



# SMALL GROUP LEADER GUIDE

Over It / Week 1

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

## CONVERSATION GUIDE

### BOTTOM LINE

Forgiveness helps you get over it.

### SCRIPTURE

1 Thessalonians 5:15 NIV

### GOAL OF SMALL GROUP

To encourage students to exercise forgiveness in order to let go of things they're holding onto in their lives.

### THINK ABOUT THIS

This week's application point is two parts: give up and let go. "Giving up" is an internal process, meaning it requires students to give up something they're holding onto inside of themselves. "Letting go" is an external process, meaning it requires students to make a choice to let go of something someone else did to them. Remember that these concepts may be abstract for your few and may require a little more explanation to help students put them into practice.

This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here.

### JUST FOR FUN

What's the craziest thing you just couldn't get over?

### DISCUSSION QUESTIONS

**Getting over something—even something silly—isn't always easy. Conflict can be difficult to move past!**

1. What's one thing that causes conflict in the life of a middle schooler?
2. What's one way a middle schooler might respond to being hurt by someone else?
3. Why do you think forgiveness is easy for some people and difficult for others?
4. What does it actually look like to "get over it"?
5. Do you think it's possible to fully get over something? Why or why not?
6. How does forgiveness help you "get over it"?
7. What's one thing you may have to give up or let go of in order to forgive?
8. This week, what's one step you can take to either give up or let go of something you're holding onto and choose forgiveness?

### XP (EXPERIENCE)

Ask your students to think about something they're having a hard time letting go of in their lives. Have them write it down on a piece of paper, a sheet of dissolvable paper, or a biodegradable balloon (whatever works best for your ministry). Then, have them destroy the object they wrote on by ripping it up, setting it on fire, dissolving it in water, or letting it float away to symbolize the act of letting it go. For extra drama and a little humor, consider playing the Frozen song, "Let It Go," during this activity!