

Ms My Story

Our relationship with God directly affects our relationships with others. The more we get to know God, the more we get to know his story and better understand our own.

Week 2: You and Me

Big Idea: God's peace can heal relationships.

Key Verse: "A peaceful heart leads to a healthy body; jealousy is like cancer in the bones." (Proverbs 14:30, NLT)

Supplies: Bibles

HANGOUT

1. DISCUSS:
 - a. When people talk about "high school drama," what kinds of issues are they referring to?
 - b. Which relationships do you have the most difficulty with? [e.g., with parents, friends, siblings, etc.]
 - c. What does the stress of those troublesome relationships do to you?

HEAR

2. Look up and read Genesis 33:3-4.
3. DISCUSS: What happened before this point in the story? Why is this significant? What was Jacob worried Esau would do?
4. SAY: If God's peace can heal a relationship like Jacob and Esau's, God's peace can heal any relationship!
5. Look up and read Philippians 4:6-7.
6. DISCUSS:
 - a. What does this passage tell you about worrying?
 - b. What does this passage say to you about God's peace?
 - c. What do you think God's peace might look like in your life right now? How could it change a relationship?

HUDDLE

7. SAY: In Jacob's story, he humbled himself in his relationship with his brother, Esau, in order to get to a place of peace.
8. DISCUSS: Is there a relationship that you need to humble yourself in or someone you need to ask for forgiveness in order to invite peace into the relationship? Is there someone you need to text or call or pray about right now? [Allow time and space for this to happen. If the students want to send a text or make a call, pray for them before they do.]
9. Pray for you small group.
10. To wrap up, SAY: Making peace takes a lot of practice. It isn't easy and it doesn't come naturally. But remember, "A peaceful heart leads to a healthy body..."