

HIGH SCHOOL HACKS

REVISE

To make this week more accessible for high schoolers, here's what to adjust ...

In Week 1's "Take 1, 2, 3" response, encourage your high schoolers to be honest about prayer. Assure them that this isn't to call them out or shame them but to help them have a realistic spot of what creating a habit of prayer would look like in their life

During Week 2, empathize if teenagers find it difficult to share their temptations. Your high school teenagers are full of thoughts about what tempts them, even if you've never heard them express it. Be patient with them as they find the courage to talk about it. If they share, honor their honesty by listening and thanking them for sharing.

During Weeks 2 and 4, keep in mind that as teenagers get older, they have more opportunities to experience guilt and shame. So, making things right with God and asking God for help may be more difficult in the wake of these experiences. Encourage your volunteers to follow up with teenagers during the week and to support them through what they are experiencing.

In Weeks 2 and 3, add a little levity with some funny examples of things you feel tempted by or difficult moments from your past. These are standard parts of following Jesus, so try to demystify temptation and walk through difficult times without minimizing their experience. Humor is a great way to do that.

REPLACE

And here are the Building Blocks you may want to swap for something else ...

Consider replacing all the teenage volunteers in the weekly improv games with adult volunteers. If you sense that these games may be over the heads or may not resonate with your high schoolers, have adult volunteers play the games instead.

REMEMBER

The process of spiritual formation can be amazing for some and difficult for others. So, prepare your volunteers for some challenging conversations and help them celebrate when their groups take steps to become more like Jesus. Remember that there are multiple experiences teenagers could have that could spark feelings of discomfort, shame, or rejection, so make sure volunteers can clarify when they need to reach out, who to go to, and how they can get help. You may want to have the names of a few mental health professionals on hand as you start this series to refer teenagers to. In addition, don't skip the application steps every week. The subject of this series is spiritual formation, which can be a pretty abstract concept. To help your teenagers understand what you're talking about, give them practical ways to be like Jesus each week.