

# Identity HS | TRUST MAKES YOU UNSHAKABLE

## VRFD

Everywhere students look, someone's asking them to prove who they are—through likes, achievements, or belonging to the right crowd. But God already knows and verifies their worth. This series helps students trade the pressure to perform for the peace of being known and loved by the One who made them. Our prayer is that by the end of this series, students will find their confidence not in what others say, but in who God says they are.

### CORE THEOLOGICAL INSIGHTS

Purpose, Identity, Mission

### RESPONSE

Confidence, Truth

### EMPHASIZED RELATIONSHIPS

God, Self

### MEMORY VERSE

*"For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do" (Ephesians 2:10 NIV).*



### Bottom Line

**TRUST MAKES YOU UNSHAKABLE**

### Topic

Identity

### Scripture

Psalm 125:1–2 (NIV):

*"Those who trust in the Lord are like Mount Zion, which cannot be shaken but endures forever. As the mountains surround Jerusalem, so the Lord surrounds his people both now and forevermore."*

25 min

# Teaching

5 min

## Introduction (ME)

### What You Need

No supplies needed

Say: "Let me tell you what 'shaken' felt like for a student I know. Two months ago, Eli's grandpa died on a Tuesday. That same week, his parents were arguing so loudly that he put his headphones on to sleep. On Friday, the friend he told everything to posted a joke about him in a group chat. He walked into school feeling like the floor moved under every step. That's what shaken feels like."

5 min

## Tension (WE)

### What You Need

No supplies needed

Say: "We call them 'storms,' but here's what it really looks like: a bad grade you didn't expect, a plan that got canceled after you hyped it up, an argument you replay in your head, pressure sitting on your chest like a backpack full of bricks. We all look for something to hold us up in moments like that."

Interactive Check-In: Say "Grab a card or open Notes. Write the first thing you run to when life gets heavy. Music? Your phone? A person? Disappearing into a game? That's what you trust most right now. No judgment—just name it."

5 min

## Truth (GOD)

### What You Need

No supplies needed

Read Psalm 125:1–2(NIV):

*"Those who trust in the Lord are like Mount Zion,  
which cannot be shaken but endures forever.  
As the mountains surround Jerusalem,  
so the Lord surrounds his people  
both now and forevermore."*

Say: "Those who trust in the Lord are like Mount Zion—cannot be shaken... as the mountains surround Jerusalem, the Lord surrounds His people. What you lean on when it's hard reveals what you really trust. Trusting God doesn't make the hard stuff vanish. It means choosing to stand where He surrounds you—today, not someday when life is perfect."

5 min

## Application (YOU)

### What You Need

No supplies needed

Say: "Everyone, write one sentence about what's shaking you this week. Two, write one way you saw God surround you—even small: a text, a ride, a teacher who listened, a verse that hit at the right time. Three, write one step you'll take to stand with Him this week: pray before you scroll, text a safe person first, mute a feed, ask for help."

5 min

## Landing (ME)

### What You Need

No supplies needed

Say: "Everybody, stand up. Stand on one foot. Feel the wobble? That's what life feels like when you lean on something that moves. Put both feet down. That's trust. Not perfect balance, but solid ground because of where you're standing. God surrounds His people—now and forever. Choose to stand where He is. Each day, add one line to a 'God surrounded me when...' list. When the wobble shows up, read it out loud, choose your next step, and plant both feet again."

Prayer: Say, "Lord, You see what's shaking us. Surround us. Teach us to run to You first. Make us steady in You. Amen."

30 min

## Groups

**The goal of this discussion is to help students move from wobbling under pressure to standing where God surrounds them. We want them to name what's shaking, notice one way God is already surrounding them, and choose one simple step to trust Him first this week.**

5 min

## Think About This

### What You Need

No supplies needed

High schoolers feel real-life "shakes": bad grades, canceled plans, arguments, pressure, grief, and friend drama. Lead with empathy. Protect privacy. No one is forced to share. If a student shares something that signals harm, follow your church's safety plan.

15 min

## Discussion Questions

### What You Need

No supplies needed

1. Warm-up: Name one wobble and one steady from your week—a moment that threw you off and a moment you felt supported. (Leader note: Keep it brief and safe. Model first. Set a non-judgmental tone.)
2. What do you usually run to first when life gets heavy—music, your phone, a person, disappearing into a game—and what does that do for you? (Leader note: Use the teaching check-in. No shaming; we're noticing patterns.)
3. Read Psalm 125:1–2 together. Which phrase hits you today—"cannot be shaken," "endures forever," or "the Lord surrounds His people"—and why? (Leader note: Keep language simple. "Surrounds" = God is with and around you right now.)
4. Real talk: name one specific "shake" (bad grade, canceled plan, argument, pressure). What story did you start to believe about yourself or God in that moment? (Leader note: Guard privacy; keep it short; affirm honesty.)
- 5.

What would it look like to run to God first this week? Name one tiny swap you could make—pray before you scroll, text a safe person first, mute a chat, ask for help.

(Leader note: Coach realistic, doable moves.)

6. Practice (2 minutes): Write three lines—1) What's shaking me, 2) One way God surrounded me this week (even small), 3) One step I'll take to stand with Him. Share only if you want.

(Leader note: Quiet minute first; invite short shares.)

7. Plant your feet: Everyone stand; balance on one foot, then both. How is that picture of wobble vs. steady helpful for you this week? Who's one safe person you'll tell your next step to, and when?

(Leader note: Keep it light but meaningful; help students set a same-day check-in.)

10 min

## Try This

### What You Need

No supplies needed

Challenge Statement: "Each day this week, add one line to your 'God surrounded me when...' list. When the wobble shows up, read your line out loud, choose your next step, and plant both feet again."