

## IT'S COMPLICATED

### Wk 1/3: The Feelings Awaken

February 1 & 2, 2020

### LEADER PREP

#### GOAL OF SMALL GROUP

For students to realize their feelings are designed by God and their ultimate longing to belong can only be fulfilled in Jesus.

#### SCRIPTURE

Song of Songs 6:3 & 8:4 (NIV)

#### THINK ABOUT THIS

**Middle school is the beginning of hormones.** Some of your students have already started navigating the world of zits, armpit hair, and attraction to the opposite gender. Some of your students still think that boys have cooties or that girls are the worst. Wherever your students are, their middle school world is full of their peers trying to figure this new part of life out. **Our goal in this series is to provide students with a strong, biblical foundation to start navigating their new feelings and attractions.** Be mindful of how you word your answers. Students' understandings and perceptions of sex might be all over the map. So as you prepare for this week's conversation, be careful not to walk in with too many assumptions about what your students know, wonder about, or worry about when it comes to sex. **Your goal in small group today should NOT be to give all the answers about sex and dating.** Instead, get your students talking so that you can **better understand their current realities and prove that your small group is a safe place to talk** about anything. Including awkward stuff, like sex. There may be times you need to navigate away from answering questions your students ask saying something like, "That's a great question. I'm not sure of the best answer so let me get back to you on that."

*This guide is a suggestion, not a formula. Adjust the questions and activities as needed, and don't feel like you need to do, or ask, everything you see here. Let the students and the Holy Spirit guide the conversation, too.*



### CONVERSATION GUIDE

#### MAIN POINT

**God designed us to have feelings of longing and attraction.**

#### OBJECT LESSON

**Instruct Students:** Everyone get a pen and some strips of paper. Write down a few things middle schoolers do to try to fill their longing to belong, then pass me the papers.

**Leaders:** Read what is written on each piece of paper, then stuff it in the flashlight where the batteries should go. Try to turn on the flashlight, but point out to the students it won't work. We can try to fill our lives with these things, but it won't work. Then take the pieces of paper out and replace them with the batteries. Remind them that Jesus is our "battery" to life, the only one who can truly, deeply feel our inner longings.

#### DISCUSSION QUESTIONS

1. On a scale of 1-10, 10 being the MOST comfortable, how comfortable do you feel with talking about dating and attraction?
2. What are different reasons middle schoolers date?

#### **READ SONG OF SONGS 6:3 and answer the following questions:**

3. In your own words, what is the meaning of this verse?
4. What does it mean to you that God calls you His beloved?
5. When we realize we belong to God, what are some of examples of how that can change the way we live?

#### **READ SONG OF SONGS 8:4 and answer the following questions:**

6. In your own words, what is the meaning of this verse?
7. Oftentimes people put their feelings in the "driver's seat" to make decisions for them. What are some examples of this?
8. How can we live differently and not let our feelings control our choices?

#### NEXT STEP

**Do something a little out-of-the-box to grow closer to God this week.** Maybe download a new devotional app, read the Bible verse of the day, listen to worship music, spend some extra time in prayer talking to Him, etc?

#### PRAYER GUIDE

What prayer requests do we have?  
Close your time together in prayer.

## SCRIPTURE

MS students are concrete thinkers, so opening your Bible to read the Scripture with them is a preferred visual cue.

### SONG OF SONGS 6:3 (NIV)

I am my beloved's and my beloved is mine; He browses among the lilies.

### SONG OF SONGS 8:4 (NIV)

Daughters of Jerusalem, I charge you: Do not arouse or awaken love until it so desires.