

MS SMALL GROUP QUESTIONS

Shadows: Week 1 — The Shadow of Self — 10.16.19

Purpose of Groups: For students to discuss what is shaping their “Shadow of Self” and lay down basic rules of small group going into these sensitive topics

GROUP EXPECTATION: no interrupting, be respectful, no rude comments, encourage, what is said in group STAYS in group!

ANNOUNCEMENTS:

- **Shadows** — obviously this is our new series, and as the video and Pastor Rob noted, it’s going to be a heavier series. So going into groups we want to make sure you know, we are here for you. We love you and care about your stories and your voice. So, let’s do this first. Because we as your leaders are here for you. Here is how you can get ahold of me if you need to talk about anything, in case you don’t already have it... (**LEADER:** give them the best contact whatever that may be)

ICE BREAKER:

(**LEADERS:** I have moved the ‘Ice Breaker’ type questions toward the end so that coming out of the message, potentially with raw emotions, you can dive in then bring the energy back up at the end of the conversation...)

MESSAGE REVIEW QUESTIONS:

- 1) Today as Pastor Rob was talking about the “Shadow Of Self,” how many of your guys had some emotions stirred up? Do you care to share what those emotions were and what came to your mind? (**LEADERS:** awkward silence is TOTALLY normal for conversations for this. Live in that silence. It means they are thinking.)
- 2) That section of scripture that Paul writes about how he is always doing what he doesn’t want to do is real for us. We do the same thing. What are somethings in your life that you keep going back to or doing that you know you shouldn’t, but yet you do and don’t really understand why? (**FOLLOW UP:** what do you think might be causing you to do those things? Can you pinpoint a reason you do them? **Example for the follow up:** A child whose parents fight a lot and are rarely together might try to always find themselves in a romantic relationship because they don’t want to end up like their parents, so they try to fill the gaps in their parents relationships with their own...)
- 3) How many of you would say that you are “Christ Followers?” — so based on that, look at the spiritual step: letting Jesus into your shadows. What are ways you can invite Jesus into those shadows with you? Do you try to keep those shadows secret from him...? (**FOLLOW UP:** if they say yes they do keep them a secret — why do you do that?)
- 4) What are you going to do THIS WEEK to invite Jesus into those shadows?
- 5) So for everyone now, even if you don’t call yourself a “Christ Follower:” let’s look at the practical step. That was to help lay out what is shaping your shadow of self.

- a) So, let's all think of some of the things that are shaping it. Take a few seconds. We will do 60 seconds. I'll set a timer, Think of the 3 best moments in your life and 3 of the worst moments in you life. Ready? 60 seconds. 1 minute. Go.
 - b) How have those moments/people shaped you? (**LEADER:** again you could use the relationship example — the idea that the things that are around us shape our view and how we act — a student who never sees a Godly relationship will never want one because they don't know why it is better than a worldly relationship.)
 - c) What are some things you can change by embracing your Shadow of Self — how can you take what was bad, dark, or painful and use it to become someone better? (**LEADER:** this might be hard for them to answer and that is okay! Even if they don't come up with anything, they will think about it and that's what we want!)
- 6) **CHALLENGE:** if you have a phone, take it out and write down these questions in your notes -- if you don't have a phone, write it on your hand and then write it down at home! -- or just remember them. When you start to "do the thing that you don't want to do, but do anyways," ask yourself:
- a) *What is making me do these things?*
 - b) *Why am I feeling like I should/need to do them?*

I would encourage you to end that discussion with prayer and then, if time permits, move into Highs and Lows.

PRAYER REQUESTS/PRAYING AS A GROUP
PLEASE STAY IN YOUR LOCATIONS TILL 8:20PM