



FOCUSED LIVING IN CHRIST

Facilitator Guide – Lesson Two

RELAX The pressure is off! Wear what Christ has given you to wear.

Starting the Discussion

Use one (or both) of the following questions to begin the discussion.

- What are your plans for after high school? What factors influence or should influence what to do after high school?
- Besides Jesus or your parents, who is someone who has made a difference in your life and why?

Watch the “Relax Video”

Before viewing, encourage the youth to listen for takeaways from the video which they might be willing to share with the group. After viewing, ask the youth to share some of their takeaways. Their comments might lead naturally into some of discussion thoughts below.

Connecting & Applying Colossians 3:12-14

- Which of these “pressures” is the most difficult for you?
 - 1) The pressure to keep up with others
 - 2) The pressure to succeed
 - 3) The pressure to make a family member proud
 - 4) If none of the above, what pressures do you face in your life right now?

- What are healthy and unhealthy ways of dealing with the pressure?

Thoughts for the leader – Answers will vary, this is another opportunity to remind the youth to remember who they are in Christ—the message of video one. It’s easy to think that our future work, our success (or lack of success) define who we are. They don’t! We are who Jesus says we are. We already have the highest and best title and identity—holy, dearly loved children of God!

- God doesn’t put any stress or pressure on us to figure out the right career or future or else our lives are a waste. Instead it’s like he opens up the closet or drawer and says, “Here, wear this!” Pick one of the articles of clothing in Colossians 3:12-14 and tell of a time of when you

“wore that clothing” (compassion kindness, etc.) in your interactions with others or when others wore that with you and it impacted you greatly.

Thoughts for the leader – The answers will vary, but be sure to connect this clothing back to Christ. He was and is and gives all these to us! Also, he wore all of these articles of clothing perfectly in our place!

- In your own words, how has God prepared you for a life that makes a difference?

Thoughts for the leader – This is a good summary question for this lesson. We, first of all, marvel that we “wear” the royal title of being called God’s people. God has done the big, eternal work of making a difference in our lives! But then we marvel that God supplies his compassion, kindness, etc. to us to make a difference wherever we go and in whatever we do.

Close with Prayer

The leader may include specific youth prayer requests in the prayer.