



# SMALL GROUP LEADER GUIDE

The Good Life / Week 5

PRELUDE

SOCIAL

WORSHIP

STORY

GROUPS

HOME

## LEADER PREP

### BOTTOM LINE

If you want the good life, choose gentle words.

### SCRIPTURE

*A gentle answer turns away wrath, but a harsh word stirs up anger (Proverbs 15:1 NIV).*

### GOAL OF SMALL GROUP

To show students the importance of using gentle words when they speak to or about others.

### THINK ABOUT THIS

Gentle words may not be easy for your middle schoolers to use, but they'll certainly be easy for them to recognize. They know how good it makes them feel to be spoken to with kindness, and on the opposite end of things, how bad it feels to be spoken to harshly. Rather than ask them to think about how they use their words, get into the conversation by focusing on how others have used their words toward your few. It's easier for them to think outwardly first before having to look inwardly at themselves.

## CONVERSATION GUIDE

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 nicest thing someone has ever said to you?

### DISCUSSION QUESTIONS

1. On a scale of 1 to 10, how powerful do you think your words are? (1 being not powerful at all and 10 being extremely powerful.)
2. As a group, think of as many gentle words or phrases as you can.
3. How do you feel when someone uses gentle words toward you?
4. How do you feel when they use harsh words?
5. What's one example of a possible consequence that comes from using harsh words?

*Note: Complete the XP here before moving on to the next questions.*

6. What's one reason it might be hard to use gentle words?
7. This week, how can you remember to use gentle words even when you want to use harsh words?

### XP (EXPERIENCE)

Explain to your few that when we're in a conflict, using the phrases, "I think . . ." and "I feel . . ." instead of "You are . . ." can go a long way in easing the tension of the situation. To help your students practice this basic conflict resolution technique, fan out the scenario cards in your hands. Without seeing what they're selecting, have each of your students pick a card. One-at-a-time, ask each student to read the scenario aloud to the group, and then have everyone brainstorm what words could make the situation more tense and what words could calm the situation.

**YOU GOT  
GROUNDED  
FOR BREAKING  
SOMETHING  
ON ACCIDENT**

**SOMEONE POSTED  
SOMETHING  
HURTFUL  
ABOUT YOU ON  
SOCIAL  
MEDIA**

**YOUR PARENTS  
GAVE YOU A  
9PM CURFEW  
WHEN EVERYONE  
ELSE'S IS AT  
10PM**



**YOU HEAR SOMEONE  
GOSSIPING  
ABOUT YOU  
BEHIND YOUR  
BACK**



**YOUR  
BEST FRIEND  
ASKED  
YOUR CRUSH  
TO SIT WITH  
THEM ON  
THE BUS**



**YOUR COACH PICKS  
SOMEONE ELSE  
TO START IN THE  
BIG GAME INSTEAD  
OF YOU, AND  
YOUR TEAM  
ENDS UP  
LOSING**

