Jesus rescue you from today?
- **BIBLE:** Luke 15:1–7; Psalm 23, 40:17

WEEK 4

This week, we'll explore how practicing Jesus' words is like building on solid rock and reflect on a Psalm about trusting God's protection and leadership.

- **BIG IDEA:** How can you put Jesus' words into practice today?
- **BIBLE:** Luke 6:46–49; Psalm 31:2–4; James 1:22–25

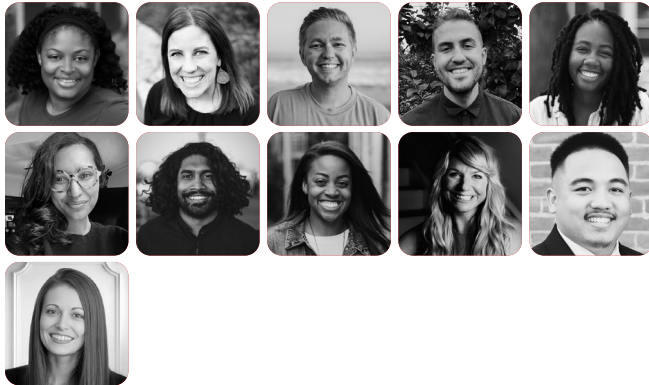
MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

CREDITS

Every teaching series we create for Grow Curriculum is a big team effort by people all over the world, from a wide variety of ministry contexts, and with tons of different skills! Here are the people who helped make this one happen...

CONTRIBUTORS



THE STUFF YOU CAN USE TEAM



VIDEO PARTNERS



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DISCIPLESHIP GUIDE for ANOTHER LOOK

4

Discipleship doesn't happen just because teenagers sit through our sermons, so here's what else we've provided to help you disciple them. Check the **Discipleship folder** of your downloads to see everything we've included!

THE 4 SPIRITUAL HABITS



SPEND TIME WITH GOD

Activities like "I Trust Jesus" (Week 1) and the Music module in Week 3 invite teenagers to engage in reflection, prayer, and worship. These experiences help students explore their faith and try new ways to connect with God through worship.



SPEND TIME WITH OTHERS

Use activities like "Name What You Need" (Week 1) and "A Clip from Soul" (Week 2) to help students open up about their worries and reflect on the beauty of everyday connection and how God's presence often shows up through people around them.



USE YOUR GIFTS

Discussion modules like "Lost In The Woods" (Week 3) and the reflection module "Walking With Jesus" (Week 4) help students think about the unique ways they can respond to challenges and follow Jesus. Students are encouraged to use what makes them special to point others toward God.



SHARE YOUR STORY

Story modules like "Now I See It" (Week 2) and "Rescued" (Week 3) encourage students to reflect on how Jesus' work often becomes clearer in hindsight. By modeling vulnerability you can help students see how sharing their faith journey can inspire others to notice what God is doing today.

MEMORY VERSE

To help teenagers memorize Scripture, we've chosen a **unique memory verse** for each series, provided **memory verse graphics**, and included the memory verse in the **daily devotionals** for this series. The verse for this series is...

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

GROW AT HOME



This series comes with **daily devotionals**, that align with your teaching. You can find them on [The Bible App](#) or purchase physical copies through [Amazon!](#)



The [Grow Habits App](#) is designed to help the teenagers in your church (and grown-ups too!) set goals, track their spiritual habits, and share their progress.

DISCIPLESHIP ACTIVITIES



For more resources to help students grow, browse our [full collection of discipleship activities!](#) Each one is designed to help teenagers develop new spiritual habits.

ENVIRONMENT GUIDE for ANOTHER LOOK



This month's environment theme is **Jesus' Teachings** because we're talking about **the questions Jesus asks and the ways they encourage us to take another look at our lives and the world around us.** To help you create a themed environment for this series, here are the ideas, resources, and links we've provided!

ROOM DESIGN



For this series, we're creating a space that highlights the teachings and words of Jesus.

Use the series graphic in the graphics folder to create a backdrop. You can use panels, a vinyl banner, or print on foam board.

Place a small table in front of the background. To emphasize Jesus' words, display [a Bible](#). If you don't have a small table, you can also use a music stand, a pulpit, or another piece of furniture. We recommend using a [book display like this](#) to elevate any Bible you choose.

Check out [this post](#) for additional ways to create a backdrop you can reuse multiple times each year.

GAMES

Here are a few games we recommend playing during this series. Click the images below to get the **instructions and graphics for each game!**



Looking for more **youth group games**? We've got plenty in the Grow Marketplace!



MUSIC

We've created **a playlist of songs** to help enhance the message of this series that you can play before, during, or after your weekly program. We've added these songs to a **playlist on Spotify** and a **playlist on Apple Music**.

These playlists are for your personal use only, according to the terms and conditions of Spotify and Apple Music. For more information on how to use copyrighted music in your services legally, [read this!](#)



Check out **Grow Kids Music** for Grow's original worship music, lyric videos, dance videos, and more!



GRAPHICS

You can find tons of ready-to-use images and editable high-resolution files in your **Graphics folder**. Whether you're editing what we've provided or making something brand new, here are the fonts and colors we suggest.

HATTON PURGATORIO TITLING

HEX #: 266297
CMYK: 75/35/0/41

HEX #: FFFFFFFF
CMYK: 0/0/0/0

HEX #: DFDBC5
CMYK: 0/2/12/13

HEX #: E4E4E4
CMYK: 0/0/0/11

Visit the **Grow Print Shop** to order custom or pre-made stuff for this series, like posters, stickers, t-shirts, and more!

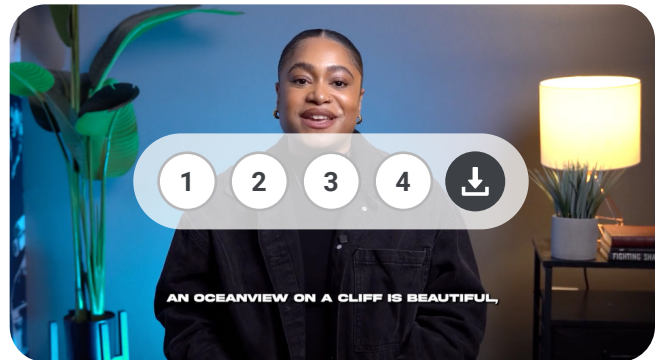


VIDEOS

In your Videos folder, we've provided a **bumper video** and **countdown video** for this series.



We've also provided **one-minute sermon videos** for each week of this series.



Now head to **Grow Slides** and add any new graphics or videos to the presentation we've already built for you!



VOLUNTEER COMMUNICATION GUIDE

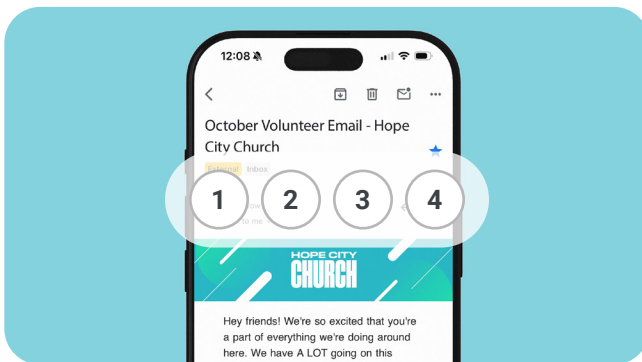
for ANOTHER LOOK



Weekly communication with your volunteers (through email, social media, and more) helps your team prepare, and it helps you create a ministry culture where volunteers love to serve! Check the **Volunteers & Parents folder** of your downloads to see everything we've included with this series.

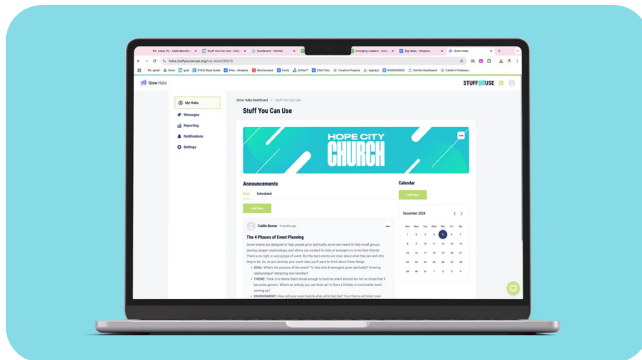
EMAILS

Each week of this series comes with a **pre-written Volunteer Email**, designed to inform, encourage, and train your volunteers. Click the links below to edit them.



GROW HUBS

Grow Hubs makes communicating with your team easy by combining calendar events, announcements, and private messaging all in one location. Plus, it's already loaded up with information about this series!

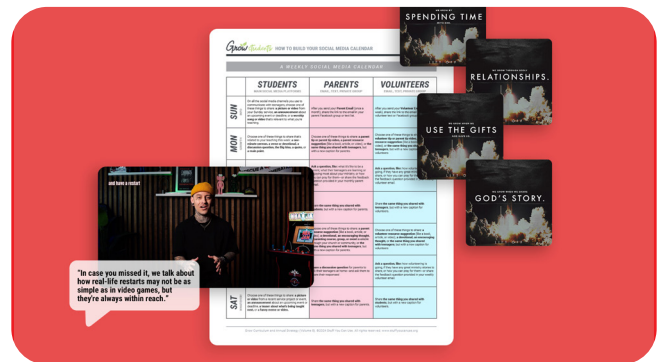


Now head to **Grow Hubs** to customize and send the volunteer communication we've already set up for you!



SOCIAL MEDIA

You'll find **social media posts, captions, and more** in your Volunteers & Parents folder, plus **graphics and videos you can post** in your Graphics and Videos folders.



MORE STUFF FOR VOLUNTEERS!



Help your team grow spiritually with a **weekly Volunteer Devotional** that aligns with this teaching series. It's in your Volunteers & Parents folder!



Help your team get more awesome at teaching and leading kids by sending them a helpful **Volunteer Tip video** at the start of this series.



For more stuff to help you lead and train your team, browse our **full collection of volunteer resources**, including volunteer events, meetings, discussion groups, conversations, tools, and celebrations!

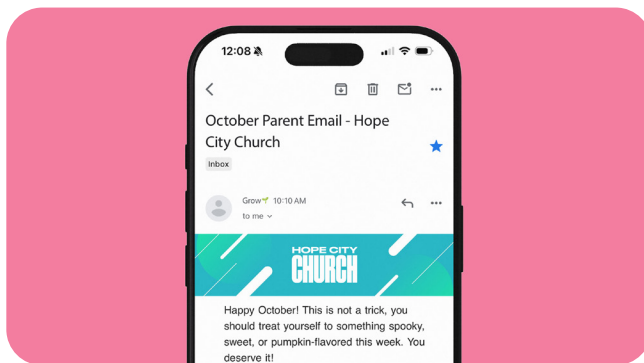
PARENT COMMUNICATION GUIDE for ANOTHER LOOK



Regular communication with parents (through email, social media, and more) helps you build trust with families! Check the **Volunteers & Parents folder** of your downloads to see everything we've included with this series.

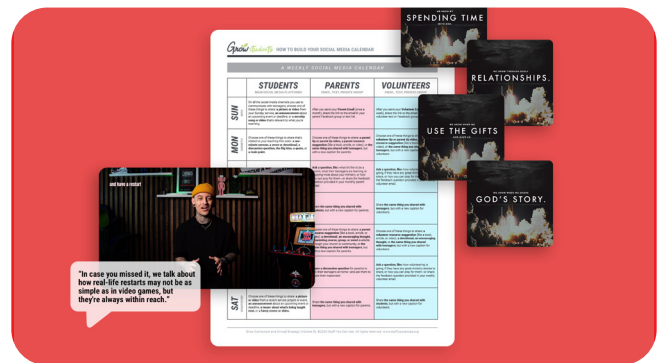
EMAILS

Each series comes with a [pre-written Parent Email](#), designed to inform, encourage, and equip parents in your ministry. Click the image below to edit it.



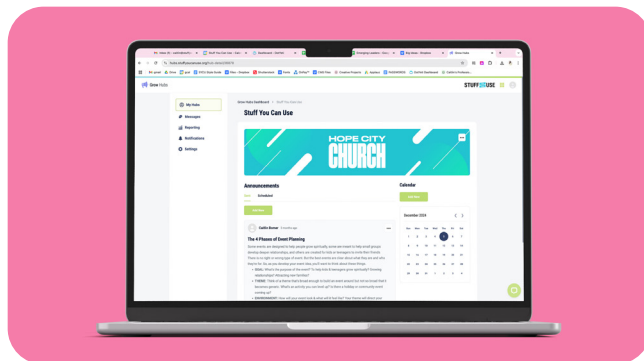
SOCIAL MEDIA

You'll find **social media posts, captions, and more** in your Volunteers & Parents folder, plus **graphics and videos you can post** in your Graphics and Videos folders.



GROW HUBS

[Grow Hubs](#) makes communicating with families easy by combining calendar events, announcements, and private messaging all in one location. Plus, it's already loaded up with information about this series!



Now head to **Grow Hubs** to customize and send the parent communication we've already set up for you!



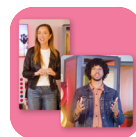
MORE STUFF FOR FAMILIES!



Help parents continue the conversation and disciple their teenagers with the **daily devotionals** for each series. They're available on [The Bible App](#) and [Amazon!](#)



Help parents grow spiritually alongside their kids with a **weekly Parent Devotional** that aligns with this teaching series. It's in your Volunteers & Parents folder!



Help parents get even more awesome at connecting with and discipling their teenagers by sending them a helpful [Parent Tip video](#) at the start of this series.



For more stuff to help you support families, browse our [full collection of resources](#), like **events, meetings, discussion groups, conversations, tools, and celebrations** for parents!

TEACHING GUIDE for ANOTHER LOOK



You've got a lot to do every week to prepare for your weekly program, so we're here to make it a little bit easier for you!
Use this weekly to-do list to help you get ready for your teaching time!

WEEKLY TO-DO LIST

Here are your weekly links
to the Lesson Builder!



1

2

3

4

READ

- The **Outline and Lesson Guide** for the week.
- The **Small Group Guides** for the week.
- The **Scripture passages** of the week.

CUSTOMIZE

- Edit the Lesson in the [Grow Lesson Builder](#) or **Word document**.
- Edit the Small Group Guides in their **Word documents**.
- Use the **editable graphics** to create slides or extra graphics.
- Edit or create new weekly presentations in [Grow Slides](#).

HACK

- Review the [Middle School Hacks](#) and adjust as needed.
- Review the [High School Hacks](#) and adjust as needed.
- Review the [Accessibility Hacks](#) and adjust as needed.

SHOP & PREP

- Follow the **Shop & Prep List** to help you gather supplies and prepare your materials for the week.
- Print **Lesson Guides** for yourself, your leaders, or both!
- Print **Small Group Guides** for every small group leader.
- Print **Handouts** for every student.
- Print **Daily Devotional Flyers** for every student.
- Order prints and take-homes from the [Grow Print Shop](#).

COMMUNICATE

- Communicate with grown-ups using the tools we've provided, like [Grow Hubs](#), **Volunteer Emails**, and **Parent Emails**.
- Schedule your **Social Media Posts** for the upcoming week.

TEACH

- Teach with the presentation mode of the [Grow Lesson Builder](#).
- Use [Grow Slides](#) to show images and videos on screen.
- Have an awesome week of ministry!



WEEK 1 LESSON OUTLINE

BIG IDEA

What can you trust Jesus with today?

BIBLE

Luke 12:22–34; Psalm 16;
Philippians 4:6

ABOUT THIS WEEK

When worry creeps in, we might ask, “What if I fail?” or “What if others reject me?” This week, we’ll hear Jesus ask a questions challenge people to see things differently. He reminds us that if God cares for the birds, God definitely cares for us. Instead of clinging to fear, we can ask ourselves: **What can you trust Jesus with today?**

WHAT?

We can learn a lot about Jesus not just from the answers he gave, but from the questions he asked. So let’s start with a question of our own: Where have your ideas about Jesus come from? Some are passed down to you by parents, grandparents, influencers, or even people at school. There are glimpses of him in museums, churches, picture frames, stained glass... pretty much anywhere you look.

So, who is Jesus? What is it about Jesus that stands out to you? What things do you notice about Jesus that seem trustworthy?

SO WHAT?

In Luke 12:22–34, Jesus tells a worry-filled crowd that the treasures of heaven are found in a relationship with him. Instead of telling people to stop worrying, Jesus gave people space to think about what good it would do. Just like birds, flowers, and fields are noticed and cared for by God, so are our lives. So when Jesus tells us, “Don’t worry,” he’s inviting us to trust him.

Like the psalmist took their worries to God in Psalm 16, we can be sure that Jesus invites us to give our cares and concerns to him. So, **what can you trust Jesus with today?**

NOW WHAT?

What can you trust Jesus with today? Whenever you’re ready, try this...

- **NAME WHAT YOU NEED:** Share your concerns with Jesus, and don’t worry about the emotions you may be feeling when describing everything you’re worried about.
- **PRAY FOR WHAT YOU NEED:** Be specific. Be urgent. Be honest. Be open about why it matters to you.
- **THANK GOD FOR WHAT YOU HAVE:** Being grateful reminds us of how much God can be trusted to care for us.
- **TRUST JESUS TO TAKE CARE OF YOU:** When you feel worried, you can rely on Jesus.



WEEK 1 LESSON GUIDE

BIG IDEA

What can you trust Jesus with today?

BIBLE

Luke 12:22–34; Psalm 16;
Philippians 4:6

ABOUT THIS WEEK

When worry creeps in, we might ask, “What if I fail?” or “What if others reject me?” This week, we’ll hear Jesus ask a questions challenge people to see things differently. He reminds us that if God cares for the birds, God definitely cares for us. Instead of clinging to fear, we can ask ourselves: **What can you trust Jesus with today?**

WHAT? What are we talking about?



See the Middle School Hacks

ACTIVITY | Quick Look Color Relay

- Welcome to *Another Look*, a series about Jesus, the questions he asked, and the questions we can ask ourselves because of his words. Many people know about Jesus. There are glimpses of him in museums, churches, picture frames, stained glass... pretty much anywhere you look. You might wonder if these impressions of Jesus are a reflection of who he really is. Questions are a good way to discover things, so let’s start with a game that tests what you know about something super simple: your color memory.
- **INSTRUCTIONS:** *For this activity, you will need colored construction paper and markers. On each paper, write out the names of that color paper with a different color marker. To play, split students up into teams of four and have them line up on one end of the room with four cards while waiting for their team on the other end of the room. Have students run up one at a time and say the color of the marker used to write the word. Once they say every word correctly, have them return to their team and tag the next student to read the next card. The team to finish first wins.*
- Have you ever heard of the Stroop Effect? It describes what just happened to your brain while playing this game. How many of you struggled to name the color of the marker when it was being used to spell out the name of a different color? You might have had to resist the urge to say the word written on the paper because it interfered with the task you were trying to do.
- All of us can learn to look at something in a new way, even if we’ve been used to looking at something the same way for a long time. Sometimes, we worry when we notice a pattern of something we don’t like and start to predict the future with our imagination.
- For example, you might have had a bad experience with a certain food, so you don’t trust it anymore. We try to avoid the negative things we’ve imagined for the

future. But what if there were a way to worry less, even if our brains are a little stuck on what-if scenarios?

ACTIVITY | First Look

- It's not a great idea to build a story around first impressions. Seeing someone once is usually not the best way to get to know them. Sometimes, it takes a few conversations and interactions to get to know what another person is all about. Let's see if we can learn each other's names by playing a game. We'll need two teams and a volunteer for every round. The goal is to be able to say the name of the person standing on the other side of the sheet before they say yours!
- **INSTRUCTIONS:** *For this activity, you'll need a large sheet or blanket and two volunteers to hold the sheet up between two teams. Before you start, introduce everyone in the group by first name. To play, opposing teams face off each round. The object is to be able to say the person's name on the other side of the sheet before they say yours. Whoever loses joins the other team. The goal is to get everyone on your team.*
- It seems like you know each other pretty well! Names are just one part of getting to know someone. There's so much more you need to do to get really close to them.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **Can you think of a food you didn't like at first but ended up enjoying after giving it another try?**
 - ***What is something you refuse to give another try because of how bad it was the first time?**
 - **Have you ever misjudged someone at first but later realized you were totally wrong? How was your mind changed?**



See the Middle School Hacks



VIDEO | A Clip About Who People Think Jesus Is

- Where have your ideas about Jesus come from? Some are passed down to you by parents, grandparents, influencers, or even people at school. There are so many different ideas about Jesus that people have a lot of questions.
- **INSTRUCTIONS:** *As a teaching tool, play a video [like this one](#) (15:40-16:40) where people share who Jesus is to them. We always suggest viewing the clip beforehand to ensure you think it's a video that will be a good fit for your group. [Read this](#) for more information on legally using copyrighted material for educational purposes.*
- Who is Jesus? Some said Jesus is...
 - a good person
 - a historical figure
 - a selfless human
 - a marketing genius
 - a miracle worker
 - a messenger
 - Lord and Savior

- the Son of God
- In your own life, with your friends and family, there are probably different opinions on who Jesus is, too. What is it about Jesus that stands out to you? What things do you notice about Jesus that seem trustworthy?

SO WHAT? Why does it matter to God and to us?



See the Hacks



QUESTION | What's one thing that worries you regularly?

- Some of the strangest things keep me up at night. Have you ever lost precious sleep because you were stressed over a test the next day? Were you worried about a big game? Did you feel anxious about going somewhere new?
- **What's one thing that worries you regularly?**
- **INSTRUCTIONS:** *Share a few ideas to get the conversation rolling. Then, have students turn to a few people around them to answer the previous question.*

SCRIPTURE | Luke 12:22–34

- Jesus was in the habit of asking questions. It was a way of giving people another way to get to know God. When Jesus showed up, he talked about God's kingdom in a way that included everyone, which didn't make everyone who had worked so hard to be "religious" happy. Jesus' ideas were different from the ones these religious leaders had formed. They were thinking about a ruler who would set up a kingdom like the ones they had seen before, but Jesus had a different plan.
- When he taught, Jesus used questions to help people form connections with what he was saying. In this story, Jesus asks a question to give people another look at who he was and what he was promising.
- **INSTRUCTIONS:** *Read Luke 12:22–34.*
- There's no better place to worry and trust than in the middle of a massive and unpredictable crowd. Jesus was likely commenting on the worry and tension he could see building. Instead of adding to the fear, he calmed everyone down by asking a question.
- Jesus' words about what to do when you're worried came from a place of intentional care. Instead of breezing past their fears, he stopped to address them, and he invited them to trust him with what they needed. Have you ever tried to trust someone who couldn't see what you were going through? Before asking a question, Jesus simply acknowledged their situation.
- Instead of telling people to stop worrying, Jesus gave people space to think about what good it would do. Just like birds, flowers, and fields are noticed and cared for by God, so are our lives. The people were valuable, so valuable that God promised to take care of them.
 - When you think about Jesus, do you think about the ways you can worry less because he's able to take care of you?
 - If you've ever worried at all, even just for a moment, these words are for you. Jesus was pointing to a relationship with God and a place in God's story that anyone could access. It included everyone in the crowd that day, and it also includes you today.

- The treasures of heaven are found in a relationship with Jesus. And, it's not a handout given to us out of pity. God wants to give good things to you.
 - Imagine being in a crowd full of confusion and chaos when Jesus stops to clear the air from the worry that's been setting in. Imagine being offered a treasure that can't be worn out, stolen, or destroyed. Jesus knew that if the focus of the people in the crowd that day was on things that could be destroyed, then their hearts could break, too. But what if the focus of their futures was on something unbreakable? How much better would they feel?
- When Jesus said, "Don't worry," he invited them to trust him. When we're worried, when we feel like something is scarce or hard to get, it's easy to panic. Feeling like there isn't enough can cause us to feel anxious or stressed and can even stop us from sharing or enjoying what we have. Jesus intentionally gave his disciples and the crowd another look at God's ability to provide because he wanted them to trust what God could do.
- What worry could you let go of if you trusted Jesus to take care of you? Jesus mentioned the smallest details—from the birds to the flowers—and he's interested in the things that are bothering you. When you start to feel the chaos of your life growing closer, like a massive crowd of thoughts and fears, slow down to think about all the things that you could let Jesus take care of today.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***Where do you think most of your ideas about Jesus originally came from?**
 - **When you hear Jesus say, "Don't worry," what's your gut reaction? What's the hardest part of actually living that out?**

SCRIPTURE | Psalm 16

- Talking to God is a good place to start when you're learning how to trust Jesus. It's okay to say how you feel and be honest about what's worrying you. Nothing is too small or too complicated to bring up. The Bible is full of places where people talk to God and share what they are worried about openly and honestly.
- **INSTRUCTIONS:** *Read Psalm 16*
- We may not know the specifics about what this person was going through, but we know they were experiencing things that caused them to worry about their life. Like the person writing this Psalm, you may have things that no one knows about or understands. There could be things out of your control or things you can't change even if you tried. When you talk to God and ask for God to keep you safe, you can be reminded of why Jesus can be trusted. You may not have the stress relieved or the season changed, but you can have a safe place to regulate and a relationship that makes the burden of carrying it feel lighter.
- What are some things you would want to trust Jesus with today?
 - Are you worried about your emotional or physical safety?

- Do you need a feeling of peace?
- Do you need some guidance or advice?
- Are things shaky or unpredictable, and do you need something solid to rely on?
- What's happening around you that is causing you stress?
- You may not know how to describe what's happening to you or going on around you, but Jesus promises to be with us and invites us to turn to him anytime we feel worried. You don't have to have the answer. You just have to trust Jesus—he's more than a figure you see in stained glass or paintings. Jesus invites you to give your care and concerns to him. So, **what can you trust Jesus with today?**

NOW WHAT? What does God want us to do about it?



DISCUSSION | Name What You Need

- We all have different things going on that could cause us to worry. For some of us, it's our families, our friendships, or maybe our plans for what we're going to do with our futures. Everyone worries about something. Let's take a small step together by seeing if we can name what we are worried about today. Here's a list of ideas to help you imagine what your worries could be and the questions you could be asking:
 - Grades: Will I be able to get the grades I need?
 - Social Media: Will I be liked? Can I overcome the fear of missing out or ever quit comparing myself?
 - Mental Health: Can I overcome anxiety?
 - Relationships: Can I thrive in my friendships? Can I have a healthy romantic relationship? How do I fit in? How do I stick with my values when I'm pressured?
 - Future Career: What am I good at? Will I be able to get a job that I like?
 - Family: What do I do when there are issues at home? How do I manage family conflicts?
 - Community: What kind of future will we have? How can I contribute?
- Jesus provides something we all need: a safe place and someone we can trust. By sharing what we need with someone, we're practicing a helpful communication skill: the ability to name what we need.
- Take some time to think about how you would answer to the question **what can you trust Jesus with today?** After you are done, talk with a few of the people around you about how you would answer that question.
- **INSTRUCTIONS:** *For this discussion module, have students turn to a neighbor and answer the question, "What can I trust Jesus with today?" Consider playing some reflective music as students write and chat about the answers to the question.*
- Jesus cares about everything you named. Everything you can see written down is something Jesus hopes you'll mention and bring to him. You might not feel ready to trust Jesus with some things yet, but when you feel ready, here's what you can do.
 - **NAME WHAT YOU NEED:** Tell Jesus about your worries. Talk to Jesus about the things that are happening in your life. Share your concerns, and don't worry about the emotions you may be feeling when describing

everything you're worried about. Jesus loves you and cares about everything you are going through.

- **PRAY FOR WHAT YOU NEED:** Now that you've spent some time naming what you need and describing what worries you most, talk to Jesus about what you think you need next. It could be as simple as having a friend to talk to or the feeling you get when you know someone is listening to you. Whatever you need, you can talk about it with Jesus. Be specific. Be urgent. Be honest. Be open about why it matters to you.
- **THANK GOD FOR WHAT YOU HAVE:** Even when there are things we need, we can't forget about all the things God has already given us. How has God already taken care of you? Maybe you have God-given gifts that are helping you navigate a difficult situation. Whatever it is, notice what God has done and say thank you for it—not because God needs us to say we're grateful, but because being grateful reminds us of how much God can be trusted to care for us.
- **TRUST JESUS TO TAKE CARE OF YOU:** You've named what you need and talked about the specifics. Now, it's time to trust. When you trust someone, you believe they will be honest, keep their promises, and not let you down. Jesus asked questions to build a bridge of trust. Trust is taking the first steps over that bridge. When you feel worried, you can rely on Jesus. And, if you need help, think about how you might trust Jesus in your life.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***What are some things in your life that make you feel anxious? How do you think praying Psalm 16 could help?**
 - **Read Philippians 4:6. Why do you think Paul tells us to take our worries to God? Have you ever done this? What happened—did anything change? What keeps you from bringing your worries to God?**

REFLECTION | I Trust Jesus

- When life causes you to worry, where do you look? Who do you tend to turn to first? Jesus invites you to look to him when you worry and trust him with the things on your mind.
- **INSTRUCTIONS:** *For this reflection, you will need the [handout included in the week 1 folder](#), [gel pens](#), or [metallic Sharpies](#). Play the song "Firm Foundation" by Maverick City Music or one like it. While they listen to the song, have students write down their worries on one side of the handout, and on the other side of the handout, have them write things they want to trust Jesus with today. Make sure you have purchased any licenses required to do so. [Read this](#) for more information on legally using copyrighted material for educational purposes! [Here's a link](#) to preview the song for your personal use.*
- As we listen to this song, ask yourself about what you can trust Jesus with today.



Spend Time
With God





See the
Accessibility Hacks

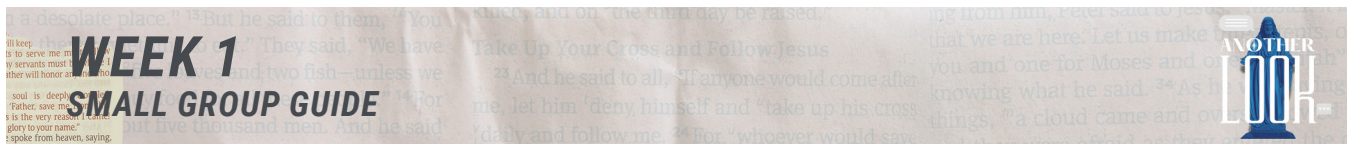


DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups.*
 - **When you're struggling with worry, how likely are you to open up to someone? Who is someone you trust to talk to? What would it look like to talk to them about your worry this week?**
 - **What is something in your life that you can trust Jesus with today? What's one small step you can take today to trust him more?**

RESPONSE | Another Look

- **INSTRUCTIONS:** *For this response, you'll need the "[What can I trust Jesus with today?](#)" cards from the Week 1 folder. You can either use [printable business cards](#), which have perforations for easy separation, or print them on cardstock and cut them out.*
- You might need a little reminder to help you remember who Jesus is and what you can do to follow him. Place this question on a mirror at home, in your car, or in a spot you see every day at school. Every time you look at it, ask yourself: **What can you trust Jesus with today?**



WEEK 1

SMALL GROUP GUIDE

BIG IDEA

What can you trust Jesus with today?

BIBLE

Luke 12:22–34; Psalm 16; Philippians 4:6

ABOUT THIS WEEK

When worry creeps in, we might ask, “What if I fail?” or “What if others reject me?” This week, we’ll hear Jesus ask a questions challenge people to see things differently. He reminds us that if God cares for the birds, God definitely cares for us. Instead of clinging to fear, we can ask ourselves:

What can you trust Jesus with today?

DISCUSSION

- Can you think of a food you didn’t like at first but ended up enjoying after giving it another try?
- What is something you refuse to give another try because of how bad it was the first time?
- Have you ever misjudged someone at first but later realized you were totally wrong? How was your mind changed?
- When you’ve had a strong first impression—good or bad—how hard is it for you to change your mind?
- Where do you think most of your ideas about Jesus originally came from?
- When you hear Jesus say, “Don’t worry,” what’s your gut reaction? What’s the hardest part of actually living that out?
- What are some things in your life that make you feel anxious? How do you think praying Psalm 16 could help?
- Read Philippians 4:6. Why do you think Paul tells us to take our worries to God? Have you ever done this? What happened—did anything change? What keeps you from bringing your worries to God?
- When you’re struggling with worry, how likely are you to open up to someone? Who is someone you trust to talk to? What would it look like to talk to them about your worry this week?
- What is something in your life that you can trust Jesus with today? What’s one small step you can take today to trust him more?

MEMORY VERSE

“Jesus Christ is the same yesterday and today and forever.” — Hebrews 13:8 (NIV)

BIG IDEA

What can you trust Jesus with today?

BIBLE

Luke 12:22–34; Psalm 16; Philippians 4:6

ABOUT THIS WEEK

When worry creeps in, we might ask, “What if I fail?” or “What if others reject me?” This week, we’ll hear Jesus ask a questions challenge people to see things differently. He reminds us that if God cares for the birds, God definitely cares for us. Instead of clinging to fear, we can ask ourselves:

What can you trust Jesus with today?

MEMORY VERSE

“Jesus Christ is the same yesterday and today and forever.” — Hebrews 13:8 (NIV)

DISCUSSION

- Can you think of a food you didn’t like at first but ended up enjoying after giving it another try?
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- When you hear Jesus say, “Don’t worry,” what’s your gut reaction? What’s the hardest part of actually living that out?
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- What is something in your life that you can trust Jesus with today? What’s one small step you can take today to trust him more?

WORRY



TRUST





WEEK 2 LESSON OUTLINE

BIG IDEA

Where do you notice Jesus' presence today?

BIBLE

Luke 24:13–35; Psalm 34:18, 116:1–4

ABOUT THIS WEEK

Sometimes, we get so caught up in our thoughts that we don't see what's right in front of us. This week, Jesus—though appearing as a stranger—came to walk with two friends who were discouraged by his death and confused by resurrection rumors. They finally realize Jesus is with them, and their story invites us to wonder: **Where do you notice Jesus' presence today?**

WHAT?

Let's continue talking about getting to know Jesus through the questions he asked. Jesus asked questions in many different places—in massive crowds, small groups, one-on-one conversations, and even at social gatherings, like parties. I don't know about you, but sometimes going to parties can feel pretty awkward. In times like that, it's good to have a friend.

Sometimes, all it takes is just having a person present to see what you see and experience what you're experiencing to change your perception. They can help us become less afraid and more confident to take the next steps.

SO WHAT?

In Luke 24:13–35, during the days after Jesus' death, the disciples and others who believed in Jesus were confused, felt heartbroken, and they might have even been a little angry about the turn of events. Jesus said he'd never leave them, then he did. Where was Jesus when they needed him most? He showed up that day for his disciples on the road to Emmaus, taking them by complete surprise.

Read Psalm 116:1–4 and consider how different things would be knowing you've got this help wherever you go and in whatever you do. You just have to learn to look for it. **Where do you notice Jesus' presence today?**

NOW WHAT?

Where do you notice Jesus' presence today?

- **IN THE EVERYDAY.** There are a lot of ways Jesus shows up—when you notice him, take note of it.
- **IN WHEN YOU'RE LEARNING.** You can talk to Jesus, ask him questions, and thank him for how he's helped you so far.
- **IN OTHERS.** When you see Jesus at work in someone's life, take notes.
- **IN YOUR HARDSHIPS.** Look to Jesus for guidance when there doesn't seem like there is a solution. Give yourself the chance to be comforted when nothing else seems to help.

WEEK 2 LESSON GUIDE

BIG IDEA

Where do you notice Jesus' presence today?

BIBLE

Luke 24:13–35; Psalm 34:18, 116:1–4

ABOUT THIS WEEK

Sometimes, we get so caught up in our thoughts that we don't see what's right in front of us. This week, Jesus—though appearing as a stranger—came to walk with two friends who were discouraged by his death and confused by resurrection rumors. They finally realize Jesus is with them, and their story invites us to wonder: **Where do you notice Jesus' presence today?**

WHAT? What are we talking about?

POLL | Awkward Party

- We're back! It's Week 2 of *Another Look*, and we're talking about getting to know Jesus through the questions he asked. Jesus asked questions in a lot of different places—in massive crowds, in small groups, in one-on-one conversations, and even at parties. Parties have their upsides, but you just never know what it's going to be like until you go. What's the most awkward thing about parties for you? Raise your hand to vote.
- **INSTRUCTIONS:** Give your group a list of awkward party scenarios and invite them to raise their hands to choose the most awkward party feature.
 - The party is a dance party
 - The party is too quiet
 - The party is for people but also for pets
 - The party is being held in a public place like a park
 - The party has clowns present
 - The party food is running out
- All of these things are a little awkward, but there's one thing that can calm down all of that awkwardness and inner desire to flee: the presence of a friend. Having just one friend makes that dance less scary, the quiet less creepy, and the lack of chicken tenders less maddening. Sometimes, all it takes is just having a person present to see what you see and experience what you're experiencing to change your perception.



See the Hacks

ACTIVITY | Secret Signal

- Have you ever missed someone sitting right in front of you? Have you ever been alone at home, playing a video game or watching TV, and a whole situation unfolded, but you were lost in a daydream? You could have walked past your best friend at school because you were in a post-test stress-induced zombie walk.

- On days like these, we've got to practice slowing down to take a look at who's around us and what's happening. So, let's practice a little. Find your friends using a voice recognition system (aka sounds you make up to identify each other).
- **INSTRUCTIONS:** *For this activity, you can play indoors or outside—just make sure the room is safe and free of bump hazards. To play, have students form groups of three and decide on an audible sound that can help them find each other. The sound they choose could be an animal, a siren, or something they made up. Disperse partners on opposite sides of the room. When the game starts, everyone shuts their eyes and wanders around using their signal to find their partner. The first group to find each other wins!*
- Great job finding your way back to each other. What kind of sounds were drowning out your ability to find your friend? Once you tuned in to your friend, was it easier to find your way?

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **If you could plan the perfect party, what would it be like? How would you make it fun and memorable?**
 - ***What's something small at a party that you don't usually notice when it's there but you really miss when it's not?**

ACTIVITY | The Invisible Friend Obstacle Course

- Who loves a friend challenge? You're going to partner up on teams to go through an obstacle course you can't see. You'll also get an invisible friend to be present with you! That's right, your childhood dreams are coming true. The invisible friend can speak but can't physically help you.
- **INSTRUCTIONS:** *For this activity, you'll need, blindfolds or [inversion goggles](#), and items that you already have that can create an obstacle course. Things like chairs, jump ropes, trash cans, or anything else you have lying around. To play, create two teams and invite everyone on each team to break up into pairs. One person will be blindfolded or wearing inversion goggles like this, and the other person (or people) will verbally guide them through the course as the invisible friend. Pairs will go through the course individually until everyone on the team is finished. The first team to finish without touching any obstacles wins!*
- Wouldn't it be nice to have an invisible friend around all the time? It might be a little weird, but if we're being honest, having someone right there present with us when we are going through something we've never gone through before can feel comforting.
- They can help us become less afraid and more confident to take the next steps. Today, we're going to look at a story about some guys who, in the middle of a lot of chaos, found the kind of friend they needed.

SO WHAT? *Why does it matter to God and to us?***POLL | How do you like people to be present with you?**

- Some of the greatest people in history were great because they simply knew how to be present with people. Dolores Huerta, Nelson Mandela, Fred Rogers, Princess Diana and others had this keen ability to connect with people and have compassion for them. When you think about someone being present with you, what qualities do they tend to have?
- **INSTRUCTIONS:** *Poll the room by having everyone hold up one, two, three, or four fingers to indicate their choices for each question. You can also customize the examples above to fit the context and age range of your group.*
- **When you're feeling down, what do you prefer from a friend?**
 - Listening without interrupting
 - Giving helpful advice
 - Distracting you with fun activities
 - Offering a hug or physical comfort
- **How do you like people to communicate with you?**
 - In-person, face-to-face
 - Through text messages
 - Over the phone
 - Through social media
- **During a conversation, what makes you feel most valued?**
 - Eye contact and nodding
 - Asking follow-up questions
 - Sharing their own experiences
 - Simply being silent and listening
- These are all great ways of being present, and they're each unique to us. That means there are so many different ways that we can practice being present with others. Not only is this just a great way to be a good friend, but it helps life feel less intense, too. But how do you feel about Jesus being present to you? What does that look like? You can't send a text or voice memo, but maybe there are other clues that Jesus is right there with you.

SCRIPTURE | Luke 24:13–35

- Have you ever felt alone while going through something difficult? Usually, we want someone to be with us to listen or notice what we are going through.
- It feels pretty awful when no one is there to help. Maybe you've wondered where Jesus is when you're going through painful or confusing things.
- During the days after Jesus' death, the disciples and others who believed in Jesus wondered something similar. They were confused, felt heartbroken, and they might have even been a little angry about the turn of events. Jesus said he'd never leave them, then he did. Where was Jesus when they needed him most?
- **INSTRUCTIONS:** *Read Luke 24:13–35.*
- Jesus' closest followers and disciples spent a lot of time with him, which made his death and absence from them even more excruciating and difficult to understand.

- It made sense that Cleopas and his friend would need to go for a walk and rehash the details of everything they saw happen to Jesus in Jerusalem.
- It made sense that they were down and discouraged.
- It made sense for them to feel confused. Jesus promised to be with them, but now he was gone.
- It made sense that they didn't recognize Jesus when he was present and talking with them.
- What's surprising and so interesting about this moment with Jesus on the road to Emmaus is what *didn't* happen. Jesus didn't tell them who he was or how it was all going to work out. Instead, he asked them a question. "*What are you discussing as you walk along?*"
- Before the guys could even realize who they were talking to, Jesus was chatting about what was on their minds. Jesus gave them the space and invitation to share their thoughts more openly and freely. His reply when they started sharing, was to simply invite them to keep going. Jesus said, "*What things?*" What things are bothering you?
- Jesus' presence on the road that day wasn't obvious at first, but after they realized he had been there the whole time, they praised God even more. Jesus' presence isn't always something flashy or announced. It's more likely something you can see when you're doing regular things, like going from one place to the next. It was in the everyday event of eating a meal that they could finally see they were in the presence of Jesus.
- If we look around, there are probably places and situations where Jesus was with us, and we didn't notice. Jesus may have guided you through something difficult or provided for something you needed. Imagine Jesus asking, "*What things are bothering you?*" when you're on the verge of tears or scribbling in a diary. Jesus showed up that day for the guys on the road to Emmaus, and Jesus could be on the path with you, too. Sometimes, all you need to do is stop and take another look to recognize who's been walking with you.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***How does it feel when someone is really there for you during a tough time? What do they do that makes a difference?**
 - **Imagine being in Cleopas and his friend's shoes—what do you think they felt on that walk? How do you think Jesus' presence helped? And why might it have been frustrating that he didn't give them clear answers right away?**

STORY | Now I See It

- **INSTRUCTIONS:** *Tell a story about when you went through something difficult and didn't notice how Jesus was present with you until after the event. Describe how you felt. Be honest about what emotions you experienced when you felt alone in the situation. Then, compare that feeling to what you felt when you realized that Jesus was with you and helping you all along.*



Share your story

- It's not always easy to notice where Jesus is working. If we're tuned into other things and distracted, we might miss the questions Jesus wants to ask or the help Jesus wants to provide.
- Here's the deal, though: we're not the first people to miss Jesus in the middle of it all. The Bible is full of examples of people who experienced the same thing. The similarity in their stories is that Jesus never changed or left the scene.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***Do you find it challenging or easy to notice God's presence during difficult moments compared to everyday life? Why do you think that is?**
 - **Read Psalm 34:18. This verse says that God is close when we're sad. Have you ever felt God's presence in a good moment, too? How was God's presence in hard times different from God's presence in good times? How was it the same?**

SCRIPTURE | Psalm 116:1–4

- We're going to take a look at an intense prayer flowing from a place of seeking God's presence that can also be super helpful when we are learning how to look for Jesus in the little moments throughout our day.
- **INSTRUCTIONS:** *Invite a student to Read Psalm 116:1–4 out loud a few times. In the first reading, invite everyone to simply listen. In the second reading, invite everyone to notice how God was present to the person writing the prayer. In the third reading, invite everyone to notice something God did (an action that made a difference to the person praying).*
- Even before God sent Jesus to be with us, God was showing up for humans in different ways. This prayer points to a time that was more than awkward—it was unjust, and it was painful, a time of captivity where the people of Israel were enslaved. In these words, we hear about God's ability to be present with them in the worst situation.
- They cried out from the unfathomable, unjust, and unrelenting captivity they were being held in. These are the places the writer admitted, where God was present. "God saved me" was like a scrapbook memory meant to point the writer back to when they weren't alone.
- Where in your life are you needing to look for God's presence? Your story is very different from the one we find in the book of Psalms, and your name isn't Cleopas (if it is, wow, you're so lucky), and you probably have never walked down a road to a village called "Emmaus" with your bestie, rehashing the worst day of your life.
- The part of the story you can't miss is that Jesus returned from the grave to be with you. He came back to prove he was alive, and he promised his Spirit would help us forever. How different would things be knowing you've got this help wherever you go and in whatever you do? You just have to learn to look for it. **Where do you notice Jesus' presence today?**

NOW WHAT? What does God want us to do about it?

Spend Time
With others

**VIDEO | A Clip from Soul**

- You probably see Jesus at work in stories other people tell or see Jesus present in miracles you read about in the Bible. But you may get to experience a connection with Jesus when you start to notice his presence in the regular moments of your every day.
- In the movie *Soul*, Joe struggles and feels like he can never live out his dreams. But in this scene, he notices beauty and joy in the underrated regular places. Let's take a look.
- **INSTRUCTIONS:** As a teaching tool, play a clip from [this video](#) (0:00-3:38) showing a scene from "Soul" where the main character, Joe, starts recognizing the joy in the small, regular parts of his life. We always suggest viewing the clip beforehand to ensure you think it's a video that will be a good fit for your group. [Read this](#) for more information on legally using copyrighted material for educational purposes.
- Where did he notice purpose as he remembered his life? He started to see the beauty in the small moments, right? Things like eating a delicious slice of pizza, listening to a talented musician, or watching the sunset on the train ride home. In all those small moments, he experienced joy and beauty. He realized that even regular old living was a gift. We may not see Jesus revealed in a miraculous display, but we will probably see Jesus revealed in something we see, hear, or experience today.
- Jesus is waiting and present in everyday moments. Jesus asked the question long ago and could be asking you the same question today. "What things" are on your mind? He's right here, present with you. You can find Jesus' presence...
 - **IN THE EVERYDAY.** Jesus isn't trapped in the pages of the Bible or on a cross you see hanging in a gallery. Jesus is alive and promised to be with us. That means no matter where we go or what we do, Jesus is there. You might see Jesus through help from a family member or in the sound of a song. You might notice Jesus' presence in a feeling of peace when you pray. There are a lot of ways Jesus shows up, when you notice him, take note of it.
 - **IN WHEN YOU'RE LEARNING.** Notice Jesus' presence in the place where you learn. It could be in the halls of a building or at the desk of your house. Wherever you are learning, Jesus is there to listen and to help you understand. You can talk to Jesus, ask him questions, and thank him for how he's helped you so far.
 - **IN OTHERS.** You might start to see Jesus at work in the lives of others when you begin to pick up on his nature and compassionate response simply by spending more time with him. When you see Jesus at work in someone's life, take notes. Every time you see Jesus walking with someone or walking with you, you can thank him and learn something new.
 - **IN YOUR HARDSHIPS.** There may be some things in your life or in your situation that are difficult or impossible to change. Even though you can't change some of the facts, you might be able to change how you feel about them when you notice how Jesus is going through them with you.



See the High School Hacks



See the Accessibility Hacks



Ask Jesus to help you when you are afraid. Look to Jesus for guidance when there doesn't seem like there is a solution. Give yourself the chance to be comforted when nothing else seems to help. **Where do you notice Jesus' presence today?**

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***After hearing Psalm 116:1-4, was there anything that stood out or surprised you? Did the writer say anything (or leave anything out) that caught your attention? Have you ever felt like that—where nothing necessarily changed, but you knew God was listening?**
 - **Where are some regular places you go or things you do where you might be missing an opportunity to notice God because they feel so routine?**
 - **Where is a place in your life you would like to notice Jesus' presence? What are a few things you could do to help you notice him there this week?**

RESPONSE | Another Look

- **INSTRUCTIONS:** *For this response, you'll need the ["Where do you notice Jesus' presence today?" cards](#) from the Week 2 folder. You can either use [printable business cards](#), which have perforations for easy separation or print them on cardstock and cut them out.*
- You might need a little reminder to help you remember who Jesus is and what that means to you. Place this question on a mirror at home, in your car, or in a spot you see every day at school. Every time you look at it, ask yourself: **Where do you notice Jesus' presence today?**

BIG IDEA

Where do you notice Jesus' presence today?

BIBLE

Luke 24:13–35; Psalm 34:18, 116:1–4

ABOUT THIS WEEK

Sometimes, we get so caught up in our thoughts that we don't see what's right in front of us. This week, Jesus—though appearing as a stranger—came to walk with two friends who were discouraged by his death and confused by resurrection rumors. They finally realize Jesus is with them, and their story invites us to wonder:

Where do you notice Jesus' presence today?

MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

DISCUSSION

- If you could plan the perfect party, what would it be like? How would you make it fun and memorable?
- What's something small at a party that you don't usually notice when it's there but you really miss when it's not?
- How does it feel when someone is really there for you during a tough time? What do they do that makes a difference?
- How do you like people to be present with you?
- Imagine being in Cleopas and his friend's shoes—what do you think they felt on that walk? How do you think Jesus' presence helped? And why might it have been frustrating that he didn't give them clear answers right away?
- After hearing Psalm 116:1–4, was there anything that stood out or surprised you? Did the writer say anything (or leave anything out) that caught your attention? Have you ever felt like that—where nothing necessarily changed, but you knew God was listening?
- Read Psalm 34:18. This verse says that God is close when we're sad. Have you ever felt God's presence in a good moment, too? How was God's presence in hard times different from God's presence in good times? How was it the same?
- Do you find it challenging or easy to notice God's presence during difficult moments compared to everyday life? Why do you think that is?
- Where are some regular places you go or things you do where you might be missing an opportunity to notice God because they feel so routine?
- Where is a place in your life you would like to notice Jesus' presence? What are a few things you could do to help you notice him there this week?



WEEK 2

SMALL GROUP GUIDE for middle schoolers

BIG IDEA

Where do you notice Jesus' presence today?

BIBLE

Luke 24:13–35; Psalm 34:18, 116:1–4

ABOUT THIS WEEK

Sometimes, we get so caught up in our thoughts that we don't see what's right in front of us. This week, Jesus—though appearing as a stranger—came to walk with two friends who were discouraged by his death and confused by resurrection rumors. They finally realize Jesus is with them, and their story invites us to wonder:

Where do you notice Jesus' presence today?

MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

DISCUSSION

- If you could plan the perfect party, what would it be like? How would you make it fun and memorable?
- How do you like people to be present with you?
- Imagine being in Cleopas and his friend's shoes—what do you think they felt on that walk? How do you think Jesus's presence helped? And why might it have been frustrating that he didn't give them clear answers right away?
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- Do you find it challenging or easy to notice God's presence during difficult moments compared to everyday life? Why do you think that is?
- Where is a place in your life you would like to notice Jesus' presence? What are a few things you could do to help you notice him there this week?

WHERE DO
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YOU NOTICE

JESUS,

PRESENTENCE
TODAY?

WHERE DO
YOU NOTICE

JESUS,

PRESENTENCE
TODAY?

WHERE DO
YOU NOTICE

JESUS,

PRESENTENCE
TODAY?





WEEK 3

LESSON OUTLINE

BIG IDEA

What can Jesus rescue you from today?

BIBLE

Luke 15:1–7; Psalm 23, 40:17

ABOUT THIS WEEK

How far would you go to find something you lost? This week, we'll look at Jesus' story about a shepherd who left his flock to search for one lost sheep, showing just how much God cares for us. This reminds us that no matter what mess we find ourselves in, we don't need to be afraid to ask: **What can Jesus rescue you from today?**

WHAT?

Let's keep talking about Jesus and the interesting questions he asked. With each question, we get another look at who Jesus is and what he cared about most. This week, the question is about lost things. Have you ever needed help finding something or someone who was lost?

Sometimes, we need a little rescue operation too. We've all had those moments when we feel completely stuck and we need a way out. So let's think about what we can do and what can be helpful when we're looking for support or a little bit of rescue in tough times.

SO WHAT?

Jesus knew that religious leaders had written certain people off as not worth fighting for, rescuing, noticing, or forgiving. So, in Luke 15:1–7, he told a story about some sheep. This story was good news because it took away anything that might keep people from turning to Jesus for help. When Jesus asked his question about searching for the lost sheep, he pointed to a God who cares deeply for the lost and vulnerable.

Like the good shepherd described in Psalm 23, Jesus wants to take care of you and help you with whatever you might be going through.

What can Jesus rescue us from today?

NOW WHAT?

What can Jesus rescue you from today? Whenever you're lost, remember to S.T.O.P.

- **STOP:** Take deep breaths, pray, and avoid doing anything sudden until you have a better picture of your situation.
- **THINK:** Ask yourself what you know about where you are, what God can do, and what resources you have.
- **OBSERVE:** Where in your situation can you see Jesus showing up? Have you made any progress from where you started?
- **PRAY:** When we talk to Jesus, we might be able to hear what the next step could be.

WEEK 3 LESSON GUIDE



BIG IDEA

What can Jesus rescue you from today?

BIBLE

Luke 15:1–7; Psalm 23, 40:17

ABOUT THIS WEEK

How far would you go to find something you lost? This week, we'll look at Jesus' story about a shepherd who left his flock to search for one lost sheep, showing just how much God cares for us. This reminds us that no matter what mess we find ourselves in, we don't need to be afraid to ask: **What can Jesus rescue you from today?**

WHAT? What are we talking about?

ACTIVITY | Rescue Plan

- Welcome back to *Another Look!* Every week, we've been talking about Jesus and the interesting questions he asked. With each question, we get another look at who Jesus is and what he cared about most. This week, the question is about lost things. Have you ever needed help finding something or someone who was lost?
- Today, you'll devise a plan to locate and rescue one of your leaders. Using your creativity and imagination, draw and describe how you would get them out of whatever situation they are in. No plan is too grand. Just make sure the outcome is a safe return.
- **INSTRUCTIONS:** *For this activity, you will need a timer, index cards, pens, a container or hat for scenario cards, and a whiteboard or large poster for group brainstorming. The point of this game is for small teams to work together to create a plan to rescue a leader stuck in a fake situation. To play, each team will draw a scenario card and devise a rescue plan in five minutes or less. When time is up, each team will present their rescue plan to the group. Make sure to prepare the index cards with different rescue scenarios in advance. Examples:*
 - *Your leader is trapped in a castle guarded by a dragon.*
 - *Your leader is stuck on a raft in a river full of crocodiles.*
 - *Your leader is being held for ransom by a college mascot.*
 - *Your leader is stuck in a safe room and has forgotten the passcode to exit.*
- I think it's safe to say if any of us were ever captured by our local college mascot, we'd know who to call. But what do we do when we are the ones who are stuck? How do we get out of situations when there doesn't seem to be a rescue plan or a team working creatively to get us unstuck?

VIDEO | A Clip of a Sheep Stuck in a Trench

- No one usually wakes up thinking about how they will be rescued. It's not typical to get advance notice of when we will need to be saved from distress. Stuff tends to happen when we're not prepared—that's what makes it distressing. If you've been scrolling the internet, you've probably seen videos of sheep getting stuck in stressful situations, being rescued, and then getting stuck again. If you haven't seen this yet, it looks something like this...
- **INSTRUCTIONS:** Show [this video](#) (0:00–0:19) or another similar video of a sheep getting stuck and then jumping back into the same situation. We always suggest viewing the clip beforehand to ensure you think it's a video that will be a good fit for your group. [Read this](#) for more information on legally using copyrighted material for educational purposes.
- Sheep are sort of known for wandering around and getting stuck. But no one, not even the people who helped them out the first time, wants them to stay stuck in the situations they are in. They need an on-call rescue team.
- Sometimes, we need a little rescue operation too. None of us are sheep or even close to being as silly as they are, but we do get lost sometimes, don't we? Every day sort of has its own trench. When we get lost or stuck in whatever that trench is, it's good to know who might be around to help.

DISCUSSION

- **INSTRUCTIONS:** If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.
 - **What's the most valuable thing you've ever lost—either because it was expensive or because it meant a lot to you? Did you ever get it back?**
 - ***When you're in a tough situation—like getting lost or needing help—do you usually assume the worst, or do you stay optimistic?**
 - **Have you ever been in a situation where you were lost? What were some of the emotions that came up as you figured out what to do next?**



See the High
School Hacks

**POLL | What's something a teenager might need a break from?**

- **INSTRUCTIONS:** Create a Family Feud-style survey board like [this one](#) to break the ice about stressful situations teenagers might go through. Or, use an online trivia generator [like this](#). For the question board, you will need a poster board, permanent markers, long pieces of paper, and colorful duct tape. To assemble the board, cut three sides of a square in a poster board. Write the answers on a longer piece of paper that will hide behind the flaps. Secure each flap with colorful duct tape. Use "survey says" answers about things teenagers may need a break from. Here are a few ideas to get your imagination going.
 - Homework Stuff - 40 points
 - Friendship Stuff - 25 points
 - Stress Stuff - 15 points
 - Parent Stuff - 10 points
 - Family Stuff - 5 points

- *Money Stuff - 3 points*
- Who needs to be rescued? Who doesn't wish there was less homework to do, awkward social interactions to wade through, and annoying stuff happening around you?
- We've all had those moments when we feel completely stuck and need a way out. So let's think about what we can do and what can be helpful when we're looking for support or a little bit of rescue in tough times.

SO WHAT? Why does it matter to God and to us?

VIDEO | A Clip of *The Price Is Right*

- People love a good game show. *The Price Is Right* aired in 1972 and is television's longest-running game show and number-one rated daytime series. Contestants are called to "come on down" from the audience to compete for cash and prizes by accurately guessing the price of merchandise on display in mini-games like this one...
- **INSTRUCTIONS:** Show this [Price Is Right: 5 Pricetags](#) game show video clip or one like it to kick off a conversation about the value of things. Pause the video before the contestant guesses the price of the car. Poll the room to see how many think he'll guess the right value and win. Unpause the clip to see who was right. We always suggest viewing the clip beforehand to ensure you think it's a video that will be a good fit for your group. [Read this](#) for more information on legally using copyrighted material for educational purposes.
- It's not easy to decide how much something is worth. A discount store might say a pair of headphones are worth \$1.25 plus tax, another store might say they are worth \$349, and another might say they are worth \$549!
- But not everyone thinks a \$549 pair of headphones is worth it. Scroll through the reviews, and you'll find people giving specific reasons why they are for or against certain headphones. You probably have an opinion, too!
- But what's your opinion of *you*? Have the things people say about you changed how you feel about yourself? You, me, we—aren't we all immensely valuable? No person is more valuable than another, right?

SCRIPTURE | Luke 15:1–7

- In the book of Luke, Jesus shared a series of stories when surrounded by outcasts, tax collectors, and those who were seen as lost causes. He wasn't just drawing attention from people society had labeled untouchable—he was also gaining the attention of religious leaders. They hated that he hung out and even shared meals with the kind of people they didn't think were worthy of a holy presence—people they simply saw as "sinners."
- Maybe you've felt like those kinds of "rejected" people before, and you've heard murmuring about whether or not you truly mattered. Jesus wanted everyone in the crowd to hear his question that day, and he wanted us to hear it too.
- **INSTRUCTIONS:** Read Luke 15:1–7.
- Jesus knew that religious leaders had written certain people off as not worth fighting for, rescuing, noticing, or forgiving. So, he told a story about some sheep.

In that story, he was able to get everyone to hear this important truth—no matter what life you are living or how tangled up in problems you may be, even if you feel completely lost, Jesus will always search for you.

- This story was good news because it took away anything that might keep people from turning to Jesus for help. When Jesus asked his question about searching for the lost sheep, he pointed to a God who cares deeply for the lost and vulnerable.
- To Jesus, every person who wants help, confesses something they've done, is stuck, or needs to be rescued, is important. To Jesus, anyone who is vulnerable like this is not only worthy of rescuing but also worth celebrating.
- Jesus offered rescue to...
 - those who judged
 - those who were lost
 - those who were sinning
 - those who were stuck in situations they couldn't get out of
 - those who were treated unjustly
 - those who couldn't help themselves
- Like the shepherd in his story, Jesus will never devalue you. Jesus will never leave you and will never stop looking for you. Even if we feel too far from God, Jesus will still look for us and offer the rescue we need.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups*
- **If you could be “rescued” from one challenge in your life right now, what would it be?**
- **Why do you think some religious leaders were upset that Jesus spent time with people who were considered outcasts or “lost”?**

SCRIPTURE | Psalm 23

- King David, the writer of many of the songs in the book of Psalms, often compared God's care to that of a loving shepherd—like the one in Jesus' parable. Before David was a king, he was a shepherd himself, taking care of sheep. So, it kind of makes sense that he might use this image to describe what it's like to be cared for.
- In his lifetime, he experienced rescue from danger, rescue from forces outside of his control, and rescue from problems he created because of his own mistakes. David's life was full of ups and downs, and he often needed help. And in this psalm, we can see his perspective of how God rescued him.
- **INSTRUCTIONS:** *Give everyone a copy of Psalm 23. You can make a [handout](#) or use the [handout](#) provided in the Week 3 folder. Read the Psalm out loud and invite students to circle words that point to the careful attention of God.*
- What are some things David noticed about God's careful rescue? Is it how God provided? Calmed him? Gave him the energy to overcome fear? In the darkest, heaviest moments of his life, David knew God was nearby to rescue him.
- Just like David experienced highs and lows in his lifetime, we will experience things that can leave us in need of rescue. It doesn't matter if we brought on the

problems ourselves or if it's something we stumbled into. All of us will need God's attention, care, and power to rescue us.

- Jesus, like a good shepherd, can meet you in a mess and rescue you from whatever you're experiencing. You don't have to struggle through it alone or give up on waiting for help and assistance. Jesus wants to take care of you and help you with whatever you might be going through. **What can Jesus rescue you from today?**

NOW WHAT? What does God want us to do about it?



Use your Gifts

DISCUSSION | Lost In The Woods

- If you've ever been on a hike or have walked in the woods, you might see little signs to help people stay on the trail. But even with the best equipment and experience, it's still possible to lose your way. If you've ever taken a wrong turn or made a wrong decision, you know how scary it can feel to need help but not know who to ask or where to look for a way out. You know you need to be rescued, but you're not quite sure of what to do first.
 - Do you yell really loud?
 - Do you climb a tree and look around?
 - Do you walk in circles?
 - Do you sit down and cry?
- **INSTRUCTIONS:** For this discussion, you will need the [handout](#) provided in the Week 3 folder. Use the S.T.O.P. acronym to guide your discussion, then break students into smaller groups to give them a chance to fill out the handout and discuss what they wrote down.
- Believe it or not, sitting down might be the best thing you can do! There's a method for outdoor survival called S.T.O.P., and by going through each step, you can make smart decisions in the wild (or in life). Each step is super important for your safety and well-being. Plus, this method is easy to remember and good to use in any situation where you might need help or rescue. Whenever you're lost, remember to S.T.O.P.
 - **STOP:** Sit down or stand still. When you're going through something confusing or painful, it's good to try to calm down and conserve energy. Take deep breaths, pray, and avoid doing anything sudden until you have a better picture of your situation. If a rescue team is looking for you, you'll be easier to find if you stay still. We know that Jesus is looking out for you, and having a calm mind will help you recognize his help when it arrives.
 - **THINK:** When we're lost, it's easy to get overwhelmed with what-ifs and anxious thoughts. Ask yourself what you know about where you are, what God can do, and what resources you have. Are you in a secure place? Is there somewhere or someone you can talk to? What can you do for yourself? Read God's words and ask for help.
 - **OBSERVE:** Look around to see if there are any special features you can recognize. Take note of the condition you're in and make decisions based on what you know is true. Where in your situation can you see Jesus showing up? Have you made any progress from where you started? What can you be grateful for right now? Keep taking notes to look for anything Jesus might be trying to say or do for you.

- **PRAY:** It'd be great to develop a plan, but sometimes, it's not possible to plan right away. When we pray, we get the opportunity to name what we need and make a plan with God. When we talk to Jesus, we might be able to hear what the next step could be. In the moments spent with Jesus, there could be a source of comfort or strength. **What can Jesus rescue you from today?**

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **What do you think about the idea that God is a shepherd? What emotions come up when you think about God taking care of you like a shepherd?**
 - ***Read Psalm 40:17. How do you think your life would be different if you truly believed that God is your help and deliverer?**

STORY | Rescued

- **INSTRUCTIONS:** *Share a story about a moment when Jesus rescued you from something you couldn't overcome alone. Be specific about how you were lost and what Jesus did to help you.*
- I felt rescued because Jesus found me in the middle of what was happening and provided for me. Sometimes we don't know what we need, but Jesus always does. You may not see anything out of the ordinary going on around you at the moment, but there's a good chance someone else around you might need some help.
- Jesus came to save a whole world that is lost, hurting, and lonely. So, even if we don't need rescue, then we can pray for someone who does. And when we do, we should know that Jesus might just use us to be a part of someone else's rescue story.



Spend Time
With God



MUSIC | "You Rescued Me" (Anthem Collective) or "Psalm 23" (People & Songs)

- **INSTRUCTIONS:** *Play a music video like "You Rescued Me" by Anthem Collective or "Psalm 23" by People & Songs, or one like it. Play the video during a prayer or quiet self-reflection time. Make sure you have purchased any licenses required to do so. [Here](#) and [here](#) are links to preview the songs for your personal use. [Read this](#) for more information on legally using copyrighted material for educational purposes!*
 - *Invite students to ask Jesus for the kind of rescue they need. It might be a good time to invite them to accept Jesus' love and forgiveness and give their burdens to Jesus.*
 - *Prepare leaders to pray with anyone who might need support.*
- One way we can recognize our need for rescue is by talking to God about it. Sometimes, we just need to stop, sit in one spot, and let Jesus rescue us.
 - Do you need forgiveness? Jesus offers it.
 - Do you need hope? Jesus provides it.
 - Do you need to find your way? Jesus can guide you.
 - Do you need comfort? Jesus is comforting.
 - Do you need strength? Jesus can make you feel stronger.

- After thinking about how you need to be rescued today, focus on who Jesus is and what Jesus can do. You don't have to try to rescue yourself, Jesus promised to rescue you. **What can Jesus rescue you from today?**

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***What are some things that might stop you from asking for help when you need it? How can we support you when you need help?**
 - ***What's one area of your life where you need help right now? Who is someone you trust that you could reach out to?**
 - **What would it look like to let Jesus rescue you from one thing today?**



See the
Accessibility Hacks



RESPONSE | Another Look

- **INSTRUCTIONS:** *For this response, you'll need the "[What can Jesus rescue you from today?](#)" cards from the Week 3 folder. You can either use [printable business cards](#), which have perforations for easy separation or print them on cardstock and cut them out.*
- You might need a little reminder to help you remember who Jesus is and what he can do. Place this question on a mirror at home, in your car, or in a spot you see every day at school. Every time you look at it, ask yourself: **What can Jesus rescue you from today?**

WEEK 3

SMALL GROUP GUIDE



BIG IDEA

What can Jesus rescue you from today?

BIBLE

Luke 15:1–7; Psalm 23, 40:17

ABOUT THIS WEEK

How far would you go to find something you lost? This week, we'll look at Jesus' story about a shepherd who left his flock to search for one lost sheep, showing just how much God cares for us.

This reminds us that no matter what mess we find ourselves in, we don't need to be afraid to ask: **What can Jesus rescue you from today?**

MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

DISCUSSION

- What's the most valuable thing you've ever lost—either because it was expensive or because it meant a lot to you? Did you ever get it back?
- When you're in a tough situation—like getting lost or needing help—do you usually assume the worst, or do you stay optimistic?
- Have you ever been in a situation where you were lost? What were some of the emotions that came up as you figured out what to do next?
- If you could be "rescued" from one challenge in your life right now, what would it be?
- Why do you think some religious leaders were upset that Jesus spent time with people who were considered outcasts or "lost"?
- What do you think about the idea that God is a shepherd? What emotions come up when you think about God taking care of you like a shepherd?
- Read Psalm 40:17. How do you think your life would be different if you truly believed that God is your help and deliverer?
- What are some things that might stop you from asking for help when you need it? How can we support you when you need help?
- What's one area of your life where you need help right now? Who is someone you trust that you could reach out to?
- What do you think it would look like to let Jesus rescue you from something today?

BIG IDEA

What can Jesus rescue you from today?

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ABOUT THIS WEEK

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- What's the most valuable thing you've ever lost—either because it was expensive or because it meant a lot to you? Did you ever get it back?
- If you could be "rescued" from one challenge in your life right now, what would it be?
- Why do you think some religious leaders were upset that Jesus spent time with people who were considered outcasts or "lost"?
- Read Psalm 40:17. How do you think your life would be different if you truly believed that God is your help and deliverer?
- What are some things that might stop you from asking for help when you need it? How can we support you when you need help?
- What would it look like to let Jesus rescue you from one thing today?

S **STOP:** When you notice you need help this week, what is one thing you can do to help you remain calm?

T **THINK:** When you feel overwhelmed this week, what are two things you could do to feel secure, evaluate what is happening, or reach out to a friend to help you process what is happening?

S **STOP:** When you notice you need help this week, what is one thing you can do to help you remain calm?

T **THINK:** When you feel overwhelmed this week, what are two things you could do to feel secure, evaluate what is happening, or reach out to a friend to help you process what is happening?

O **OBSERVE:** What are a few questions you can ask yourself to help you evaluate what is happening? Maybe it is asking, "Jesus, where are you?" or "Jesus, what are you trying to show me right now?"

P **PRAY:** This week, when you encounter something painful, what is one thing you can do to connect with God and ask about what your next step should be?

O **OBSERVE:** What are a few questions you can ask yourself to help you evaluate what is happening? Maybe it is asking, "Jesus, where are you?" or "Jesus, what are you trying to show me right now?"

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... from heaven, saying, "I have brought glory to my name, and now I bring it again." 29 When the crowd heard this, some thought it was thunder, but others declared an angel had appeared to them. 30 The voice was for judgment. 31 The time for judgment has come when Satan will be judged. 32



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PSALM 23

- 1** The Lord is my shepherd, I lack nothing.
- 2** He makes me lie down in green pastures, he leads me beside quiet waters,- 3** he refreshes my soul.
He guides me along the right paths for his name's sake.
- 4** Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me.
- 5** You prepare a table before me in the presence of my enemies. You anoint my head with oil; my cup overflows.
- 6** Surely your goodness and love will follow me all the days of my life, and I will dwell in the house of the Lord forever.

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WEEK 4

LESSON OUTLINE

BIG IDEA

How can you put Jesus' words into practice today?

BIBLE

Luke 6:46–49; Psalm 31:2–4; James 1:22–25

ABOUT THIS WEEK

The way we live reveals our beliefs because actions speak louder than words. This week, we'll hear Jesus challenge people who called him Lord but didn't follow his teachings, showing them why it's important to actually live out his words if they say they believe in him. Jesus urges us to move beyond listening—so ask yourself:

How can you put Jesus' words into practice today?

WHAT?

We've spent some time learning about some big questions Jesus asked that can completely shift our perspectives. When you follow someone, you aren't just interested—you're invested. After spending time with them, chances are you might even practice being more like them.

But for some, Jesus's teachings didn't change them all—in fact, they often missed Jesus when he was standing right in front of them! That's why, when it comes to getting to know Jesus and building our faith, it's important to know what foundation we're starting with. We're invited to build our lives on something stable and unshakeable... forever.

SO WHAT?

In Luke 6:46–49, Jesus exposed a group of people who were completely missing the point of what it meant to follow God. Jesus said, "If you build your life on a rock, it can't be shaken." If you build your life on Jesus and develop the habits he showed us, you'll be able to hold on and stay safe no matter what storms show up in your life.

Like David did in Psalm 31:2–4, we can pray to remember the solid foundation Jesus gave us when he told us how to live. **How can you put Jesus' words into practice today?**

NOW WHAT?

So... **How can you put Jesus' words into practice today?**

- **REPLACE FALSE PROMISES WITH JESUS' PROMISES:** You can put everything you know to the test. Did the world say this was good for me, or did Jesus say it?
- **LEARN WHAT JESUS SAID:** Practice reading your Bible as often as possible. Search for things Jesus said. Write down your questions. Talk to others about these things. Allow Jesus' words to start shaping your life and your decisions.
- **DO WHAT JESUS DID:** Once you know something, you can do something! Ask yourself, what would Jesus do?

WEEK 4 LESSON GUIDE



BIG IDEA

How can you put Jesus' words into practice today?

BIBLE

Luke 6:46–49; Psalm 31:2–4;
James 1:22–25

ABOUT THIS WEEK

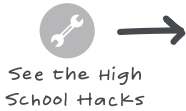
The way we live reveals our beliefs because actions speak louder than words. This week, we'll hear Jesus challenge people who called him Lord but didn't follow his teachings, showing them why it's important to actually live out his words if they say they believe in him. Jesus urges us to move beyond listening—so ask yourself:

How can you put Jesus' words into practice today?

WHAT? What are we talking about?

ACTIVITY | Say What You See

- Welcome to the last week of *Another Look!* We've spent some time learning about four big questions Jesus asked that can completely shift our perspectives. And speaking of changing perspectives, let's get a new perspective on the game, Pictionary. If you've never played, it's a game where your team gets a word, someone draws it, and everyone else tries to guess it. Super simple. Today, instead of drawing the word you want your team to guess, you'll build it using modeling clay.
- **INSTRUCTIONS:** *For this activity, you will need slips of paper, permanent marker, a bowl, molding clay, a table, and a plastic tablecloth or a poster board to build on. To play, split your group into a few teams. Each team will guess words that a "builder" sculpts in a set amount of time. (A minute should do, but you can always give people more time if needed.) You'll need a bowl and words on paper. On each paper, write the name of a thing they can build. Each team will need a building station complete with whatever modeling clay materials you want to provide. We recommend using a plastic tablecloth or poster board to host the build site. Each round, a different person gets to build while their team guesses what is taking shape. Here are some categories of words to work with!*
 - Animals
 - Types of Food
 - Dinosaurs
 - Robots
 - Popular Places
 - Holidays
 - Hobbies
 - Sports
- Incredibly impressive. Making a robot out of clay seems easy, but it would definitely be easier to draw. And if you had never used clay before, you'd struggle to know



how to get it to actually do what you want. But like most things in life, building with clay can get better with practice!

DISCUSSION | Who do you let influence you?

- Like modeling clay, our lives are influenced by the forces around us. The pressure we feel, the people we choose to listen to, and many other outside forces help shape us into who we are.
- What kind of people influence you? You may want to be more (or less!) like them. You might even spend time following all of the things they do and say.
- **INSTRUCTIONS:** *Pair up or create smaller groups to break the ice by discussing people we give a lot of space to influence us. It could be people we have never met or people we see every day. Give everyone a chance to share and invite a few people to share about who influences them.*
- When you follow someone, you aren't just interested—you're invested. After spending time with them, chances are you might even practice being more like them.
- It's not just a social thing, either. We practice being like the athletes or musicians who influence us. We'll practice being like people who work in the professions that seem interesting to us. Influence isn't bad, but we'll just want to make sure it's building us up towards something stable.

QUESTION | Where would you build your house?

- Let's say you've been given the money to build a house anywhere in the world.
Where would you build your house?
- **INSTRUCTIONS:** *For this question, create a few slides from the collection of images of possible home locations and load them into your presentation software. Choose locations your group might be into and add some just for fun (like a picture of wherever your house is located!). As you ask the previous question, scroll through the images on a screen and ask them about the pros and cons of each house location.*
- Honestly, it would be a dream to put a house wherever we want, but not every location is great. If you're investing all that money into the place you'll live, you'd want to make sure it's going to last as long as possible.
- I'd love the view of a house high up in a canopy of trees, but trees fall **all the time**. You might want the ocean view of a house on a cliff, but you'd better make sure that cliff won't erode after a few years.
- Choosing a great location to build your house is about knowing what will sit underneath your foundation. It's about studying and taking the time to learn what makes an area great—or not so great—for building.
- And that's not just true of houses and buildings, either. It's true for our lives, too. We're invited to build our lives on something stable and unshakeable... forever.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***Have you ever picked up a habit, hobby, way of talking, or catchphrase**

just because the people around you influenced you? What was it, and who did you get it from?

- *On a scale of 1–10, how easily do you think you are influenced by others? Why did you choose that number?
- Who do you think the people closest to you would say influence you the most?

SO WHAT? Why does it matter to God and to us?

SCRIPTURE | Luke 6:46–49

- In the weeks before Jesus' arrest, there was a buildup of frustration around what people should say or do to become a part of God's kingdom. The elite religious leaders and teachers of the law were fueled by the idea that the Messiah would bring something more explosive than a simple invitation to be loved and forgiven.
- While they looked for something that fit their ideas of what God's kingdom should be like, they often missed Jesus when he was standing right in front of them. In the crowds, there always seemed to be regular people just wanting to get close to Jesus, and then there were some religious leaders who often tried to pick apart everything Jesus said, so they could trap him. But Jesus thought it would be better to ask them a question.
- **INSTRUCTIONS:** Read Luke 6:46–49.
- What. A. Question. With these words, Jesus exposed a disconnect that can happen when people say one thing but then go and do another. Some were giving Jesus an empty honor, calling him Lord or ruler, but then not doing any of the things he asked them to do.
- It would be a lot like showing up to class and having a great relationship with your teacher, choosing not to do any of the work to make the grade, but then expecting to still get all of the credit. That's not how school or education works, and Jesus wanted to show his followers that the things they chose to do absolutely mattered.
- But Jesus didn't just ask a question and let that be the end of it. He kept teaching and followed it with a story about someone building their house on a rock. Rocks are vivid pictures of stability. We've all felt rocks, been hit by one, or tripped over them. Any wise person would choose to build their house on a rock, but Jesus knew other opinions existed.
- Some people, like religious leaders, thought they knew better. Jesus knew they were doing their best with what they were taught by the people who influenced them. At the same time, Jesus looked around and could see the poor, the hungry, the sad, and the outcast around them. He saw these men of privilege completely missing the point of what it meant to follow God.
- They wanted to teach about rules, systems, and structures, but Jesus wanted to show them how their daily choices and the habits they formed could make a difference. It wasn't about following the law so strictly, worrying about your life, or building your life on whatever anyone else said. This godly life of peace and stability was found by doing what Jesus said.
- Who wouldn't want to build a life on something that can't be shaken? There will always be the temptation to start building a life on something else. Things like ...

- Rumors we hear
 - Success or material things
 - Popularity or achievements
 - The perception of your close friends
 - The grades you're getting
 - Who you're dating
 - Your talents and abilities
- But none of these things are eternal—only God is. If we decide to build a foundation on these things that can change quickly, our hearts and lives can feel unsettled. Jesus' question was meant to open our eyes and show us there is a better way.
 - We don't have to foolishly build our world on things that don't last. We can spend time with Jesus, with others who know him, notice what he said and did, and follow him. Jesus said, "If you build your life on a rock, it can't be shaken." If you build your life on Jesus and develop the habits he showed us, you'll be able to hold on and stay safe no matter what storms show up in your life.
 - Thinking about what we've said about Jesus and what we do with the things Jesus said might make us feel a little uncomfortable at first. There might be a little disconnect happening. It's okay. Jesus isn't saying we should shut down if we feel confused or lost. We don't need to stop trying. We can look to Jesus to help us build a life that is unshakable.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - **What stands out to you about the parable Jesus told? How does it challenge the way you follow Jesus?**
 - ***What are some areas in your life where you've "built your house on sand?" Places that you thought were stable but didn't end up being very solid? What happened?**

SCRIPTURE | Psalm 31:2–4

- Regardless of where you are in your relationship with Jesus, there will be days when you need help. David loved God deeply, but he also experienced really difficult moments. There were days when he needed a plan to face a giant, and there were days when he became his own worst enemy by choosing things that weren't good, right, or healthy. On those days, he prayed, and he asked God for a solid place to stand.
- **INSTRUCTIONS:** *Read Psalm 31:2–4.*
- Just like David did, we can pray to remember the solid foundation Jesus gave us when he told us how to live. There will be days when you feel washed up by things way too big or out of your control, but Jesus offers you a way to stay safe, a way to experience peace and stability.
- You can always ask God to help you steer clear of things that falsely promise peace and safety. You can reset your focus and center your life around the things

Jesus has invited you to do. When you see, hear, or notice Jesus' words, you can wonder about all the ways you can put them into practice.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups. If you conduct this discussion, the starred questions are designed for high schoolers, so you may want to skip them for middle schoolers.*
 - ***What do you think it would look like to truly build your life on Jesus as if he were the solid rock beneath your feet? How might your daily life be different if you lived that way?**
 - **Read James 1:22–25. What is a command or passage of Scripture that you have a hard time not just hearing but doing what it says?**



→
See the
Accessibility Hacks



→
Spend Time
With God

REFLECTION | Walking With Jesus

- If we're serious about putting Jesus' words into practice, then we'll need to make sure we're interacting with his words. You need to make a plan to study and read Jesus' words more often.
- Think of it like this—when you want to remember a song, you usually listen to it more often. You'll look up the lyrics and repeat them over and over until you can sing them without looking at them. That's how it is with Jesus' words, too.
- You can put Jesus' words into practice by spending more time with them. As you spend time listening, learning, and actually doing the things Jesus says, you'll start to see a firm foundation form around you. You'll walk with Jesus in a way that doesn't limit you but actually helps you feel more free.
- **INSTRUCTIONS:** *For this reflection, you will need pavers, rocks, or another building supply to write down Jesus' words with paints or markers. You can also use a roll of craft paper to draw stones onto create a longer walkway. Focus on verses that can be put into practice, like Luke 6:31 or Luke 6:35. Line up the pavers and rocks to demonstrate how practicing Jesus' words creates a solid path.*
- When we put the words of Jesus into practice, a solid foundation begins to form around us. Even when our situations change or we face unpredictable things, Jesus gives us the guidance, help, and stability we need.
- This sense of stability gives us the chance to reflect the values and heart of Jesus to others. The stronger your foundation, the less attractive temporary fixes become. Things that offer false security—relationships or decisions that aren't adding to your life—are easier to avoid.
- The words of Jesus give us another look at our situation and how we can walk through it. So, take them with you, build your life on them, and practice them often. And keep wondering, **how can you put Jesus' words into practice today?**

NOW WHAT? *What does God want us to do about it?*



→
See the Middle
School Hacks

OBJECT LESSON | Roller Skates

- **INSTRUCTIONS:** *For this object lesson, you will need a pair of running shoes, knee pads, and a helmet, as well as a pair of skates to borrow or buy while you're talking*

about solid ground. We recommend having something (or someone) to hold onto. Another option would be to grab a helmet and some knee pads if you're brave enough to try teaching in skates without something to lean on. When you reach the action steps, channel your inner Mr. Rogers by removing your skates and changing into something more stable (like running shoes).

- Solid ground is kind of underrated, isn't it? If you've ever been on roller or ice skates, you know how good it feels to take them off and walk without worrying about a face plant or fumble. Jesus is offering a similar feeling of security, but better.
- Accessing that solid ground starts with us deciding for ourselves to follow Jesus. If you're ready to truly follow Jesus and go beyond just calling Jesus Lord, this is a great place to begin building your life on something that will last forever.
 - **REPLACE FALSE PROMISES WITH JESUS' PROMISES:** When you start to practice the things Jesus said, you'll begin to see a contrast happening around you. The things you once thought would bring good may start looking more like a bad idea. And those good things you avoided might start to feel like more natural choices for you. You can put everything you know to the test. Did the world say this was good for me, or did Jesus say it? Can I replace this thing that used to offer me hope with something more dependable?
 - **LEARN WHAT JESUS SAID:** It's hard to follow someone if you don't know what they've said or aren't familiar with anything they do. Let Jesus be the primary influence on your life. Practice reading your Bible as often as possible. Search for things Jesus said. Write down your questions. Talk to others about these things. Allow Jesus' words to start shaping your life and your decisions. To be people who build a life *doing* what Jesus did, we'll have to know what he's invited us into.
 - **DO WHAT JESUS DID:** As you replace false promises with true promises and grow in what you know about Jesus, you'll have the chance to take the next step. Once you know something, you can do something! The next time you're in a situation and you're not sure what to do, ask yourself, what would Jesus do? How would Jesus treat these people? What attitude might Jesus have about this? How can your choices help people see Jesus more in their own lives?
- And if you make mistakes, that's okay. The very people Jesus talked to were afraid of making mistakes, but Jesus invited them to try their best and take a chance. Start building your life on a foundation of his words, habits, and attitude.
- Jesus said he will never leave you and will give you the solid ground you need while you're growing and learning. Even David, a man after God's own heart, made his mistakes and looked to God for grace, forgiveness, and a chance to start over. God will give you the same chances, too.

DISCUSSION

- **INSTRUCTIONS:** *If you have more than 15 students, skip this discussion and save it for small groups.*
 - **What might be keeping you from putting God's Word into action in your life? What's one step you can take this week to start removing those obstacles?**



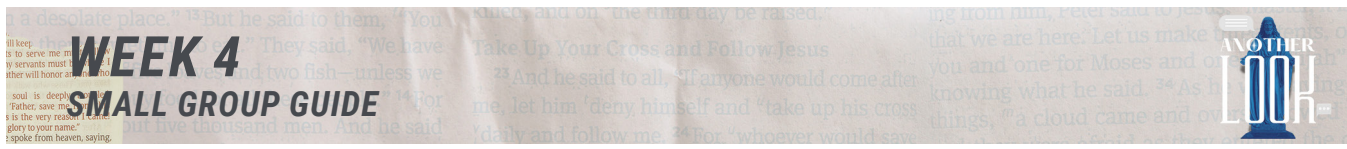
See the Hacks



- What are a few of Jesus' words you want to begin putting into practice today?

RESPONSE | Another Look

- **INSTRUCTIONS:** For this response, you'll need the "[How can you put Jesus' words into practice today?](#)" cards from the Week 4 folder. You can either use [printable business cards](#), which have perforations for easy separation or print them on cardstock and cut them out.
- So far, we've wondered **what you can trust Jesus with, where you notice Jesus' presence, and what Jesus can rescue you from.** Each of these questions helps us take another look at our lives to see how we can move closer to Jesus and become more like him each day.
- And if you need a little reminder to help you remember who Jesus is and how Jesus can help you, you can use these cards. Place this question on a mirror at home, in your car, or in a spot you see every day at school. Every time you look at it, you can think about the influences in your life and what you're building your life on as you ask yourself: **How can you put Jesus' words into practice today?**



WEEK 4

SMALL GROUP GUIDE

BIG IDEA

How can you put Jesus' words into practice today?

BIBLE

Luke 6:46–49; Psalm 31:2–4; James 1:22–25

ABOUT THIS WEEK

The way we live reveals our beliefs because actions speak louder than words. This week, we'll hear Jesus challenge people who called him Lord but didn't follow his teachings, showing them why it's important to actually live out his words if they say they believe in him. Jesus urges us to move beyond listening—so ask yourself: **How can you put Jesus' words into practice today?**

MEMORY VERSE

"Jesus Christ is the same yesterday and today and forever." — Hebrews 13:8 (NIV)

DISCUSSION

- If you could be famous for one artistic skill, what would it be? Would you want to be a painter, sculptor, architect, or something else? What are some creative skills that people don't always recognize as "artistic" but actually are?
- Have you ever picked up a habit, hobby, way of talking, or catchphrase just because the people around you influenced you? What was it, and who did you get it from?
- On a scale of 1–10, how easily do you think you are influenced by others? Why did you choose that number?
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- What are some areas in your life where you've "built your house on sand?" Places that you thought were stable but didn't end up being very solid? What happened?
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- What might be keeping you from putting God's Word into action in your life? What's one step you can take this week to start removing those obstacles?
- What are a few of Jesus' words you want to begin putting into practice today?



WEEK 4

SMALL GROUP GUIDE for middle schoolers

BIG IDEA

How can you put Jesus' words into practice today?

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Every ministry is different. Whether you're teaching middle schoolers, high schoolers, teenagers with disabilities, or all three, here's how to hack this series to fit your unique and diverse audience.

REMEMBER

Middle schoolers often assume there's one "right" answer. This month, model how to sit with Jesus' questions instead of solving them. Use real-life scenarios they face (friend drama, fairness, identity) to connect Scripture to their world. Let their own questions drive the discussion whenever possible.

REVISE

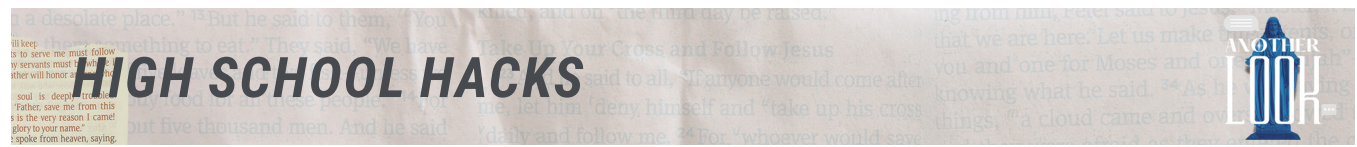
To make this series more accessible for middle schoolers, here's what to adjust...

- **In Week 1's "Quick Look Color Relay,"** add a **second explanation of the Stroop Effect, like reading a text message while listening to a song lyric.** This helps middle schoolers grasp the concept without cognitive overload.
- **In Week 1's "Name What You Need" discussion,** provide cards with simple prompts like **"grades," "friends," or " family. "** This can help students identify their anxieties before sharing them with others.
- **Instead of using random noises for Week 2's "Secret Signal" activity,** let students choose a **sound from a video game or pop culture.** This gives students ownership and a chance to get creative.

REPLACE

And here are the Building Blocks you may want to swap for something else...

- **For Week 1's "Who is Jesus?" video,** swap it with **student interviews sharing how they've experienced Jesus in their lives or through others.** Hearing peers' real stories makes Jesus feel more personal and relatable to middle schoolers, helping them connect truth to their everyday world.
- **Replace Week 4's "Roller Skates" object lesson with a "Balance Challenge" using Jenga blocks.** Assign each block a teaching of Jesus. As students build, they'll visualize how a strong foundation holds—and what happens when key truths are removed. It's hands-on, engaging, and drives home the need for building their faith on Jesus' words.



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REMEMBER

High schoolers are ready to wrestle with tension and nuance. This month, don't simplify Jesus' questions—let them provoke debate, doubt, and reflection. Push students to connect Scripture to what they're actually navigating: identity, justice, pressure, purpose. Invite them to lead parts of the conversation—they're ready to own the dialogue.

REVISE

To make this series more accessible for high schoolers, here's what to adjust...

- **In Weeks 1–3, brief your volunteers ahead of time on how to respond if a student shares something heavy—like bullying, abuse, or instability at home.** Provide a simple cheat sheet ([like this](#)) outlining what to listen for, when to loop in a staff member, and how to support students without overstepping.
- **In Week 4's "Another Look" Response, consider using a "build your path with sticky notes" station.** Students can write down one way they can practice Jesus' words daily and stick it on a "solid foundation" board. This can give them a visual action plan.

REPLACE

And here are the Building Blocks you may want to swap for something else...

- **For Discussion settings, consider adding a 60-second "quiet reset" before answering questions together.** This centers the room, gives time for students who need more time to process, and shifts from reactive answers to more thoughtful ones.



Every ministry is different. Whether you're teaching middle schoolers, high schoolers, teenagers with disabilities, or all three, here's how to hack this series to fit your unique and diverse audience.

REMEMBER

For teenagers with disabilities, focus on accessibility and dignity. This month, adapt how questions are presented—use visuals, audio, or simplified language as needed, but keep the depth. Give extra time to respond and offer multiple ways to engage (writing, speaking, drawing). Every student should feel their voice matters in the conversation.

REVISE

To make this series more accessible for teenagers with disabilities, here's what to adjust...

- **In Week 1's "What's one thing that worries you regularly?" question, offer response options like writing, drawing, or using a feelings chart.** Some students—especially those with language, processing, or social communication challenges—may better express themselves nonverbally or with visual aids. This gives them access without pressure.
- **In Week 2, before playing "Secret Signal," scan the room for tripping hazards and ensure clear pathways—especially for students using mobility or adaptive equipment.** A safe, accessible space allows everyone to participate fully without distraction or risk.
- **In Week 3, create a visual template with simple icons, fill-in-the-blank prompts, or sentence starters like "God helps me when..."** This gives non-verbal or neurodivergent students a structured, low-pressure way to engage with the same spiritual ideas as their peers.

REPLACE

And here are the Building Blocks you may want to swap for something else...

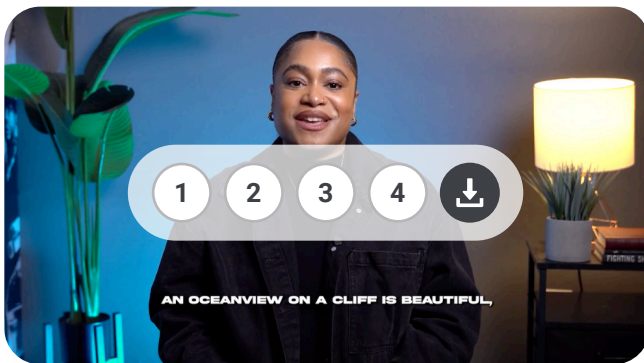
- **Each week, print the "Another Look" response cards in large print (consider using 11" x 17" paper) to support students with low vision.** Larger text and increased spacing improve readability and help all students engage more confidently during reflection activities.
- **In Week 4 during the "Walking with Jesus" reflection, consider using words like "journeying" or "following" instead of "walking."** This small language shift avoids implying that faith requires physical movement, making the experience more inclusive for students with limited mobility.



There are two ways to play the videos we've provided for this series: by **watching them online** or by **downloading them in advance**. To watch the videos, click the white buttons below. To view and download the files from your Videos folder, click the gray buttons below.

TEACHING VIDEOS

Each week of this series comes with a **one-minute sermon video**, which give teenagers quick summaries of each lesson. We've also included the **scripts** for every video so you and your team can film your own versions.



MORE VIDEOS

In your Videos folder, we've provided a **bumper video** and **countdown video** for this series. Use them along with the ideas in your Environment Guide to make your physical space really come to life!

