



Week 1: Own the Moment

Senior High

1. Where do you find yourself thinking, "Life will be better when..."? What are you waiting to change?
2. Ecclesiastes 3 describes seasons we enjoy and seasons we would never choose. How would you describe the season you are in right now?
3. What is something in your life right now that you are spending energy trying to control, even though it may not actually be yours to control?
4. Jesus tells us in Matthew 6:31-34 to trust God with tomorrow and seek His kingdom today. What do you think we miss when we are constantly focused on what might happen next?
5. What is one thing God has actually put in your hands in this season? What would it look like to take responsibility for it this week?

Junior High

1. What is one thing about this school year that has already been different than you expected?
2. Ecclesiastes says there is a time for all kinds of different things in life. If you had to give your life right now a "season," what would you call it?
3. What is something you wish you could control right now but cannot?
4. What is the difference between trying to control something and taking responsibility for how you respond to it?
5. What is one thing you can actually do this week to follow Jesus well in the season you are in?

Practice: What Is Mine?

Give each student a piece of paper and have them draw a line down the middle. Label one side Not Mine to Control and the other Mine to Do.

Give students a minute to write one or two things from their current season on each side. Then have them circle one thing under "Mine to Do" that they will act on this week.