

# LIFEGROUP DISCUSSION GUIDE

## NOT OKAY WEEK 3



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

### THIS WEEK

## BIG IDEA

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

## BIBLE

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

### PREDISCUSSION

- Would you rather never be able to lie or know when everyone else is lying and have to confront them about it?
- How would you describe integrity to someone else?
- On a scale of one to five (five being most important), how important is it to be someone who lives with integrity?

### DISCUSSION

- What is something in the story of John the Baptist that surprised you?
- Why might God choose to allow John to go through what he did?
- What is something you noticed in Peter's letter that you could start doing in your life?
- Who is someone that encourages you to share what you are experiencing honestly? How can you do that for others?
- If you were asked to help teach someone younger than you how to live with integrity, what would be one thing you would say?

### CLOSING

- Read Hebrews 13:18. Where is the one place in your life where we can pray for you to do what is right even if it is not easy?
- What keeps you from living with integrity? What is one way you want to address that this week? How can we support you?

## MONTHLY GOAL

**FAITH CONVERSATION:** Not every conversation needs to be about faith, but we miss the point if none of our discussions are. For each week of April, 15 minutes before each LifeGroup, try to incorporate a severe faith question. This can be done in your whole group, or it can be done with a different student each week (i.e., Can you share your testimony with me? Can you tell me about a time you felt super close to God?).

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# LIFEGROUP TIPS AND REMINDERS

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- message outline to give more context to your discussion guide questions.
- Mine for answers. Don't be satisfied with just one student answering or their "typical churchy response." Be comfortable asking why or having a student explain their answer for more clarity.
- Be comfortable with silence after asking a question. **PLEASE DON'T ANSWER THE QUESTIONS FOR THEM.** Allow time for students to give their answers, as this usually opens the door for others to participate.
- Don't dismiss students into the atrium! Dismiss them to the student commons and hang out with them there. Remember the 15-minute rule – 15 minutes before and after group time are some of the best times to have meaningful conversations with your students.
- Try to keep your students in LG the whole time. They will have plenty of time to go to the bathroom before LGs. If a bathroom break is necessary, dismiss them to the bathrooms in the downstairs student commons – **NOT THE ADULT LIFEGROUP BATHROOMS ON THE 2ND FLOOR.**
- **Don't forget the Four Fs of Leadership!** FOLLOW UP, FAMILY CONNECTION, FELLOWSHIP+, & FAITH CONVERSATIONS

DISMISS TO STUDENT COMMONS **(DO NOT LET STUDENTS GO TO THE SECOND FLOOR LANDING BEHIND THE MAIN WORSHIP CENTER BALCONY).**