



Loop



SMALL GROUP LEADER GUIDE

Survival Skills
Week 2: Retreat

Big Question

What distractions do you need to turn off this week?

The Verse

Luke 5:16 NLT

But Jesus often withdrew to the wilderness for prayer.

Order of Experience

Countdown/Hang Out

Icebreaker in Small Groups

Emcee Welcome

Worship

Emcee Transition to Message

Message/Salvation

Offering

Announcements

Activity/Small Group

Small Group Discussion

Check Out

Small Group Discussion

YouVersion Bible Plan

Make sure students check out the Bible Plan associated with this series:

How to Survive Middle School and Beyond

Icebreaker Question

How long do you think you could go without making any noise?

Choose questions for your small group.

1. How did the silence in today's video make you feel? *Allow students to be honest. It might have felt boring, uncomfortable, or even made them feel more restless.*
2. How do you think silent prayer time could either help calm your mind or help *keep* your mind calm?
3. Do you think there should be more room in your life for silence? Why or why not?
4. What does silence have to do with sensing God's presence or feeling like He's speaking to your heart?
5. Read **Luke 5:16 NLT**. Why do you think Jesus went to pray by Himself often? How do you think we can follow Jesus' example—even when we're in the middle of a busy season of life?
6. Where do you think you could go when you want to have some quiet time with God? *Ideas: Outside, in your room, in a closet, under your blankets, etc.*
7. It can take practice to get used to silent time with God—and to feel its effects begin to add calmness and rest to your body, mind, and spirit. How long do you think you could practice silent prayer for each day this week?

Leader Notes/Announcements

- *Promote **Swerve** and **Switch** to your 6th grade students.
- *Challenge students to bring a friend with them next week.
- *Tell your students about the **YouVersion Bible Plan**, and encourage them to complete it together as a group or with their families using Plans with Friends.