



NAVIGATING PAIN

BOTTOM LINE: When life gets difficult, Jesus is with you in the midst of it.

MATERIALS NEEDED

- Bibles
- Whiteboard & Marker (provided)
- Student Notebooks

icebreaker question

ASK: *Have you ever broken a bone before? If so, share the story of how it happened.*

hear from God through His Word.

DO THIS: Read **John 16:33** as a group and then lead your students in a discussion about the verse using the questions below.

- Tell your students to open their Bibles to **John 16:33** and ask someone to read it out loud for the group, then have them read it again silently on their own.
- **ASK:** *What is this verse saying?*
- **ASK:** *What do you think it means to have "peace"? What type of peace does Jesus offer us?*
- **ASK:** *How has Jesus overcome the world? What does it mean to "overcome"?*

talk with others about our faith.

DO THIS: Lead your students in a discussion about navigating difficulties using the questions below.

- **ASK:** *When was a time when you went through something difficult or painful? Can you tell us about it?*
- **ASK:** *When you've gone through difficult things in life, what helped you get through it? What there anything that was unhelpful during that time?*

- Using your **Whiteboard**, spend some time as a group brainstorming different tips, tools, and strategies to help navigate something painful in life. Have your students write this list in their **Student Notebook**.

(Potential practices, tips, and tools: Have a community surrounding you, find things to do that bring you joy, rest in the promises of God, attend Life Group, hang with life-giving friends, talk with trustworthy people, etc.)

say this:
This life is full of pain. Although we can't escape it, we can have hope knowing that we serve a God who has already gone through everything that we could ever go through and promises to be with us. We can trust this promise.

- **ASK:** Which of these things would you find especially helpful when you're going through something painful? Why?
- **ASK:** Is it easy or hard to remember that Jesus is with you when going through difficult things? Why?
- **ASK:** How can we remind ourselves to go to Jesus first when we are navigating something painful?

pray by talking to God.

DO THIS: Lead your students in a time of prayer as a group using the prompt below.

- Ask your students if anyone is going through something difficult. If there is anyone, have your group lay their hands on those students and pray for them. Ask Jesus to be near to them and help them get through their difficult circumstance.

live in a way that honors God.

DO THIS: Give your students the following **LIVE** challenge for this week.

- Memorize John 16:33 this week so that you can be reminded of the promise Jesus gives to you when you're going through something painful.

memory verse

*"I have told you these things, so that in me you may have peace.
In this world you will have trouble. But take heart!
I have overcome the world."*

John 16:33