



Your Brain, Your Faith, Your Future
Feb 22/23, 2020

LEADER PREP

GOAL OF SMALL GROUP

For students to learn about their own brain development, and hear about healthy habits they can do NOW to set them up for success later.

THINGS TO KNOW

The brain is a POWERFUL thing... and it is developing at different speeds in each student. Be patient with their answers; this is a deep lesson for them. Some of these things they can't completely understand yet, and some of them they can.

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.

WHAT'S GOING ON?

YOUR BRAIN • YOUR FAITH • YOUR FUTURE



CONVERSATION GUIDE

MAIN POINT

Middle School years are crucial: life-long habits start now.

GET THEM TALKING

If you could have one accent besides your own, what country would you want an accent from?

DISCUSSION QUESTIONS

From Part 1: Forming Habits

1. We heard that life-long habits are formed in the middle school years. How does that make you feel?
2. What are some good habits that you do, that you hope to continue into adulthood?
3. What are some bad habits, or character traits that you want to fix?
4. What is ONE habit you want to add to your life?

From Part 2: Our Lack of Judgment

5. If you were to look in the mirror and be honest with yourself, how would you describe yourself?
6. From what was said in large group, why is knowing the Bible so important?
7. What are some situations where knowing what the Bible has to say would come in handy?

NEXT STEP

Have them decide on ONE habit they want to add / change / get rid of, and help them come up with a plan. Keep one another accountable in group chats, and check in next week with them.

PRAYER GUIDE

Ask your students to share their prayers requests and close your time together in prayer.