



LIFT OFF

SMALL GROUP QUESTIONS

Week 1: Inspect

Senior High

1. As you think about the new school year, what are you excited about? What are you carrying into it that feels heavy?
2. Why is it often easier to stay busy, distracted, or humorous than to examine what is happening inside us?
3. When you feel overwhelmed, how do you usually respond? What does that response accomplish?
4. What makes it difficult to be honest with God or another person about fear, disappointment, anger, or doubt?
5. What might it look like to acknowledge a difficult feeling without allowing it to control what you do next?

Junior High

1. What stood out to you about how Jesus responded when he felt overwhelmed in Gethsemane?
2. Why do you think Jesus named what he was feeling and asked his friends to remain with him?
3. What is one thing you are carrying into the school year that you need to name honestly before God?
4. What could happen if you continue hiding or ignoring it? What could change if you surrender it to God?
5. How could this small group help you carry what you are facing?

Prayer Practice

Invite each student to share one word describing what they are carrying. Pray Psalm 139:23–24 together, followed by brief prayers for what was shared.