SMALL GROUP

SMALL GROUP LEADER GUIDE

Made / Week 4

LEADER PREP

BOTTOM LINE

Because God made you, you are in control of your own body.

SCRIPTURE

1 Thessalonians 4:3-4 NCV

Psalm 139:14a NIV

GOAL OF SMALL GROUP

To encourage students to recognize that they have control over their bodies and can put boundaries into place now to help them maintain that control when it comes to sex and sexual activity.

THINK ABOUT THIS

Just because your few have control over their bodies doesn't mean they're confident in exercising that control. Your middle schoolers may not yet know how to confidently express their boundaries or take control in situations they're not comfortable in. When other people push their boundaries by doing things like asking for sexual pictures, using sexual words toward them, pressuring them to make out, asking them to talk about sex in the locker room, or even encouraging them to have sex, your middle schoolers may know they have the control to say, "no," but aren't yet confident in saying it. This week's conversation is a great starting point to help them begin flexing that muscle and confidently expressing the control they have over their bodies.

CONVERSATION GUIDE

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

DISCUSSION QUESTIONS

I know as a middle schooler you probably feel out of control of a lot of things in your life, right? Well, like we learned today, we all have control over one very important thing and that's what we do with our bodies.

1. How might someone feel when they don't have control of something?
2. Why do you think people want control over things in their lives?
3. How can you keep control in the way you allow someone else to treat you?
4. Who is one person a middle schooler can talk to if they feel like control has been taken from them?

SAY THIS: I want to stop here and say that if you don't feel in control of your body because someone has abused or mistreated you, I'm so sorry that happened to you. I want you to know that it's not your fault. And if you need to talk about that, I'm here for you. Please come to me any time because I am always available to help you through this.

5. What's one way you can practice control in the way you treat someone else?
6. What makes saying "no" difficult sometimes?
7. What's one thing a "no" plan might include for a middle schooler?

XP (EXPERIENCE)

Pass out the provided "My One Year Plan" worksheet to each of your students. Ask them to privately fill it out during group. Let them know that you're available if needed to help them brainstorm how they'll plan to control their bodies in a way that honors God over the next year.

my ONE-YEAR plan

EVEN THOUGH MIDDLE SCHOOL MAY FEEL LIKE A TIME WHEN YOU'RE OUT OF CONTROL OF A LOT OF THINGS, WHEN IT COMES TO SEXUAL BEHAVIORS, YOU GET TO DECIDE WHAT TO DO AND NOT DO WITH YOUR BODY. REGARDLESS OF WHAT YOU MAY OR MAY NOT HAVE EXPERIENCED IN THE PAST, YOU CAN STILL BE IN CONTROL AND USE YOUR BODY TO HONOR YOURSELF, OTHERS, AND GOD WITH YOUR THOUGHTS AND ACTIONS.

INSTEAD OF WAITING UNTIL YOU'RE IN THE MIDDLE OF A MOMENT, DECIDE AHEAD OF TIME WHAT YOU'RE GOING TO SAY "NO" TO WHEN IT COMES TO HOW YOU USE YOUR BODY. USE THIS WORKSHEET TO CREATE A ONE-YEAR PLAN FOR HOW YOU'LL CONTROL YOUR BODY IN A WAY THAT IS HONORABLE.

THE AREA IN MY LIFE WHERE I NEED A PLAN IS :

THIS IS WHEN I'LL START MY PLAN:

MY GOAL FOR THIS PLAN IS:

THESE ARE THE STEPS I'LL TAKE TO REACH MY GOAL:

THIS IS THE TRUSTED ADULT I'LL ASK TO HELP ME REACH MY GOAL:

BECAUSE I HAVE CONTROL OF MY BODY, THIS IS HOW I'LL SAY "NO" WHEN I FEEL PRESSURED TO DO SOMETHING I DON'T WANT TO DO:

IF I FOLLOW THIS PLAN, I'LL TELL MYSELF:

IF I MAKE A MISTAKE AND DON'T FOLLOW THIS PLAN, I'LL:

Because God made me, I'm in control of my own body. I'll start taking steps today to control and use my body in a way that God intends for me.