

SMALL GROUP LEADER GUIDE

Vibes / Guilt

BEFORE GROUP

BOTTOM LINE

Because of Jesus, guilt doesn't have to be the boss of you.

SCRIPTURE

Proverbs 4:23 NIV & Romans 8:1-4 NIV

GOAL OF SMALL GROUP

To help students recognize when guilt is controlling them and invite them to trust Jesus instead.

THINK ABOUT THIS

At the high school phase, decisions and actions in high school come with higher stakes than ever before. That's

why, as adults, it can be tempting to use guilt or shame as a tool to influence students to behave well. And while our intentions may be good, using guilt or shame as a tool can do significant harm, not only for the student we're addressing but also to those watching. This week, if a student acknowledges a mistake, be careful to guard your facial expressions and vocal tone so that you are not demonstrating shock or disappointment. In doing so, you will communicate that your group is a safe place to process the pain of poor choices, and you will earn the right to be trusted in moments when a student is feeling guilty.

Create meaningful conversations. Adjust the questions as needed, and don't feel like you need to answer all of them.

DURING GROUP

DISCUSSION QUESTIONS

PART OF THE XP—Note to the Small Group Leader: In order to use the feelings wheel take some time to explain what it is and how to use it. Simply start in the center, then move outwards. Then ask the question #1.

1. Using the Feelings Wheel, ask: Which of these feelings do you seem to never feel?
2. What's the stupidest thing you've ever felt guilty for or apologized for?
3. Use the emotions wheel. You may have noticed that guilt can show up in a few different places on the wheel. What is one area where guilt shows up most for you? Why?
4. Read Proverbs 4:23. Do you think this is true, that everything you do flows from your heart?
5. How do you know when someone is feeling guilty? Do they run? Do they shut down? Do they brush it off? What are you most likely to do when you feel guilty?
6. If we were to believe that Jesus takes away our shame and guilt, how would that change how we live?
7. For upperclassmen: Our past can remind us but does not define us. What can make it difficult for us to accept this statement? What could change in your life by accepting this statement?
8. How can we, as a group, create a safe place for you to share without you feeling guilt or shame for the decisions you have or will make?

TRY THIS

This week, be sure to observe how your students respond to this talk and discussion. Be sure to follow up with them and remind them that they don't have to process guilt by themselves.