



SMALL GROUP LEADER GUIDE

Deep / Week 5

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

LEADER PREP

CONVERSATION GUIDE

BOTTOM LINE

God can use our daily habits to grow our faith.

SCRIPTURE

Matthew 8:5-8 NIRV; Matthew 8:10 NIRV

GOAL OF SMALL GROUP

To guide students toward seeing the importance of developing daily spiritual habits and to put them into practice in their lives.

THINK ABOUT THIS

Up until this point in your middle schoolers' lives, they've been told which daily habits they should and shouldn't practice. But in this phase, your few will be feeling the tension of not wanting to be told what to do or not do, which can make talking about spiritual habits a bit tricky. Don't be surprised that when you talk with your few about spiritual habits, they may push back the moment they feel like they're being told what they have to do. Instead of being another person in their lives giving them a bunch of rules, help your students discover the benefits of healthy daily habits, and then give them the power to make the decision themselves.

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 most annoying daily chore or habit you have to do?

DISCUSSION QUESTIONS

Those are some really annoying chores and habits! But not everything we have to do each day is frustrating, is it?

1. What are some common daily habits that most middle schoolers have?
2. What's the difference between a good habit and a bad habit?
3. What's one example of something you've been told might deepen your faith?
4. How do you think developing daily spiritual habits might connect you to God?
5. What's one thing that gets in the way of keeping spiritual habits in your daily routine?
6. On a scale of 1 to 10, how motivated are you to grow in your faith? (1—not motivated at all, 10—extremely motivated)
7. This week, what's one spiritual habit you want to work on?

XP (EXPERIENCE)

For the next 30 days, help your students focus their daily habits on God by asking them to participate in the "30 Challenge for Students." During this challenge, they'll be guided through 10 minutes of Scripture reading, 10 minutes of responding to what they read, and 10 minutes of prayer each day. Participate with your students and celebrate those who complete the challenge at the end of the 30 days!