



## Small Group Discussion Guide

**ICE BREAKER:** Did you ever get “grounded” as a kid? If so, what types of events caused your parents to do so? What events did your parents not know about for which you *should* have been grounded?

**INSTRUCTIONS:** If your group meets bi-weekly, do 1 & 4.

1. What are some dreams or desires you sensed your family had for you as a kid or teenager? What about this did you appreciate? What did you struggle with? Talk about some of the "promises-in-the-moment" you made yourself when you were younger about what your future would be like. What were they? How might your life be different today if some of them had come true - or had not come true?
2. Pastor Tony mentioned three "red" versions of faith or life that don't ultimately work out but we tend to default into anyway. Which of these do you feel is most tempting for you or households you're close to? What are the dangers of each?
3. Scan Ephesians 5-6 and talk about what people who follow Jesus look like in their everyday homes and workplaces. Now dream about what you just read - if it all was happening in your life the way it's outlined here, describe what a typical meal together with your loved ones or co-workers might look like. What steps might you take to move toward this? How might your group support you in this endeavor?
4. Read Ephesians 6:12 and consider where it's placed. What is one thing in your life that you need to remember isn't a "flesh and blood" matter against people, but against the forces of evil and darkness? How can we join you in that? Among the different "power" tools Ephesians 6 mentions, there is both a practical takeaway, but also a deep spiritual component. What might God be telling you today? What might that mean for how you spend time with Him in the next few days?

## Personal Guide for Week of April 29th

What does it look like to pursue God? Meet some people and their encounters with the living God.

**DAY 1:** Read *Genesis 32:22-32* - Read how Jacob's encounter with God touched his life in multiple ways one night.

**DAY 2:** Read *Exodus 3* - See how Moses first met God.

**DAY 3:** Read *1 Kings 19:9b-18* - What would it be like to face natural phenomenon and then hear God whisper your name?

**DAY 4:** Read *John 4:1-42* - Read one woman's story and how meeting Jesus changed her life.

**DAY 5:** Read *Revelation 1:9-20* - What was it like for John to see Jesus in heaven?

# IS THIS US?

## MESSAGE NOTES AND SMALL GROUP DISCUSSION & PERSONAL GUIDES

“EVERYONE’S GROUNDED!”

APRIL 29, 2018

# IS THIS US?

A SERIES ON PARENTING AND FAMILIES

**“Everyone’s Grounded”**  
[Tony Myles, Student Ministries Pastor]

## MESSAGE NOTES

Today’s text: Ephesians 5-6

- Reality check #1: How does my past experience want to become my \_\_\_\_\_?
- Reality check #2: ...and how does that want to become my \_\_\_\_\_?

Imagine...

Fuller Youth Institute study:

- 500 high school seniors who were definitely “\_\_\_\_\_ kids” were studied/interviewed their first 3 years out of high school.
- “Our conclusion is that \_\_\_\_\_ to \_\_\_\_\_ percent of kids who are connected to a youth group when they graduate high school will fail to stick with their faith in college.”
- Another alarming statistic: \_\_\_\_\_% of those students didn’t \_\_\_\_\_ it.
- One more “ouch”: \_\_\_\_\_% of these students could remember a time when their parents shared about their own YES decision.

Keep in mind...the only time a statistic has power is if \_\_\_\_\_.

### 1) Approaches that won’t work:

- Red \_\_\_\_\_ church
- Red \_\_\_\_\_ living
- Red \_\_\_\_\_ rules

### 2) What does work:

- Red \_\_\_\_\_ of \_\_\_\_\_.

*“But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is only by God’s grace that you have been saved!).” (Ephesians 2:4-5)*

*“Finally, be strong in the Lord and in his mighty power.” (Ephesians 6:10)*

### 3) \_\_\_\_\_ make it possible to not stay stuck feeling

\_\_\_\_\_. (see Ephesians 6:10—20)

- The power of truth: We can be \_\_\_\_\_ in a world full of \_\_\_\_\_.
- The power of righteousness: We can take \_\_\_\_\_ without losing our \_\_\_\_\_.
- The power of peace: We can walk \_\_\_\_\_ when everything is \_\_\_\_\_.
- The power of faith: We can reject \_\_\_\_\_ when the Enemy personalizes a \_\_\_\_\_.
- The power of salvation: We can say \_\_\_\_\_ and benefit from that \_\_\_\_\_.
- The power of the Spirit/Truth: We can attack \_\_\_\_\_ while protecting \_\_\_\_\_.
- The power of prayer: We can join \_\_\_\_\_ instead of tagging \_\_\_\_\_.

*Is This Us?*

- Involvement in all-church gatherings during high school is consistently linked with mature faith after high school.
- The more students serve and build relationships with younger children, the more likely it is that their own faith will stick.
- Teenagers don’t want to be labeled or avoided by adults in their congregations, but want to feel honored, welcomed and pursued.
- 5:1 relationships—in little, medium and big ways.
- In a world where we expect instant results from everything, the most important things take time—but begin with a defining moment.
- Want to get started? It all comes down to your \_\_\_\_\_ for \_\_\_\_\_.  
(aka: Don’t put your notes away)

# IS THIS US?

A SERIES ON PARENTING AND FAMILIES

**“Everyone’s Grounded”**  
**[Tony Myles, Student Ministries Pastor]**

## MESSAGE NOTES

Today’s text: Ephesians 5-6

- Reality check #1: How does my past experience want to become my gut reaction?
- Reality check #2: ...and how does that want to become my final word?

Imagine...

Fuller Youth Institute study:

- 500 high school seniors who were definitely “church kids” were studied/ interviewed their first 3 years out of high school.
- “Our conclusion is that 40 to 50 percent of kids who are connected to a youth group when they graduate high school will fail to stick with their faith in college.”
- Another alarming statistic: 80% of those students didn’t plan it.
- One more “ouch”: 0% of these students could remember a time when their parents shared about their own YES decision.

Keep in mind...the only time a statistic has power is if nothing changes.

### 1) Approaches that won’t work:

- Red tag church
- Red Bull living
- Red marker rules

### 2) What does work:

- Red blood of Jesus.

*“But God is so rich in mercy, and he loved us so much, that even though we were dead because of our sins, He gave us life when He raised Christ from the dead. (It is only by God’s grace that you have been saved!).” (Ephesians 2:4-5)*

*“Finally, be strong in the Lord and in his mighty power.” (Ephesians 6:10)*

### 3) Power tools make it possible to not stay stuck feeling

powerless. (see Ephesians 6:10—20)

- The power of truth: We can be certain in a world full of suggestions.
- The power of righteousness: We can take hits without losing our heart.
- The power of peace: We can walk forward when everything is backward.
- The power of faith: We can reject evil when the Enemy personalizes a lie.
- The power of salvation: We can say YES and benefit from that YES.
- The power of the Spirit/Truth: We can attack dragons while protecting people.
- The power of prayer: We can join God instead of tagging God.

*Is This Us?*

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- The more students serve and build relationships with younger children, the more likely it is that their own faith will stick.
- Teenagers don’t want to be labeled or avoided by adults in their congregations, but want to feel honored, welcomed and pursued.
- 5:1 relationships—in little, medium and big ways.
- In a world where we expect instant results from everything, the most important things take time—but begin with a defining moment.
- Want to get started? It all comes down to your hunger for God. (aka: Don’t put your notes away)