

# HOW TO SURVIVE MIDDLE SCHOOL

## WEEK 1 MAKING FRIENDS

### TAKEAWAY THOUGHT

**WHO YOU BEFRIEND IS WHO YOU BECOME**  
SHOW ME YOUR FRIENDS; I'LL SHOW YOU YOUR FUTURE

### ICE BREAKERS

- WHOSE YOUR BEST FRIEND?
- IF YOU COULD BE BEST FRIENDS WITH ANY CELEBRITY, WHO WOULD IT BE?

### SMALL GROUP QUESTIONS

- HOW MANY CLOSE FRIENDS DO YOU HAVE?
- WHAT DO YOU LOOK FOR IN A CLOSE FRIEND?
- WHAT DO YOU DO WHEN A FRIEND MISTREATS YOU?
- HOW DO YOU GO ABOUT MAKING FRIENDS?
- HAVE YOU EVER HAD TO "UNFRIEND" SOMEONE? HOW DID YOU DO IT, AND WHY DID YOU DO IT?

### TAKE IT FURTHER!

**QUESTION: DO YOU TREAT ALL YOUR FRIENDS THE SAME? DID JESUS TREAT HIS FRIENDS THE SAME?**

**-READ JOHN 15:15**

**IN THIS VERSE, JESUS IS ONLY CALLING 12 PEOPLE HIS FRIENDS. OUT OF THE HUNDREDS OF PEOPLE THAT FOLLOWED HIM, HE'S SAYING "I ONLY TRUST 12 OF YOU TO BE CALLED MY FRIENDS." OTHER PEOPLE DIDN'T KNOW HIM LIKE THESE 12, AND BECAUSE THEY KNEW JESUS HE CALLED THEM FRIENDS. BUT OUT OF THE 12 JESUS WAS REALLY ONLY CLOSE WITH 3 OF THEM; PETER, JOHN, AND JAMES.**

### KEY VERSES

**PROVERBS 18:24•PROVERBS 13:20•PROVERBS 27:5-6•PROVERBS 27:17•JOHN 15:15**

who you  
**BEFRIEND**  
is who you  
**BECOME**

Friendship should be more about **quality** and less about **quantity**. You might have over 1,000 "friends" on your social media accounts, but let's be serious...*how many of those really count as close friends?*

Open your Bible and read Proverbs 18:24 (ESV). Too many "friends" (particularly on social media) might end up harming us, but having a few good friends who encourage and support our relationship with God will benefit us greatly.

We must choose our friends wisely because who we befriend is who we become. Stop and think about that carefully: *who we befriend is who we become*. Proverbs 13:20 says, "He who walks with the wise will become wise."

Begin to evaluate your friendships now. Are you choosing your friends wisely? Focus more on the quality of your friendships than the quantity of your friendships and remember there's no greater friend than Jesus!

# HOW TO SURVIVE MIDDLE SCHOOL

WEEK 2 WISE CHOICES

## TAKEAWAY THOUGHT

**WISDOM COMES WITH A PRICE  
LET SOMEONE ELSE PAY IT**

### ICE BREAKERS

- WHAT'S THE MOST EXPENSIVE THING YOUR PARENTS HAVE EVER PAYED FOR YOU?
- WHOSE THE WISEST CELEBRITY OUT THERE?

### SMALL GROUP QUESTIONS

- WHO DO YOU GO TO FOR WISDOM?
- HOW OFTEN DO YOU READ YOUR BIBLE?
- WHEN YOU READ THE BIBLE, DO YOU ASK GOD FOR ANSWERS?
- WOULD YOU SAY YOU'RE A BETTER PERSON THAN YOU WERE A YEAR AGO? OR WORSE/THE SAME? WHY?
- WHAT STOPS YOU FROM LIVING OUT WISDOM?

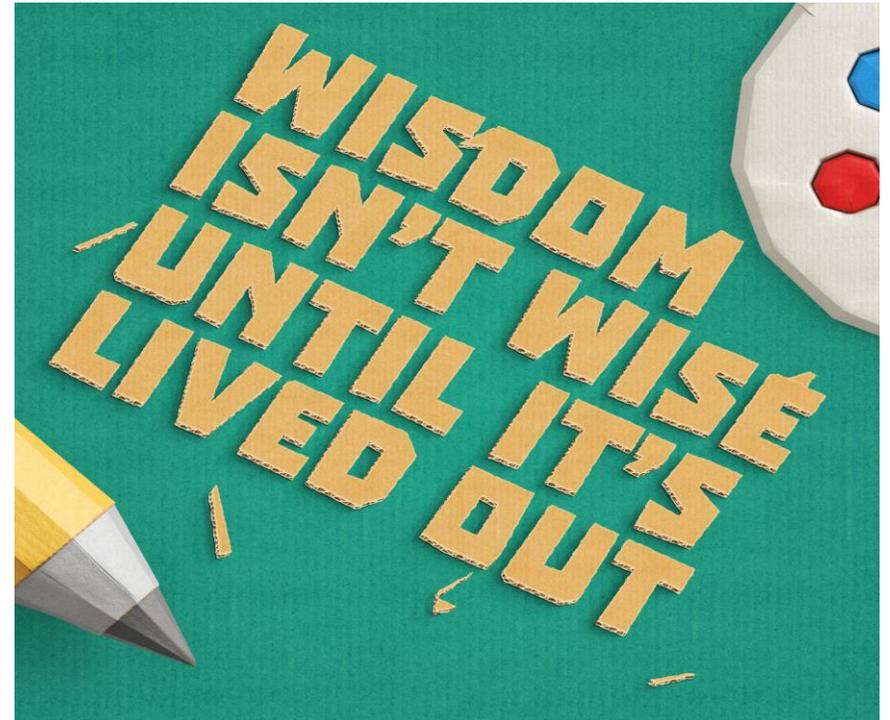
### TAKE IT FURTHER!

LECTO DIVINA IS LATIN FOR "DIVINE READING" BEFORE YOU READ, YOU PRAY TO GOD TO REVEAL SOMETHING IN THE SCRIPTURE TO YOU. THEN FOR 5- 10MIN YOU READ 1-5 VERSES OVER AND OVER. WHEN YOU READ, YOU ARE SUPPOSED TO MEDITATE, CONTEMPLATE, AND PRAY. AS YOU READ IT, GOD WILL REVEAL SOMETHING TO YOU, AND PARTS OF IT WILL JUMP OUT. TAKE 5MIN TO READ PROVERBS 1:20-23.

**1 MONTH OF PROVERBS CHALLENGE: FOR EVERY DAY OF THE MONTH,  
READ ONE CHAPTER OF PROVERBS**

### KEY VERSES

PROVERBS 4:7 • JAMES 4:14 • 1PETER 2:2 • MATTHEW 7:7 • JOSHUA 1:8



Wisdom. Sort of a weird word that we don't use very often. Wisdom is about gaining biblical and moral insight and living it out through wise choices and decision making.

Where do we get wisdom? Most certainly from other people. Proverbs 4:7 tells us that the beginning of wisdom is to get it from others no matter the cost. We live in a fool's world that could use a lot more wisdom and wise decision makers!

God is quick to impart wisdom on those who seek it with all their heart. How does God impart wisdom into us? Through His Word. The ancient Israelites only had the first 5 books of the Bible known as the Torah. The word "Torah" literally means "throw the rock."

In ancient Israel, rocks would be thrown to find one's way back home in the darkness if a light source wasn't available. Today, we have God's Word available to us in a dark world to help us find our way to the path of wisdom. So, "throw the rock" and get in God's Word!

# HOW TO SURVIVE MIDDLE SCHOOL

## WEEK 3 LEARNING TO SPEAK

### TAKEAWAY THOUGHT

**IF YOU DON'T OWN YOUR WORDS;  
ONE DAY THEY WILL OWN YOU**

### ICE BREAKERS

- WOULD YOU RATHER: ONLY BE ABLE TO SPEAK IN OPPOSITES OR DROOL EVERYTIME YOU TALKED?
- WHO IS THE MOST ENCOURAGING ADULT IN YOUR LIFE?

### SMALL GROUP QUESTIONS

- DO PEOPLE AT YOUR SCHOOL GOSSIP A LOT?
- HOW MANY TIMES IN ONE DAY DO YOU ENCOURAGE OTHERS?
- WHO DO YOU GO TO FOR ENCOURAGEMENT?
- GOSSIP IS ANYTHING SPOKEN THAT DOESN'T LIFT UP OTHERS. BASED ON THAT, WOULD YOU SAY YOU GOSSIP ABOUT OTHER PEOPLE?

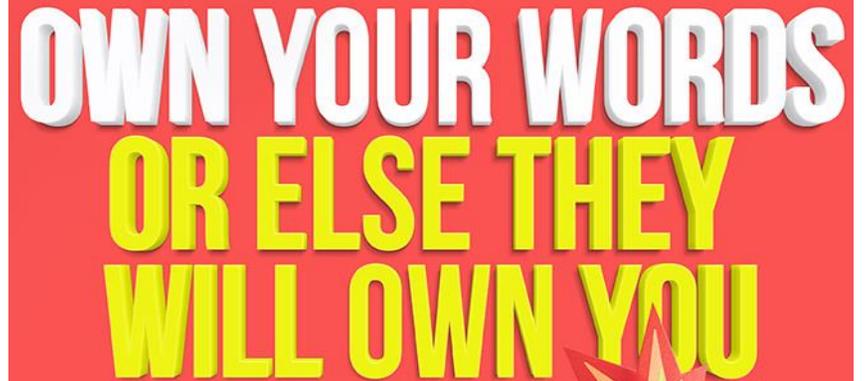
### TAKE IT FURTHER!

**2 CORINTHIANS 4:15 - ALL OF THIS IS FOR YOUR BENEFIT, SO THAT THE GRACE THAT IS REACHING MORE AND MORE PEOPLE MAY CAUSE THANKSGIVING TO OVERFLOW TO THE GLORY OF GOD.**

**TEXT OR TELL 5 PEOPLE THIS WEEK HOW THANKFUL YOU ARE FOR THEM. EVERYDAY THIS WEEK ENCOURAGE ONE PERSON. SPREAD SOME LIFE AND DESTROY SOME HURTS IN PEOPLE'S LIVES.**

### KEY VERSES

**PROVERBS 18:21 • JAMES 3:3-12 • LUKE 6:45 • EPHESIANS 4:29 • PROVERBS 26:18-19**



**OWN YOUR WORDS  
OR ELSE THEY  
WILL OWN YOU**

Proverbs 18:21 says, *“Death and life are in the power of the tongue, and those who love it will eat its fruit.”*

Stop and consider how this is true in the things we say. With our mouth we can be a source of love, encouragement, and support in people’s lives. At the same time, we can be a source of negativity and gossip.

Ultimately, what we say today will affect our tomorrow and our words reveal the true condition of our heart. We all say things we immediately regret and wish we could take back, but it likes Jesus said: *“out of the overflow of the heart the mouth speaks.”*

Consider your words today: how you speak at home, how you speak amongst your friend group, how you speak at school or on the field. We need to own our words today or else they will own us.

Encourage and express kindness through your words today! Speak life into someone who could really use it!

# HOW TO SURVIVE MIDDLE SCHOOL

## WEEK 4 SET THE STANDARD

### TAKEAWAY THOUGHT

**GOD WANTS YOU TO BE A LEADER TODAY;  
YOU ARE THE GREATEST INFLUENCE ON THE OLDER GENERATIONS**

### ICE BREAKERS

-(LEADERS ANSWER)WHAT'S YOUR MOST EMBARRASING MEMORY OF MIDDLE SCHOOL?  
-IF YOU COULD ELECT ANY CELEBRITY AS A PRESIDENT, WHO WOULD YOU PICK?

### SMALL GROUP QUESTIONS

-WHO INFLUENCES YOU THE MOST? (ACTORS, ATHLETES, WORLD LEADERS, ARTISTS, FAMILY)  
-WHAT WOULD STOP YOU FROM TRYING TO BE A LEADER?  
-WHO DO YOU INFLUENCE AT SCHOOL OR HOME?

### TAKE IT FURTHER!

**GIVE EACH STUDENT A PIECE OF PAPER, AND GIVE THEM 3 MINUTES TO WRITE DOWN QUALITIES THAT THEY THINK A LEADER SHOULD HAVE. DISCUSS THEM OUTLOUD.**

### KEY VERSES

**PROVERBS 22:4 • 1 TIMOTHY 4:12 • EPHESIANS 4:1 • 1 CORINTHIANS 11:1**

**BECAUSE OF YOUR YOUTH,  
YOU ARE THE MOST INFLUENTIAL PERSON**



Let's be honest: the majority of people in your school are followers. They follow a few select people in how they dress, how they talk, what music they listen to, and the social media that's trending.

God desires more for you than simply to follow the ways of the world. *He is calling you to a position of leadership.* 1 Timothy 4:12 tells us that even in our young age we hold influence with the word we say and the actions we live out.

Just know this: you don't have to be the best bible scholar or speaker to be a leader. You don't even have to be the most popular. One of the greatest leaders of the New Testament was Paul, and his style of leadership was simple: *"follow my example, I follow the example of Christ."*

Be a leader today by following Jesus and inviting others on along the way. Imitate Jesus, and others will quickly see a life worth following!