

Family Study Guide

6 Weeks

Been There



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Hey families!

Have you ever felt like no one understands what you are going through? Jesus has. Have you ever been hurt by a friend? Jesus has. Have you ever felt like no one is listening? Jesus has.

No matter what challenges or struggles you may be facing, take comfort in knowing that Jesus knows exactly what it's like. He's been there. He understands the pain, the loneliness, and the longing for someone who truly listens.

As a family ministry team, we are here to walk alongside you, just as Jesus walks with us. Together, we can find strength in His presence and share that strength with one another.

-Sunnybrook Family Ministry Team

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Week 1

START TALKING: What's something you like to be in control of? (e.g., picking the game, deciding what's for dinner) Have you ever tried to control something that didn't go your way? What happened?

BIG IDEA: You don't always have the power to control, but you always have the power to surrender.

SUMMARY: We all struggle with wanting to control things in our lives—our plans, our problems, even other people. But what we try to control the most often shows where we trust God the least. In the Garden of Gethsemane, Jesus faced the ultimate test of surrender. Even though He was deeply troubled, He chose to trust God's plan rather than trying to take control. This week, we'll talk about why surrendering to God is more powerful than trying to control everything ourselves.

KEY VERSE:

Hebrews 4:15-16 ERV

Jesus, our high priest, is able to understand our weaknesses. When Jesus lived on earth, he was tempted in every way. He was tempted in the same ways

we are tempted, but he never sinned. With Jesus as our high priest, we can feel free to come before God's throne where there is grace. There we receive mercy and kindness to help us when we need it.

START THINKING:

- Read Hebrews 4:15-16 together. Why do you think it's important that Jesus understands what we go through?
- Why do we sometimes struggle to trust God with things we can't control?
- What did Jesus do in the Garden of Gethsemane when He felt overwhelmed? (Hint: He prayed and surrendered to God's plan.)

START SHARING:

- What is something in your life that you might be trying to control too much?
- Which of these questions could help you when you feel like controlling something?
 - Is it worth my control?
 - Is it mine to control?
 - Is it for God alone?

START DOING: This week, when you feel like controlling something, take a deep breath and say, "God, I trust You with this."

As a family, pick one area where you can practice surrendering control to God—maybe by praying before making decisions or letting someone else have a turn choosing an activity.

START PRAYING: Jesus, thank You for understanding what it's like to struggle with control. Help us trust You more and surrender the things we can't control. We know that You love us and have a good plan. Amen.



CHALLENGE:

The "Let Go & Let God" Challenge – Write down one thing you struggle to control. Pray about it, then crumple the paper and throw it away as a reminder to let God handle it.



Week 2

START TALKING: Have you ever had to wait a long time for something? (A birthday, a trip, a package in the mail?) How does waiting make you feel? Excited, frustrated, impatient?

BIG IDEA: While you are waiting, God is working.

SUMMARY: Sometimes it feels like God is taking forever to answer our prayers. But just because God feels silent doesn't mean He's absent. In John 2, Jesus' mother asks Him to help at a wedding, but Jesus tells her, "My time has not yet come." This story reminds us that while we are waiting, God is always working. This week, we'll talk about trusting God's perfect timing, even when it's hard to wait.

KEY VERSE:

John 2:3-4 NLT

The wine supply ran out during the festivities, so Jesus' mother told him, "They have no more wine."

"Dear woman, that's not our problem," Jesus replied. "My time has not yet come."

START THINKING:

- Read John 2:3-4 together. Why do you think Jesus said, "My time has not yet come"?
- What do you think it means that God's timing is different from ours?
- How can waiting for something help us trust God more?

START SHARING:

- Can you think of a time when you had to wait for something, but it ended up being worth it?
- Have you ever felt like God was silent or not answering your prayers? How did that feel?
- How does knowing that God is always working behind the scenes help you when you're waiting?

START DOING: This week, when you feel frustrated about waiting, take a deep breath and say, "God, I trust Your timing."

As a family, think of one prayer request you've been waiting on. Pray together and thank God for working, even when you can't see it yet.

START PRAYING: God, sometimes waiting is really hard. Help us to trust that You are always working, even when we don't see it. Remind us that Your timing is always perfect. Amen.

CHALLENGE: The "Patience in Action" Challenge – Pick one thing this week where you will practice patience instead of complaining (waiting in line, taking turns, finishing a task). When you feel impatient, pray: "God, I trust Your timing."



Week 3

START TALKING: What's something that's really hard to say no to? (Candy, staying up late, playing instead of doing homework?) Have you ever been tempted to do something you knew wasn't right? What happened?

BIG IDEA: God always gives you a way out of temptation.

SUMMARY: Temptation is sneaky—it starts as a small thought and can quickly turn into a choice that pulls us away from God. Even Jesus was tempted in the wilderness, but He didn't give in. This week, we'll talk about how temptation works, why it's not a sin to be tempted, and how God always gives us a way out. When we rely on God instead of our own strength, we can overcome temptation just like Jesus did.

KEY VERSE:

Matthew 4:1-4 ERV

Then the Spirit led Jesus into the desert. He was taken there to be tempted by the devil. Jesus ate nothing for 40 days and nights. After this, he was very hungry. The devil came to tempt him and said, "If you are the Son of God,

tell these rocks to become bread." Jesus answered him, "The Scriptures say,

'It is not just bread that keeps people alive. Their lives depend on what God says.'"

START THINKING:

- Read Matthew 4:1-4 together. How did Jesus respond when He was tempted?
- Why do you think temptation often seems so appealing?
- What are some ways we can recognize when we're being tempted?

START SHARING:

- Can you think of a time when you resisted temptation? How did you do it?
- Which part of the temptation process (Thought, Imagination, Justification, Choice) is hardest for you?
- How does it help to know that being tempted isn't a sin—only giving in to it is?



Imagination

You start thinking about how good it would be. (Example: "Mmm, that cookie would taste so good! No one would even know!")

Thought

An idea pops into your head.
(Example: "I could take that extra cookie when no one is looking.")

Choice

You decide what to do—give in or walk away. (Example: "I'll take it..." or "No, I'll obey instead.")

Justification

You convince yourself it's okay.
(Example: "It's just one cookie... and I was really good today!")

START DOING: This week, when you feel tempted, stop and pray: "God, help me choose obedience over temptation."

As a family, talk about ways to avoid temptation before it starts (like setting boundaries with screen time, choosing good friends, or asking for help).

START PRAYING: Jesus, thank You for showing us how to resist temptation. Help us to recognize it, trust You, and take the way out that You always provide. Give us strength to obey You. Amen.

CHALLENGE: The "Way Out" Challenge – When you feel tempted this week, pause and ask: "What way out is God giving me?" Then choose to obey Him instead!

The "Way Out" Challenge:

When you feel tempted this week, pause and ask: "What way out is God giving me?" Then choose to obey Him instead!

Week 4

START TALKING: Have you ever gotten a bruise or a scar? How did it happen? Do you think pain always shows on the outside, or can people hurt on the inside too?

BIG IDEA: Jesus understands your hurt—and He can bring healing.

SUMMARY: Jesus understands suffering because He went through it Himself. He was mocked, beaten, and rejected. This week, we'll talk about different types of pain—physical, emotional, and spiritual—and how Jesus knows what we're going through. We'll also discuss why holding on to hate keeps us from healing and how prayer changes us, even if it doesn't change the people who hurt us.

KEY VERSE:

Matthew 27:26-31 ERV

Then Pilate set Barabbas free. And he told some soldiers to beat Jesus with whips. Then he handed him over to the soldiers to be killed on a cross.

Then Pilate's soldiers took Jesus into the governor's palace. All the soldiers gathered around him. They took off Jesus' clothes and

put a red robe on him. Then they made a crown from thorny branches and put it on his head, and they put a stick in his right hand. Then they bowed before him, making fun of him. They said, "We salute you, king of the Jews!" They spit on him. Then they took his stick and kept hitting him on the head with it. After they finished making fun of him, the soldiers took off the robe and put his own clothes on him again. Then they led him away to be killed on a cross.

START THINKING:

- Read Matthew 27:26-31 together. What kinds of pain did Jesus experience?
- How does it make you feel to know that Jesus understands suffering?
- Why do you think Jesus still had scars after He rose from the dead?



START THINKING:

- What are some different ways people can be hurt besides getting physically injured? (Words, broken friendships, feeling left out, etc.)
- Have you ever been hurt by someone? How did it feel?
- How can praying for others (even people who hurt us) help us heal?

START DOING: This week, when you feel hurt, take a moment to pray: "Jesus, You understand my pain. Please help me heal."

As a family, think of someone who needs healing (physically or emotionally). Pray for them together.

START PRAYING: Jesus, You know what it's like to be hurt. Thank You for loving us and bringing healing. Help us to forgive, let go of hate, and trust You with our pain. Amen.

CHALLENGE: The "Healing, Not Hate" Challenge – Write down something that has hurt you. Instead of holding onto it, pray for healing and for the person who hurt you. Then rip up the paper as a symbol of letting it go.



Week 5

START TALKING: Have you ever done something kind for someone, but they didn't say thank you? How did that feel? Why do you think people sometimes forget to show appreciation?

BIG IDEA: God sees you, even when others don't.

SUMMARY: Have you ever felt unappreciated or ignored? Jesus did too. In the story of the ten lepers, only one returned to thank Him after being healed. This week, we'll talk about how people don't always notice or appreciate what we do, but God always sees us. He is El Roi, the God who sees. When we feel unseen, we can find comfort in knowing that what is unseen by people is often most significant to God.

KEY VERSE:

Luke 17:12-17 ERV

He came into a small town, and ten men met him there. They did not come close to him, because they all had leprosy. But the men shouted, "Jesus! Master! Please help us!"

When Jesus saw the men, he said, "Go and show yourselves to the priests."

While the ten men were going to the priests, they were healed. When one of them saw that he was healed, he went back to Jesus. He praised God loudly. He bowed down at Jesus' feet and thanked him. (He was a Samaritan.) Jesus said, "Ten men were healed; where are the other nine?"

START THINKING:

- Read Luke 17:12-17 together. How many lepers did Jesus heal? How many came back to say thank you?
- How do you think Jesus felt when only one person returned to thank Him?
- What does this story teach us about gratitude and being seen by God?



START THINKING:

- Have you ever felt unseen or unappreciated? How did you handle it?
- What do you think it means that God's name is El Roi—the God who sees?
- How does remembering that God sees us help when we feel ignored by others?

START DOING: This week, when you feel unseen, whisper "El Roi, You see me."

As a family, take time to thank someone who often goes unnoticed (a teacher, janitor, sibling, or parent). Write them a note or tell them in person!

START PRAYING: El Roi, thank You for always seeing me, even when others don't. Help me to serve with a grateful heart and to remember that what's unseen by people is important to You. Amen.

CHALLENGE: The "Be the One" Challenge – Just like the one leper who returned to Jesus, find someone to thank this week. Show appreciation through words, a note, or an act of kindness!



Week 6

START TALKING: Have you ever made a mistake that you felt really bad about? What do you do when you mess up—hide it, fix it, or ask for help?

BIG IDEA: Failure isn't final when you trust Jesus.

SUMMARY: Peter had some great moments of faith, but he also made big mistakes—falling asleep when Jesus needed him, attacking a soldier, and even denying Jesus three times. But Jesus didn't give up on Peter. Instead, He forgave and restored him, turning Peter into a leader of the early church. This week, we'll talk about how failure isn't final and how Jesus gives us second chances when we trust Him.

KEY VERSE:

Mark 14:36 NLT

"Abba, Father," he cried out, "everything is possible for you. Please take this cup of suffering away from me. Yet I want your will to be done, not mine."

START THINKING:

- Read Mark 14:36 together. What did Jesus do when He was struggling?

- How did Peter struggle in his faith? (Falling asleep, attacking the soldier, denying Jesus.)

- Why do you think Jesus still chose Peter to be a leader, even after his mistakes?

START SHARING:

- Have you ever felt like you let someone down? How did that feel?

- How does it help to know that Jesus restored Peter instead of rejecting him?

- What does this show us about Jesus' love and forgiveness?

START DOING: This week, when you mess up, don't hide—talk to Jesus and ask for forgiveness!

As a family, talk about times when you've needed forgiveness and how you can show grace to others.

START PRAYING: Jesus, thank You for loving us even when we mess up. Help us remember that failure isn't final with You. Thank You for giving us second chances and helping us grow. Amen.

CHALLENGE: The "Second Chances" Challenge – If you make a mistake this week, don't stay stuck in guilt. Pray, ask for forgiveness, and move forward like Peter did!





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