

VIBES



WEEK 1: EMOTIONS - 10.3.21 & 10.6.21

MAIN POINT

God's Word and His truth are more reliable than our feelings.

SCRIPTURE

Matthew 4:1-11 NLT

THINK ABOUT THIS

At this phase, students may be feeling complex emotions but not have the vocabulary to name what they're feeling beyond preschool vocabulary like happy, sad, mad. Teaching the vocabulary to name emotions will be the first step to discovering how to manage them. As the leader, be careful to not make assumptions about what a student does or does not feel based on gender, background, culture or family, or how they have been taught to express those emotions. Many factors can lead a teenager to mask or hide feelings rather than process. Give each student the space to talk openly and discover how emotions may affect them.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DISCUSSION QUESTIONS

THE CHECK IN

- How was everyone's week? Highs & Lows
- Someone recap the main point of the message.
- What was something that surprised you about this passage/story?

THE WORD

READ MATTHEW 4.1-11

- *What do you think is the root of each of the temptations Jesus faced?*
- *Which do you think would have been the hardest temptation for you to face?*
- *Why was it important for Jesus to go through these temptations?*
- *How do you think Jesus was able to overcome these temptations?*

APPLICATION

- What is a temptation you feel you face regularly?
- How can we help each other face/fight the temptation you shared?

COMMUNITY BUILD

- Who has a game or event in the next two weeks?
- When are we hanging out? What should we do?

PRAY

Good opportunity to practice praying for each other – “pray for the person on your right.” If they don't share anything specific, pray they would want to be more like Jesus in how they think, speak, and act! Pray they would make decisions “trusting God and His Word more than their feelings”.

- How can we pray for each other this week?

MATTHEW 4:1-11 (NLT)

- 1 Then Jesus was led by the Spirit into the wilderness to be tempted there by the devil.
2 For forty days and forty nights he fasted and became very hungry.
3 During that time the devil came and said to him, "If you are the Son of God, tell these stones to become loaves of bread."
4 But Jesus told him, "No! The Scriptures say,
'People do not live by bread alone,
but by every word that comes from the mouth of God."
5 Then the devil took him to the holy city, Jerusalem, to the highest point of the Temple,
6 and said, "If you are the Son of God, jump off! For the Scriptures say,
'He will order his angels to protect you.
And they will hold you up with their hands
so you won't even hurt your foot on a stone."
7 Jesus responded, "The Scriptures also say, 'You must not test the Lord your God."
8 Next the devil took him to the peak of a very high mountain and showed him all the kingdoms of the world and their glory. 9 "I will give it all to you," he said, "if you will kneel down and worship me."
10 "Get out of here, Satan," Jesus told him. "For the Scriptures say,
'You must worship the Lord your God
and serve only him."
11 Then the devil went away, and angels came and took care of Jesus.

NOTES