



Loop



SMALL GROUP LEADER GUIDE

Mind Control

Week 3: Control Your Inner Critic

Icebreaker Question

What do you think is the last thing a superhero thinks about himself or herself before they go to sleep at night?

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

How does God show His love to you?

Choose questions for your small group.

1. What stood out to you the most from the message? What's one thing you learned?
2. Why do you think it's hard to control your inner critic?
3. Read **Philippians 4:8 NIV**. How could the truth from this verse help you face your inner critic? *You can remind your inner thoughts to stop focusing on your mistakes.*
4. What is one trash-thought you wish your inner critic would stop saying to you? How can you fight that trash with God's truth? *Ideas: Memorize Bible verses, learn what God really thinks about you by reading the Bible, ask a trusted adult what God's truth is that would fight the hurtful thoughts you have, write God's truth out and hang it where you'll see it often, etc.*
5. When do you notice your inner critic getting louder? *Examples: when you make a mistake, when you're at school, when you're meeting someone new, etc.*
6. What's your answer to today's big question? (*Printed above*) How can you allow God's love to be louder in your heart and mind than your inner critic's voice?
7. Pray together. Pray that your students would focus on God's truth instead of the trash their inner critic loves to throw around their minds.

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.