

HEAR / WEEK 1

HIGH SCHOOL

OVERVIEW

SUMMARY

The soundtracks, or the phrases that play on repeat in our minds, have the power to shape our lives. From negative thoughts to temporary feelings – these scripts can be overwhelming. What if there’s a better way to live? God invites us to renew our minds and in doing so, to change the way we experience everyday life.

This week we are focusing on encouraging students to see the power they have to recognize and change the thoughts running through their minds.

VERSE

“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today. Matthew 6:34 NLT

DAILY DEVOTIONAL

Search “Your New Playlist” on YouVersion to complete the devotional digitally or print out the provided series devotionals.



HOW THIS WORKS

The Faith Skills Experience Kit, along with the Daily Devotionals, is designed around what we call **The Four Faith Skills**. These are habits that we want teenagers to develop to build a personal, everyday faith.

WHAT

What are The Four Faith Skills?

1. **HEAR:** Prompting students toward Scripture or pointing them toward God’s creation.
2. **TALK:** Prompting students to talk to someone about their faith, to ask people questions, or to have a conversation with someone about faith.

3. **PRAY:** Prompting students to pray with others or by themselves through writing, drawing, or speaking out loud.
4. **LIVE:** Prompting students to respond to their faith through worship and service.

WHERE

Decide where you’ll be completing this devotional experience.

- At church?
- Digitally?
- In a public space?
- At home?

WHO

Who will you be completing this devotional experience with?

- A small group?

- A large group?
 - One-on-one?
 - With other students?
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THINK ABOUT THIS

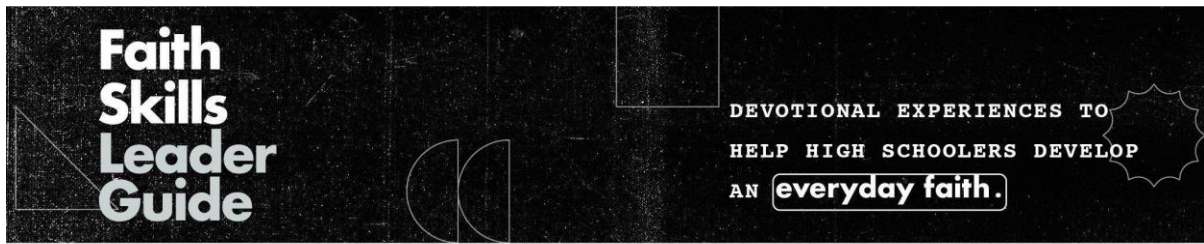
This series is all about changing the playlist—replacing the negative, unhelpful thoughts with new, true, and healthier thoughts. This requires two things of your students: self-awareness and self-discipline. Both are possible in the high school phase, and both will take some practice! Students first must pay attention to the thoughts

taking up space on their playlists. Then, they must apply the discipline required to replace it with a new truth. Be quick to remind students this won't happen overnight; it's not a one-and-done deal. Instead, it's something that requires practice, effort, and the help of God's Spirit to take the power of their thoughts back.

WHAT YOU'LL NEED

- ☐ Participant Guide (1 Per Participant).

- ☐ Pieces of paper.
 - ☐ Something to write with (1 per participant).
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HEAR / WEEK 1

HIGH SCHOOL

ICE BREAKER

Suggested time for this activity: 15 minutes

SAY THIS

- Welcome to week 1 of Your New Playlist! In this series we are talking about how God cares deeply about our thoughts, so each week we'll look to Scripture to help us choose mindsets that align with the full life we were created to live. Today we want to be upfront about the goal of this activity, to encourage you to see the power you have to change the thoughts running through your mind.
- Now I know what you're thinking, this is about to be an inspirational hour where we make promises to change your mind forever and cure you of any negative thoughts. Wrong! But what we will do today, and for the rest of this 5-week series, is challenge you to take ownership of your mindset and consider what it would be like to think like Jesus.
- To get started, let's talk about some of the content you see regularly that makes big promises, but is definitely too good to be true. Here's a few examples to get you started:
 - Lose 50 pounds in 5 hours with this easy diet!
 - Inspirational TikTok videos about how to become a millionaire before the age of 25.
 - Facebook scams promising 10k and all you must do is comment below.

ASK THIS

- What are some examples you see of promises that are just too good to be true?

HEAR

HEAR FROM GOD'S WORD

Suggested time for this activity: 30-35 minutes

INSTRUCTIONS

Suggested Time: 30 minutes

SAY THIS

1. Sometimes I think we want God's promises to be more like the inspirational videos we see on social media. We want the easy transition. We want our whole life to change with the touch of a button. And we want tomorrow to be solved today.
2. Let's look at Matthew 6 together. Before we get started, let's get some context for this passage. Will someone look up who wrote this, who it was written to, and when it was written?
3. Great! Now as we read the passage, I want to encourage you to mark up the page as much as you want. Here's a key to try, but feel free to take notes how you feel most comfortable!
4. Now that we have read the whole passage and investigated some context, let's focus on Matthew 6:34. I will pass out a worksheet for each of you to fill out on your own, and then we will rejoin as a group.
5. Now let's take some time in discussion.

DO THIS

- Read Matthew 6 together, Leader note: If several of your participants do not have bibles, consider printing off this chapter for each participant.
- Have participants highlight and take notes as you read the chapter together. Try this key:
 - a. Highlight words that stand out.
 - b. Underline words that you don't typically use.
 - c. Circle names or places.
 - d. Draw a star next to the verse that impacts you most.
- Next, use the participant guide to breakdown the verse Matthew 6:34.
- Write the reference (location in bible) of the verse in the wavy banner.
- Write out the verse in specified section.
- Fill in the FUTURE section by writing down worries, stressors, or big tasks that can be solved or conquered today. For example, today I need to
- Fill in the PRESENT section by writing down any worries, stressors, or big tasks that can't be solved or conquered today.
- Fill in the PRAYER section by writing a short prayer to God
- Then, write down 5 things you used to worry about in the PAST, that you don't worry about anymore.
- Then, write down 5 things in the future you tend to worry about. Cut off this section of the page. Tear piece into a bunch of pieces.
- Highlight or color the things you can focus on TODAY.

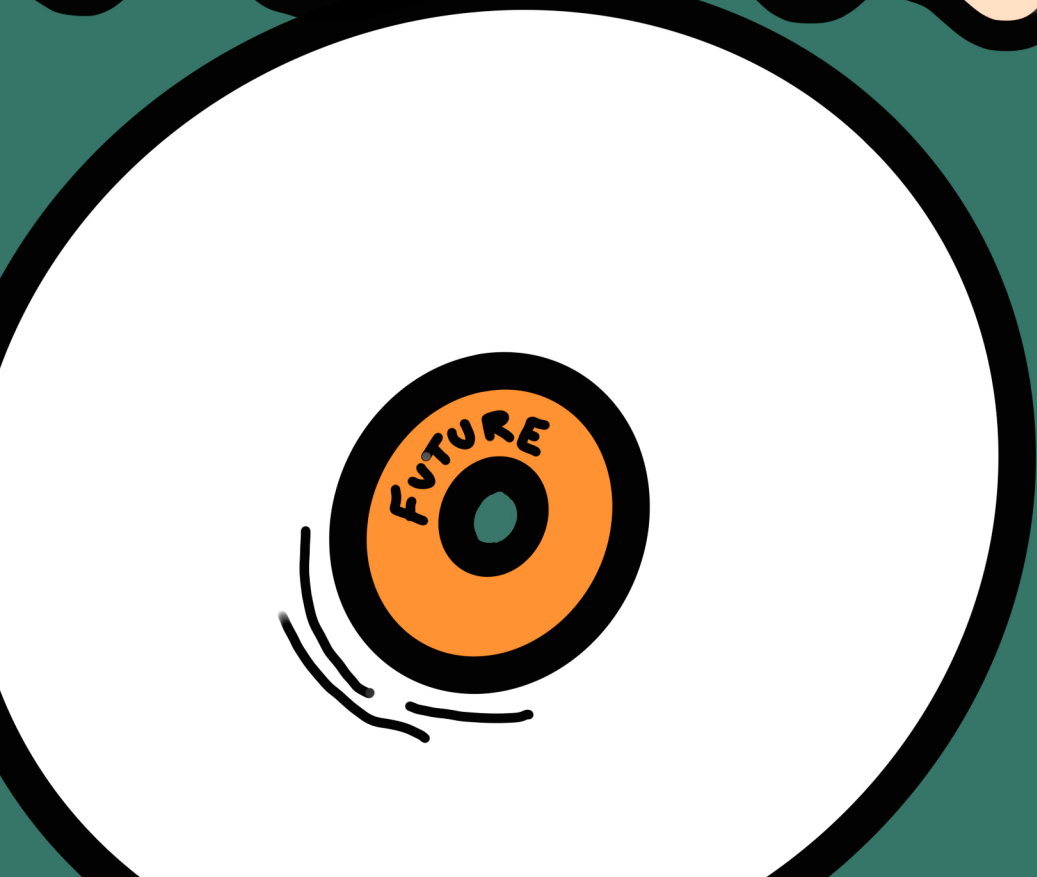
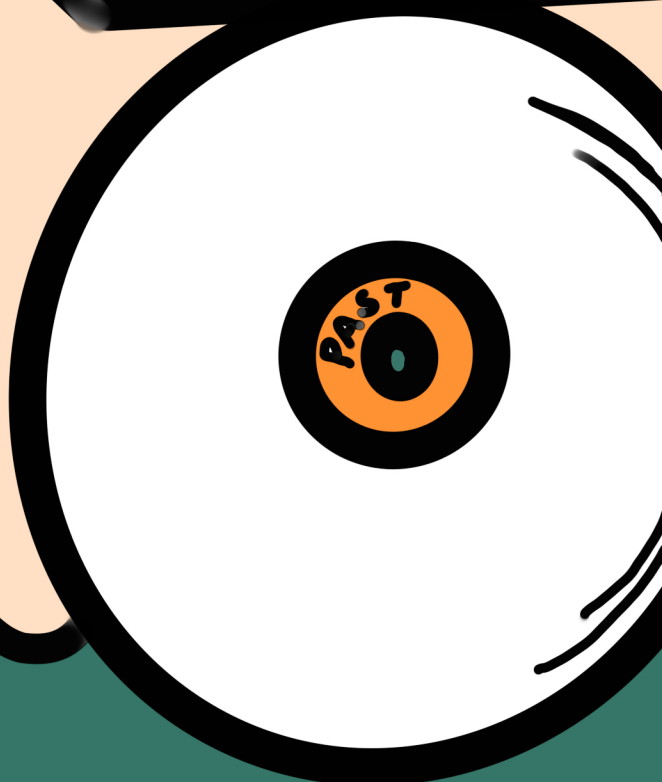
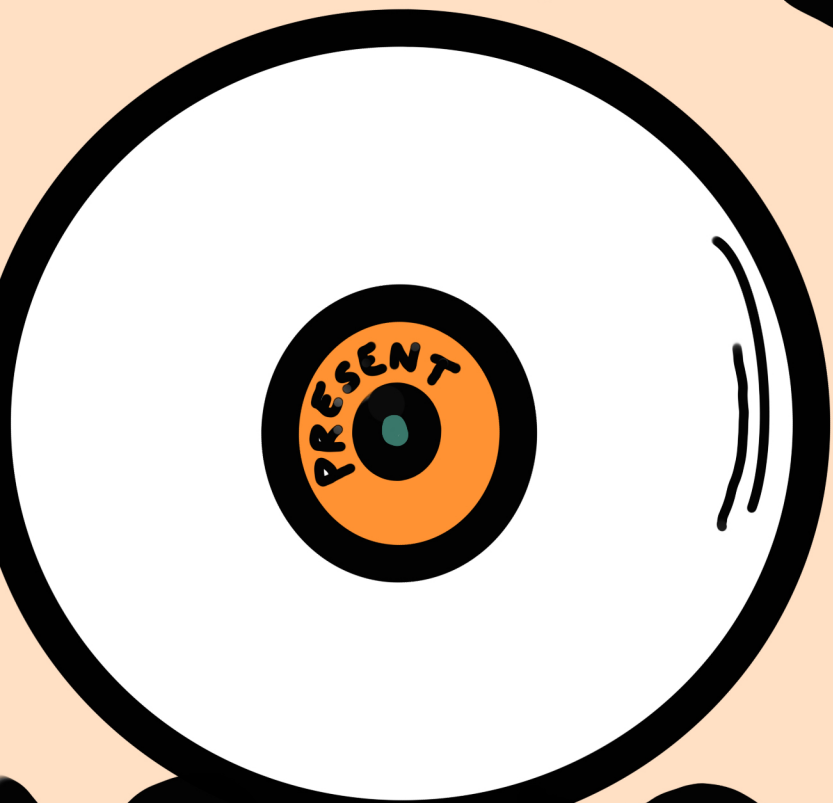
DISCUSSION

Suggested time for this activity: 15+ minutes

- Why do you think it's so easy to get so caught up in the future?
- How would you describe the difference between worrying about the future versus thinking about the future?
- What area of your life is hardest for you not to worry about? How do you think changing your mindset would affect that area?
- When you read the verse, how did it make you feel as compared to when you absorb content that is all about fast, easy, immediate results?
- Do you find this verses contest of not worrying about the things you can't control to be challenging or inspiring?
- What do you think "God's promises" are?
- What ways have you seen God answer your prayers or fulfill his promises in your life?

SCRIPTURE REFERENCE

TODAY'S VERSE



PRAYER