

DON'T BE A JERK
Week 2: Content[ment] over content
November 16 & 17, 2019



LEADER PREP

GOAL OF SMALL GROUP

To walk students to the understanding that when we compare ourselves to others, we are not focusing on what God has for us.

SCRIPTURE

Philippians 4:11-13;
Ephesians 2:10

THINK ABOUT THIS

To not compare is easier said than done. Even us leaders compare ourselves to friends and strangers all the time. But for students, a lot of their world is digital and can be manipulated to show the best. Judging what we see on social media can be misleading because most of the time it's not the whole truth. Sometimes we do this because we don't have great self-esteem. It's important for us to encourage students not to get their self-worth from their likes, but from the One who created them.

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. Let the students and the Holy Spirit guide the conversation, too.

CONVERSATION GUIDE

MAIN POINT

Don't compare your life with what you see, it's all fake anyways, and they're acting like jerks.

GET THEM TALKING

What are some things that you compare yourselves to?

DISCUSSION QUESTIONS

1. Why is it so easy to compare ourselves to other people?
2. When you compare yourself to others, do you find yourself imitating who they are? What do you do?

READ Philippians 4:11-13 and answer the following questions:

3. In your own words, what is Paul saying here? What does it mean to be content?
4. Is it entirely wrong to want to have what someone else has? Why or why not? If no, when does it become wrong?
5. How can Jesus help us not compare ourselves to others?
6. What is one thing you can do, even tomorrow, when we are struggling with comparing ourselves to others?

READ Ephesians 2:10 and answer the following questions:

7. What are some places people get their self worth?
8. How can we get our self-worth from our Creator instead of our likes or what other people think of us?

NEXT STEP

Remind yourself that you are not defined by what you do or don't have. You are a child of God. You are loved and in Jesus you don't lack anything. Write a list of things in your life you are thankful for. Being thankful can help us in our pursuit of being content.

PRAYER GUIDE

Ask your students their prayer requests. As you close in prayer, go around the circle and have each student say, "God I'm thankful for _____." Let them know it's ok if someone else says the thing they were going to say, thanking God out loud isn't a competition to come up with the best or most original thing to say, but a chance to thank God publically for something, anything you want, in your life. For students who are nervous about praying out loud, this could be a great first step because it's low pressure. Then close the prayer by asking God to be with everyone's request, spoken and unspoken.

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

SCRIPTURE

Philippians 4:11-13 NLT

“Not that I was ever in need, for I have learned how to be content with whatever I have. ¹² I know how to live on almost nothing or with everything. I have learned the secret of living in every situation, whether it is with a full stomach or empty, with plenty or little. ¹³ For I can do everything through Christ,¹ who gives me strength.”

Ephesians 2:10 NLT

“For we are God’s masterpiece. He has created us anew in Christ Jesus, so we can do the good things He planned for us long ago.”