

ALWC KIDZ QUEST MIDDLE SCHOOL LEADER GUIDE

February 9, 2025



BOTTOM LINE

Be brave, be humble.

SCRIPTURE

Matthew 11:28-29 NLT

GOAL OF SMALL GROUP

To encourage students to see that there is rest and acceptance in Jesus and to encourage them to take the brave step to be who they are in Him.

THINK ABOUT THIS

Middle schoolers are looking for inclusion and acceptance just about everywhere they turn. From friends, on social media, at school, even at church—their desire to be liked, accepted, and included is at an all-time high in this phase. Keep that in mind as you lead this conversation. Some may be aware of the ways they're twisting themselves into pretzels to find acceptance, but others may be doing it unconsciously. Your role isn't to point out where you see this in them, but instead, to ask questions and lead conversations in a way that will help them discover this for themselves. With that, as you talk about being brave and being themselves, keep in mind this isn't an easy thing for all your students. Depending on things like race, socio-economic status, and cultural context, choosing to be who they are may not be as easy or even safe for some students as it for others. The goal is simply to remind them that, regardless of how the world perceives you, in Jesus' eyes, you're loved and accepted just as you are.

This guide is a suggestion, not a formula. Adjust the content as needed, and don't feel like you need to complete everything listed.

MIDDLE SCHOOL SMALL GROUP

February 9, 2025

1

15mins

Supplies:

- Bibles
- Series Definition Board
- Series Definition Board
- Ranking Sheet

DISCUSSION

- Pick a few questions to answer from the list. Be sure to answer the “Open the Bible” questions with your students.
- Have a student put this week’s series definition (Brave) on your group’s Definition Board and review.

1. Using the ranking sheet, as a group rank the following to show where you think a middle schooler wants to have the most acceptance to the least acceptance:
2. What kinds of things do you change about yourself in order to be accepted?
3. Why do you think it’s brave to be yourself simply?
4. Does it change anything for you to know that Jesus accepts you the way you are and offers rest?
5. What do you think it looks like to find rest in Jesus?

OPEN THE BIBLE

6. Read Matthew 11:28-29 NIV.
 1. Have you ever felt a kind of peace or relief after talking to God or praying?
 2. Jesus says to learn from Him. Do you think it’s hard or easy to "learn from Jesus"? Why?
 3. Jesus says that He is “gentle and humble in heart.” What does it look like to be gentle and humble in your life?

REFLECT

7. What’s one brave thing you can do this week that will help you step toward humility?
8. What’s one step you can take today to draw closer to Jesus and experience the rest He promises?
9. What’s one step you can take this week to be more comfortable just being yourself?

Supplies:

- Series Definitions
- Bible
- Crayons/Markers
- Coloring Page
- Memory Verse Match

MIDDLE SCHOOL SMALL GROUP

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2
15mins

EXPERIENCE

Ask your students to complete the journal page that describes or shows what they feel they're good at or what about them is important or unique. Encourage them to be creative and have fun in how they depict each thing. Ask for volunteers to share what they created with the Group.

Supplies:

- Journal Page
- Pens

Supplies:

Rank the following to show where you think a middle schooler wants to have the most acceptance to the least acceptance:

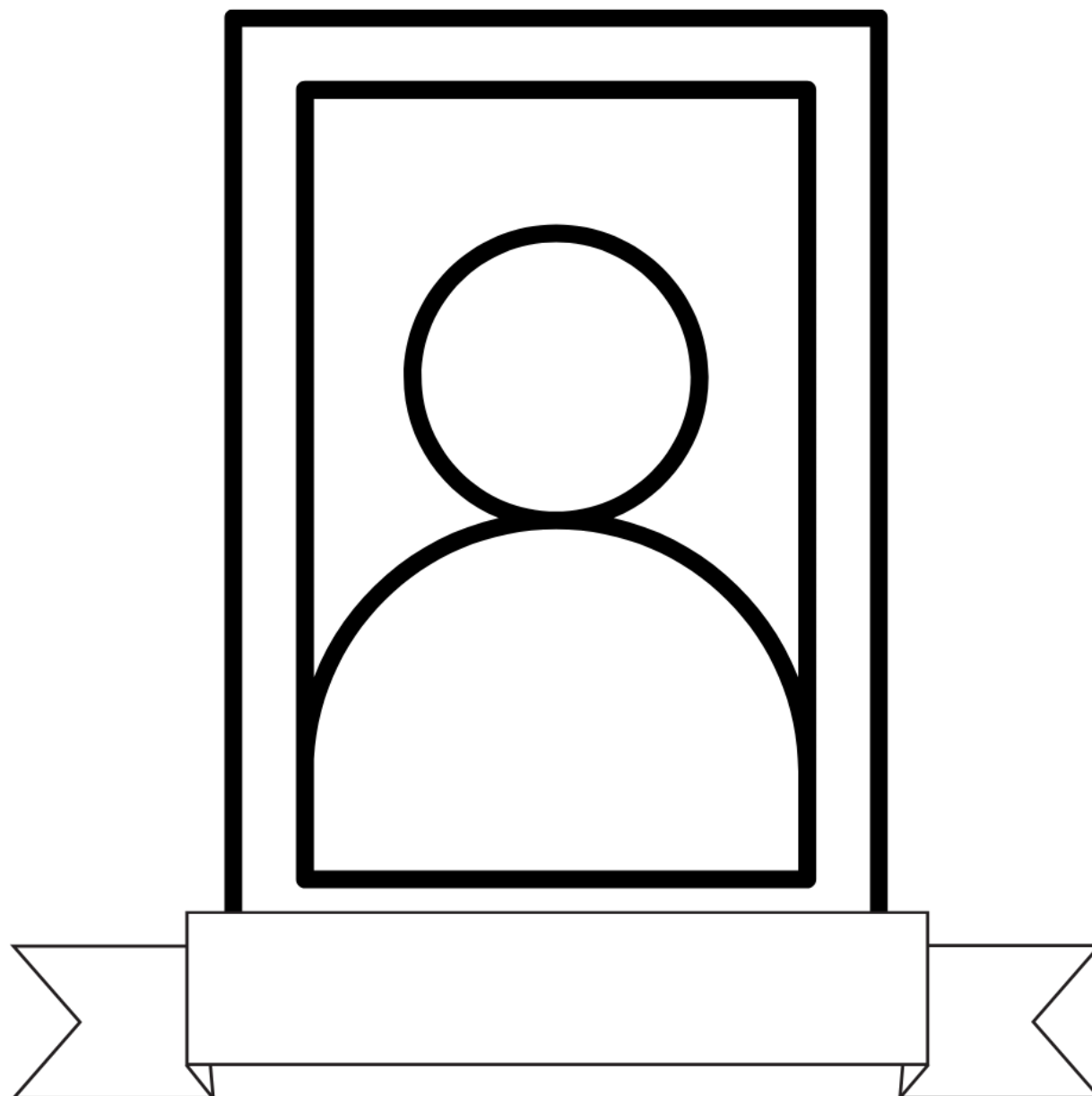
#_____ With their friends

#_____ In their family

#_____ With their teammates

#_____ In their Small Group

#_____ With people they don't know on social media



One thing that makes you
unique:

One thing that makes you
brave:

One thing you're good at:

One thing you're proud of:



Humility

Being respectful towards yourself and not thinking you are better than others

CONFIDENCE

being certain of
yourself or
something else

PRIDE

having self
respect,
personal worth

BALANCED

staying steady
and strong in
the center

BRAVE

staying strong
in what you
personally
believe in

COMPARISON

how things are
the same or
different

GROWTH

a process of
learning a new
skill to make a
positive change
in your life