



WEEK 1

JAN 16 + 19, 2022

LEADER PREP

MAIN POINT

Don't compare your worth with their posts.

SCRIPTURE

Proverbs 4:23 NIV
2 Corinthians 10:12 NLT

GOAL OF SMALL GROUP

To inspire students to find their worth and identity in God's love for them rather than in comparing ourselves to others.

THINK ABOUT THIS

Our students need to know they are worth way more than however many likes they get on their posts. Whether they are trending on social media or in the halls of their high school or not, **they are worth so much that the God of the Universe sent His son to die to rescue them.**

Affirm your students' value to you, to God, and to the world over and over again.

Consistently and unconditionally remind your students that they matter.

DISCUSSION QUESTIONS

THE CHECK IN

- How was everyone's week? Share Highs & Lows.
- Someone recap the main point of the message.
- What are your favorite Instagram or TikTok accounts you follow (of people you don't actually know)? Why do you follow them?

THE WORD

- READ Proverbs 4:23. What do you think it means to guard your heart?
- Why do you think it matters to guard your heart?
- READ 2 Corinthians 10:12. Why can it be so easy to compare ourselves to others?
- How can comparing ourselves to others affect our mood and/or how we see ourselves?
- What's one area where you tend to compare your life to other's peoples lives?

APPLICATION

- Let's brainstorm together: What are different things we can do to guard our hearts?
- How can we remind ourselves that we matter to God? (*Hand out You Matter to God Bible Verses*)
- How would you encourage a friend to find their worth in what God says about them?

COMMUNITY BUILD

- How can small groups be a safe place for us not to compare ourselves to each other but to encourage each other?
- 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?

PROVERBS 4:23 NIV

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

2 CORINTHIANS 10:12 NLT

"We do not dare to classify or compare ourselves with some who commend themselves. When they measure themselves by themselves and compare themselves with themselves, they are not wise."

NOTES