

awKward.



Week 2
2.13.21

LEADER PREP

MAIN POINT

Just because you can do something doesn't mean you should.

SCRIPTURE

1 Corinthians 6:12 NLV +
John 10:10 NIV

GOAL OF SMALL GROUP

To help students recognize obsessions and encourage them to set healthy boundaries and turn to God in those areas of their lives.

THINK ABOUT THIS

Keep in mind that this conversation is about more than just helping students recognize what obsessions they might have; it's also about helping them see how these obsessions might be motivating them to act in ways that aren't healthy or helpful. Remember that self-awareness is still developing in this phase, so recognizing an obsession or a response to it may be difficult for them to do. Be careful not to dismiss or downplay any of the things your students share with you that may feel like obsessions to them. Even if it seems like not a big deal to you, it certainly is to them. In the same way, be careful to not overreact to anything they open up about. How you respond to what they say is key to your students feeling safe to continue sharing.

DISCUSSION QUESTIONS

THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- What's something you love and are passionate about?
- What's the difference between passion and obsession?

THE WORD

- READ 1 Corinthians 6:12 NLV.
- What are some things that we can do that may not be good for us to do?
- READ John 10:10 NIV.
- What kind of life does God want us to have?
- **8th Grade Question:** How do you think us saying no to certain things and us living the full life God has for us are related?

APPLICATION

- DO THIS: Pass out the "Obsession or Passion" quiz. Since this can be personal, encourage students to be honest and that you won't look at each others paper. This is for them, to help them grow and recognize any areas they can make healthy changes.
 - Did your results surprise you?
- DO THIS: Scatter out the scenario cards. Boundaries help us keep things from becoming obsessions or going too far. Have a student pick a card and read it. As a group brainstorm a few healthy boundaries for this scenario.

COMMUNITY BUILD

- 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?

1 Corinthians 6:12 NLV

"I am allowed to do all things, but not everything is good for me to do! Even if I am free to do all things, I will not do them if I think it would be hard for me to stop when I know I should."

John 10:10 NIV

"I have come that they may have life, and have it to the full."

NOTES

OBSSESSION OR PASSION?

It can sometimes be difficult to know whether something you're really passionate about is turning into an obsession. Help figure it out by completing this quiz. Circle the answer that best describes your passion.

Yes / No – Do I think about this constantly?

Yes / No – Do I spend most of my free time doing this?

Yes / No – Do I talk about this all of the time?

Yes / No – Do I have trouble sleeping because I think about this so much?

Yes / No – Is this the last thing I think about when I go to sleep at night and the first thing I think about when I wake up in the morning?

Yes / No – Do I feel better or worse when I take part in this?

Yes / No – Do I feel really upset, anxious, or angry if I'm not able to take part in this?

Yes / No – Do I do this for longer periods of time than I had originally planned?

Yes / No – Do people in my life make comments about how much I talk about or spend time doing this?

Yes / No – Do I tell myself that I'm not going to spend time doing this anymore, but end up doing this anyway?

Yes / No – Does this thing impact my life and relationships with others in negative ways?

If you answered "yes" to more than five of these questions, your passion could actually be turning into an obsession. While that doesn't necessarily mean you have to cut this thing out of your life altogether, it does mean you should start finding balance and setting boundaries. Start by asking a trusted adult, Small Group Leader, or parent/guardian to help you figure out ways to create limits and boundaries for yourself. Then, figure out a first step you can take to begin changing your behavior so that you can live the free and full life God intends for you to live.

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Lily

constantly checks

her likes and comments
on Instagram, and it's
causing her to

ignore her family members.

Octavio

plays video games non-stop
all weekend and only
takes a break to eat.

Imani only wants

to hang out with

her new boyfriend

and has been

canceling plans

with her friends.

Alex has been

breaking house rules

with his girlfriend by

staying up late

to video chat and

lying to his parents

about spending time alone
with her in his room.