

# **LIFE IN A GRIEVING WORLD**

## **SMALL GROUP | FAITH IN AN ANXIOUS WORLD**

### **LEADER REFLECTION**

This is not a 'teaching day' but a day to notice, celebrate and ground one another.

Your calm presence can shape the tone, allow those who may not have shared to suddenly share something - or more. Your presence and attention to this content can provide closure and recognition of big feelings and thoughts that may be going on.

Knowing your students, you might like to consider setting up your space to reflect the mood and discussion you're anticipating. We invite you to lead with intention. Despite what may appear like distance, or lack of engagement - consider how you model openness, discussion and a safe space for everyone in the room.

### **BIG IDEA**

To pause, reflect, celebrate growth, and prepare hearts for the next part of the season together.

### **SET UP & SUPPLIES**

Overall, keep the tone calm, warm, unhurried.

- Soft instrumental music playing
- Large paper on tables (butcher paper or chart paper)
- Markers, crayons, colored pencils
- extra paper to make commitments

Optional: battery candle in the center of table

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### **OPENING**

Leader Script (adapt as needed):

“Today is a breathing week. We’ve learned a lot this season. We’ve grown. We’ve worked hard. Before we jump into rehearsals and performances, we’re going to slow down and notice what God has been doing in us.”

Take 3 slow breaths together:

- Inhale slowly for 4
- Hold for 3
- Exhale for 4
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Repeat three times.

Pray briefly:

“Jesus, thank You for walking with us this season. Help us notice what You’ve been teaching us.”

### **TABLE REFLECTION**

Each table is to have one large sheet of paper.

Students can write words, draw pictures, doodle, or respond creatively.

Encourage quiet conversation, but allow silence too.

Write These 5 Prompts on the Board or Read Slowly One at a Time

1. What is something you learned this season about yourself?
2. What did you learn about Jesus?
3. What did you learn about having a relationship with Jesus?
4. How can we encourage one another during rehearsals, dress rehearsal, and shows?
5. How has K2K — your leaders and small group — helped you grow this season?

Leaders:

- Don’t rush them.
- Allow drawing.
- Ask gentle follow-up questions like:
  - “Tell me more about that.”
  - “What made you realize that?”

“When did you notice that change?”

## DISCUSSION

Younger students (Grades 2-3):

- Offer sentence starters:
  - “I discovered that I...”
  - “Jesus showed me that...”
  - “K2K helped me by...”

Older students (Grades 6-7):

- Invite deeper thinking:
  - “How did that change you?”
  - “What challenged you most?”

## ENCOURAGEMENT CIRCLE

After reflection time, gather in a circle. If table space is working well - continue here. If not, consider getting up and sitting with everyone’s feet touching in the middle & on the floor; or sit in a line with no one facing each other. (regardless of age - it can shift the mood, engagement or ability to listen by changing how the discussion is being presented)

### **Option 1: Popcorn Sharing**

Invite volunteers to share one thing from the paper.

### **Option 2: Encouragement Round**

Each student says one encouraging sentence to the group, such as:

- “I see growth in us because...”
- “I’m proud of us for...”
- “We can do this because...”

Leader closes this portion by affirming:

“I see courage in this group. I see growth. I see kindness. God is building something beautiful here.”

## LOOKING AHEAD

“As we move into rehearsals and performances, things may feel busy or stressful. What we practiced this season still matters.”

Ask:

- What will help you stay steady?
- What will help you stay kind?
- What will help you stay connected to Jesus?

Let students call out ideas.

Write 3-5 group commitments on a smaller sheet:

Examples:

- We will encourage, not criticize.
- We will pray before shows.
- We will include everyone.
- We will stay calm and breathe.

Have everyone sign it.

## CLOSING

Have students place one hand over their heart.

Pray:

“Jesus, thank You for how You’ve grown us. Help us encourage one another. Help us remember who we are in You. As we step into rehearsals and shows, let us reflect You — with joy, peace, and love. Amen.”

Optional: End with one unified group cheer or quiet group hug.