

VIBES



WEEK 4: GUILT - 10.24.21 + 10.27.21

LEADER PREP

MAIN POINT

Because of Jesus, guilt doesn't have to be the boss of you.

SCRIPTURE

Proverbs 4:23

Romans 8:1-2

THINK ABOUT THIS

At the high school phase, decisions and actions come with higher stakes than ever before. That's why, as adults, it can be tempting to use guilt or shame as a tool to influence students to behave well. And while our intentions may be good, using guilt or shame as a tool can do significant harm. This week, if a student acknowledges a mistake, be careful to guard your facial expressions and vocal tone so that you are not demonstrating shock or disappointment. In doing so, you will communicate that your group is a safe place to process the pain of poor choices, and you will earn the right to be trusted in moments when a student is feeling guilty.

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 is your favorite skittle flavor, or do you like them all the same?
- What's the silliest thing you've ever felt guilty and apologized for (*Leaders: Give an example - for example, my husband is a big Star Wars fan and I got who has which color lightsaber mixed up and he got mad - so I apologized.*)

THE WORD

- READ Proverbs 4:23. In your own words, what does it mean that everything flows from the heart?
- READ Romans 8:1-4. In your own words, what do you think this is saying?
- If we were to truly believe Jesus takes away our shame and guilt, how would that change how we live?
- Do you think anything we can do is so bad God can't forgive us? Why or why not?

APPLICATION

- Following Jesus brings us freedom from guilt. How can we remember that our guilt may remind us of wrong things we've done in the past, but that doesn't define us?
- BONUS CHALLENGE: Memorize Proverbs 4:23

COMMUNITY BUILD

- How can we, as a group, create a safe place for all of us to share without feeling guilt or shame or decisions we've made in the past?
- 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? And if ANYONE wants to talk more about what it means to accept Jesus for the first time, let's talk write after prayer time!

PROVERBS 4:23 NIV

"Above all else, guard your heart, for everything you do flows from it."

ROMANS 8:1-2 NIV

"Therefore, there is now no condemnation for those who are in Christ Jesus, 2 because through Christ Jesus the law of the Spirit who gives life has set you[a] free from the law of sin and death."

NOTES