

# LIFE IN A HOPEFUL WORLD

## SMALL GROUP | FAITH IN AN ANXIOUS WORLD

### LEADER REFLECTION

Welcome to the final session in our series! Thank you for creating a space where students can talk about their worries and learn to live with hope. This week, we're helping kids see that God gives them power to make a difference, even when they feel unsure. Jesus doesn't expect us to be perfect—He invites us to listen, trust, and be part of something amazing.

We'll talk about how:

- We are made in God's image.
- Spending time with God helps us find peace.
- Being part of a caring community gives us strength.

You'll need several loaves of bread today. Each child will break off a piece for themselves and another to share. This isn't Communion, but a way to remember how Jesus fed a huge crowd with a little—and invites us to share hope too. You might want to ask a local baker to donate fresh bread!

### LEADER TIP

### BIG IDEA

God doesn't need us to be perfect—He just asks us to trust Him. We can reflect God's image, re-center with Him, and reconnect with others.

1. Jesus saw the crowd and had compassion. He cared that they were hungry, just like He cares when we feel empty or worried.

2. Jesus asked the disciples to help. They didn't have enough food or a plan—but Jesus used what they had.

3. God turns a little into a lot. When we bring even a small amount of kindness or courage, God can grow it to bless others.

4. We're made in God's image. That means we have the ability to love, care, and share.

5. We are stronger together. The disciples worked together to feed the crowd. We grow in our faith when we support each other.

### SUPPLIES

- Loaves of bread (enough for everyone to have a piece)
- Construction paper
- Markers
- Scissors
- Tape or stapler
- Handout x1 per student



## **BIBLE STORY**

Mark 6:30–44 (Jesus feeds the 5,000)

Small Group leader, tell the story from memory or read from your Bible.

## **HELPING HANDS CHAIN**

Purpose: Reinforce that we are linked together through hope and the ways we show up for people

Supplies:

- Construction paper
- Markers
- Scissors
- Tape or stapler

How it works:

- 1.Children trace and cut out their hands.
- 2.On each hand, they write or draw one way they can help someone during a hard time.
- 3.Link the hands together wrist-to-fingertips to form a long chain and display it.

## **SHARING BREAD MOMENT**

Gather students in a circle.

- 1.Take a chunk of bread and break it in two.
- 2.Say: “This first piece is for you—to remember that God is always with you. The second piece is to share—to remind someone else they are made in God’s image.”
- 3.Invite students to pass the bread around, breaking and sharing while saying, “You are made in God’s image.”

Make sure everyone is included. Leaders can step in if someone is missed.

## **DISCUSSION QUESTIONS**

- What part of today’s Bible story stood out to you?
- Why do you think Jesus wanted the disciples to help?
- What do you think it means to be made in God’s image?
- How does spending time with God help you feel stronger or braver?
- Who are some people in your life that help you feel hopeful?



## PRAYER TIME

Use the Lord's Prayer as a way to close your time together.

- Read it aloud together.
- Or go around the circle with each child reading a line.
- Or let children write or draw their own version of the prayer.

Our Father, who art in heaven,  
Hallowed be thy Name.  
Thy Kingdom come.  
Thy will be done in earth, As it is in heaven.  
Give us this day our daily bread.  
And forgive us our trespasses,  
As we forgive them that trespass against us.  
And lead us not into temptation,  
But deliver us from evil.  
For thine is the kingdom,  
The power, and the glory,  
For ever and ever. Amen.

## DAILY REPLAY

A simple 5-step prayer tool:

1. Be still and notice God with you.
2. Think of one thing you're thankful for.
3. Think of how you've felt today—what emotions came up?
4. Is there someone you need to forgive or ask forgiveness from?
5. Ask God to help you tomorrow. What do you feel hopeful about?

Encourage students to try this each day, using a journal or quiet moment before bed.

Invite students to try the Daily Replay as a family this week. You can do it at dinner, bedtime, or in the car:

1. Where did we see God today?
2. What are we thankful for?
3. How did we feel?
4. Do we need to forgive or ask forgiveness?
5. What are we hopeful for tomorrow?

Let your student know: they are not alone, they are made in God's image, and they are deeply loved.



# **JUNIOR COMPANY TAKE HOME**

“I came so that they could have life—indeed, so  
that they could live life to the fullest.”

John 10:10

## **LOOK AROUND**

This week, talk to someone in your church or community who gives you hope. It could be a leader, teacher, or someone who’s kind to others. Ask them how they stay hopeful when things feel hard.

Conversation Starters:

- What do you do when you feel stressed?
- What helps you feel close to God?
- Who’s in your “circle” of caring people?

## **CHALLENGE**

Draw a picture of your “circle”—the people who care about you and help you when life gets tricky.

This week at K2K, we looked at how Jesus used a small gift (5 loaves and 2 fish) to care for thousands. We learned that they don’t have to be perfect to make a difference. We know God can use our small acts of kindness, prayer, or friendship to bring hope.

Talk Together:

- What was something small you did this week that helped someone?
- Why do you think Jesus involved the disciples in the miracle?
- How do we stay hopeful when life feels hard?

## **TRY THIS AT HOME:      DO TOGETHER**

Create a family hope chain!

Write one “hope action” on each strip of paper (e.g., write a thank-you note, bake something for a neighbor, pray for someone). Connect the strips to make a chain. Each day, pick one action to do.