



Week 1

Have you ever wanted to try something but held back because you didn't think you could do it? Tell us about it!

What are some challenges or setbacks a middle schooler might experience...

- a. In their families?
- b. At school?
- c. In their friendships?
- d. In themselves?

In your own words, how would you describe what it means to feel hopeless?

How might going to God with your setbacks help you find hope?

In your own words, how would you define resilience?

Read John 16:33

How might finding hope in Jesus help you be more resilient?

This week, what's one way you can have hope no matter what you're facing?