



LIFT OFF

FAMILY SERIES COMPANION

Understand the Series

Before the school year gains momentum, this two-week series will help students examine what they are carrying and align their lives with Jesus.

Week 1: Inspect

Scripture: Matthew 26:36–46 and Psalm 139:23–24

In Gethsemane, Jesus does not hide his sorrow or run from it. He names his struggle, brings it to the Father, asks trusted friends to remain with him, and surrenders his next step. The world says: Hide, distract yourself, or bow out when life becomes uncomfortable. Jesus offers: Bring your struggle honestly to God and allow him to lead you through it.

What we refuse to examine can quietly control us.

Week 2: Align

Scripture: Luke 4:38–44, Luke 5:15–16, and John 15:4–5

When the crowds pressure Jesus to stay, he steps away to pray and remains focused on why he was sent. The world says: Respond to every demand and let urgency determine your direction. Jesus offers: Return to the Father and let God's purpose direct your next step.

Jesus offers a life directed by purpose instead of driven by pressure.

Notice and Connect

Your student may enter the year carrying excitement alongside fear, exhaustion, insecurity, or pressure. They may need your presence before they need your solution.

Week 1: Inspect

- What are you carrying into this year that feels heavy?
- Would you like me to listen, help you think, or pray with you?

Week 2: Align

- What is competing most strongly for your attention?
- Which expectations feel healthy, and which feel overwhelming?

Listen with curiosity, ask a follow-up question, and thank your student for sharing. Small-group questions are available in the Creekside app if you want to continue a conversation or explore a question their group did not reach.



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Practice Together

Your student may enter the year carrying excitement alongside fear, exhaustion, insecurity, or pressure. They may need your presence before they need your solution.

Week 1: Pray Honestly

Read Psalm 139:23–24 together. Invite each person to share one word describing what they are carrying into the year.

Week 2: Try a Rhythm for One Week

Choose one practice that fits where your family is now:

- Pray one sentence before leaving home.
- Read one verse together.
- Name one thing you are grateful for.
- Follow the Creekside reading plan together.
- Add a family check-in to an existing prayer rhythm.

After seven days, ask:

- What helped us pay attention to Jesus?
- Should we continue, adjust, or try something different?

The goal is not to choose the most impressive practice. It is to take an intentional next step together.

Prayer

God, as we enter this new season, help us slow down long enough to notice what we are carrying. Give us courage to be honest with you and with one another. Show us where fear, pressure, distraction, or the expectations of others have begun directing our lives. Teach us to recognize your voice, remain connected to Jesus, and trust your purpose for us. Help our home become a place where struggles can be named, grace can be received, and faith can be practiced together. Guide each of us toward the next faithful step. Amen.