Preparing for High School

**THE CONVERSATION:**

It’s important for students to be prepared for the struggles and temptations that come with entering high school. There are so many things that can be said about preparing a student for high school, but the most important thing for them to understand is that no matter what happens, who they hang out with, or whatever is happening in their lives, God is the same loving God, and their personal relationship with Jesus needs to be consistent.

**CONVERSATION STARTERS:**

What are some things that you’ve heard about high school? Doesn’t matter whether it is good or bad, what have people told you about it?

What are you personally nervous for? What about high school makes you nervous?

What are some major changes that take place between junior high and high school?

**Group Activity:** Take out a blank sheet of paper. As a group, go around and ask the students different things that make them nervous about transitioning into high school, or things that might change going from junior high to high school. As the leader, write them all down on one master list. Once the group is done making the list, remind them of how Jesus never changes. No matter what is happening in their life, the ups and downs, the chaos and inconsistencies, Jesus is constant. Jesus and His love stays the same for no matter what. Then one by one, go down the list and read each item, then put a line straight through it and write “JESUS” next to it. Remind them that through changes in life, Jesus is constant.

**SCRIPTURE TO LOOK AT:**

Hebrews 13:8

“Jesus Christ is the same yesterday, today, and forever”

Colossians 1:17

“He existed before everything else, and He holds all creation together”

Revelation 1:8

“’I am the alpha and omega – the beginning and the end’ says the Lord our God. ‘I am the one who is, who always was, and who is still to come – The Almighty One’”

* What is the one thing all these verses have in common? (Try to prompt them to talk about the fact that God is consistent, and never changes)
* More importantly than finding a perfect community, or being prepared for the pressures and struggles of high school, you need to have a growing and committed personal relationship with Jesus. Through your relationship with Jesus, you will find community and you will be able to stay strong and resist temptations and struggles. How are you going to continue to keep community a priority in your life?
* When was a time in your life where you experienced change or transition? How did Jesus show up in that moment?

**LIVE IT OUT:**

* How can you be pursuing a personal relationship with Jesus in high school and through the transition?
* What can you change in your life to make the transition to high school a season with Jesus?
* What are some practical steps to help you transition into high school well? (join a small group, daily quiet time with Jesus, seek mentors, join Christian clubs, etc.)

**MY NEXT STEPS:** Seek out time every day to give to Jesus. Try and set a healthy habit of spending time with Jesus. Give yourself at least a little bit of time to just be with Him, in His presence. Some suggestions would be to focus on one book in the Bible and read a chapter a day; journaling your prayers; etc.

**MEMORY VERSE:** Hebrews 13:8

“Jesus Christ is the same yesterday, today, and forever”