

## LEADER PREP

### MAIN POINT

You can choose what to do with how you feel.

### SCRIPTURE

Lamentations 3:19-23

### THINK ABOUT THIS

Two things that teenagers are still developing in this phase: self-awareness and honest self-expression. Because of this, they may struggle to recognize and acknowledge some of the things they're feeling and the coping mechanisms they're using to deal with them. Be patient as your students process this week. If your students don't seem to recognize any unhealthy coping skills they're using, that's okay! Remember, some of your students are coping with very difficult realities and circumstances. Be sure to follow up with any student who opens up to you about something they may be going through or even using to cope that may need adult intervention.

*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? Share Highs & Lows.
- Someone recap the main point of the message.
- What surprised you about the message?

### THE WORD

- READ Lamentations 3:19-20. How is this person feeling?
- What do you think about the fact someone in the Bible is expressing their sadness so passionately?
- What are unhealthy ways people try to cope with intense feelings?
- What are healthy ways people try to cope with intense feelings?
- READ Lamentations 3:21-23. In the midst of intense sadness, where does the author find hope?
- How can we find this same hope in our lives?

### APPLICATION

- How can we notice when we are coping with intense emotions in negative ways?
- When we notice this, what are different ways we can turn to God for hope?

### COMMUNITY BUILD

- How can we, as a group, create a safe place for all of us to share when we are feeling intense feelings?
- How can we connect outside of small group time and have fun together?

### PRAY

We are going to close in prayer.  
Anyone have any prayer requests?

### LAMENTATIONS 3:19-23 NIV

"19 I remember my affliction and my wandering,  
the bitterness and the gall.

20 I well remember them,  
and my soul is downcast within me.

21 Yet this I call to mind  
and therefore I have hope:

22 Because of the Lord's great love we are not consumed,  
for his compassions never fail.

23 They are new every morning;  
great is your faithfulness.

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### NOTES