



LEADER GUIDE: 10//30//19

BIG IDEA: It may look I am surrounded, but I am surrounded by Him

CORE SCRIPTURE: *And He said to them, 'My soul is deeply grieved to the point of death; remain here and keep watch.' And He went a little beyond them, and fell to the ground and began to pray that if it were possible, the hour might pass Him by. And He was saying, 'Abba! Father! All things are possible for You; **remove this cup from Me**; yet not what I will, but what You will.*

Mark 14:34-36

"The LORD is close to the brokenhearted and saves those who are crushed in spirit."

Ps. 34:18

DISCUSSION QUESTIONS

Start **GROUPS** tonight by catching up and introducing any new students. Then, recap today's message.

- 1) How often does anxiety, depression, and suicide come up in your everyday conversations? Why do you think these topics have become such an issue in today's culture?
- 2) Name something(s) in your that make you anxious or cause you to feel stressed? How do you typically cope/handle these emotions when they arise?
- 3) How has anxiety impacted you or someone else in your life?
- 4) Read the verses from **Mark 14**. Anxiety can often lead to a place of loneliness.
 - a. Describe a time in which you felt your soul was "deeply grieved".
 - b. What were the effects it had on your day to day life?
- 5) Have a student read **Psalms 34:18**.
 - a. Have you ever blamed God or questioned His existence during a "trying" season of your life? Have you ever felt as if God didn't care? Explain. (**LEADERS NOTE:** As students speak freely, reassure their battle of not understanding the "why" is OK! Help them understand we all battle with these questions from time to time.)
 - b. Do you believe God is with you in the midst of lonely moments? Why or why not?
- 6) Some of us have been in such a low place we have contemplated or attempted to take our own lives. If you feel comfortable, describe why you have felt as if this is the only solution. (**LEADERS NOTE:** If you feel led, ask bluntly, "Do you want to take your own life"? If any student says yes, please pull a staff member aside immediately following GROUPS.)
- 7) What makes it so difficult for you to fight through feelings and/or hurts that seem unbearable?

- 8) Think about and discuss this statement: Taking one's life may end one person's pain, but it adds to the pain of those around them.

CHALLENGE: Which of these practical next steps can you take if you or someone you know is currently battling anxiety, depression, or suicidal thoughts? (**LEADERS NOTE:** If a student is in a healthy spot but has a friend who needs guidance, offer these action steps as a way to assist them.)

- **TAKE IT SLOW:** What are some ways God, your leader, or a trusted friend help you slow down when these thoughts, feelings, and situations arise?
- **TALK ABOUT IT:** Be honest! Do you feel like you could use professional counsel and how can we help you get the attention you need?

Have you spoken to your parents, trusted friend, or leader about the feelings you are having? Why is it important to get this out in the open?

- **REMEMBER YOUR SURROUNDINGS:** God's promises are for EVERYONE and He wants you to know He is available at any given moment! When was the last time you had a conversation with God about these feelings? How can we help you take a small step towards Him?

Reminders and Prayer

PRAY: Popcorn Prayer // Have students go around and pray for another and their next steps. Then, as a leader, you close the prayer when it feels finished. In your prayer, ask God to show the students just how much he cares and loves them!.

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