



⁶⁻⁹ Write these commandments that I've given you today on your hearts. Get them inside of you and then get them inside your children. Talk about them wherever you are, sitting at home or walking in the street; talk about them from the time you get up in the morning to when you fall into bed at night. Tie them on your hands and foreheads as a reminder; inscribe them on the doorposts of your homes and on your city gates. | Deuteronomy 6:6-9 MSG

PRO TIP | Pick a few questions, ask casually as opposed to forcing a "small group" session or try it at lunch. Take what your teens give you, don't force it. Slowly create a culture of authentic conversation.

FREQUENCY | ISAIAH 43:2-3,5 | July 19th

God Speaks Through Pain.

PLAY NAME THAT PAIN. Go around the table, each naming a cause of type of pain, if someone can think of one within 5 seconds or repeats one already said, they are out. Play until you have a winner. Play as many rounds as desired.

SHARE about a time where God used personal pain to speak to you. (PRO TIP: parents, be transparent but be strategic with what you share and how much you share - depending on the maturity and age of your teen.)

READ ISAIAH 43:1-3,5 together.

- What do you like about these verses?
- What don't you like about these verses?
- What do these verses tell us about the nature of man?
- What do they reveal about God?
- What do you need to do about these truths this week?

THE HARDEST PRAISE IS THE HIGHEST PRAISE

PAIN WILL TAKE YOU PLACES COMFORT NEVER COULD.

how is this true?

DISCUSS |

How does WORSHIP help you hear from God in your pain?

What does it mean to WORSHIP God in response to your pain?

Why is it important to understand that God is your Father (or spiritual Dad) when going through pain?

can you give an example of this? why is this the case?

When experiencing difficulty or pain, what are ways you will choose to "look to Him?"

Why is it important to keep things real when going through pain?

As a family, how can we be there for each other when one of us goes through pain?

PRAY | Is there anything painful that you are going through that we can be praying about? Take a few minutes to pray for each other as a family.

**WORSHIP
ABBA
LOOK TO HIM
KEEP IT REAL**

When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you.

When you walk through the fire, you will not be burned; the flames will not set you ablaze.

For I am the Lord your God, the Holy One of Israel, your Savior...

Do not be afraid, for I am with you.