



Loop



SMALL GROUP LEADER GUIDE

Mind Control

Week 2: Control Your Emotions

Icebreaker Question

What made you laugh the hardest this week?

The Verse

Philippians 4:8 NIV

Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things.

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:

Think About the Things You Think About

Big Question

Which emotion is hardest for you to control?

Choose questions for your small group.

1. What stood out to you the most from the message? What's one thing you learned?
2. Think back to our Color Quiz game. Why is it easier to get things right when we think and respond instead of when we blindly and immediately react to situations? *Ideas: Thinking for a moment gives you a chance to stop yourself from jumping into wrong choices based on sudden emotions.*
3. Read **Philippians 4:8 NIV**. What does this verse teach us about responding instead of reacting to situations? *Idea: It teaches us to focus on whatever good there may be, instead of jumping to the negative.*
4. What's your answer to today's big question? *Printed above*
5. How can you take control when your difficult-to-control emotions are surfacing? *Ideas: Talk to a trusted adult, take a deep breath, count to 10, get some exercise, pray, sing songs to God, play peaceful music, etc.*
6. Pray together. Pray that your students would train their mind to obey and follow Jesus. Pray that they would begin to see more that is true, noble, right, pure, lovely, admirable, excellent, and praiseworthy.

Leader Notes/Announcements

*Promote **Swerve** to your 6th grade students.

*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.