



FRI DAY NIGHT OVERVIEW

We've all packed bags for trips before. We all know the stress of trying to figure out what we'll wear, what we'll need on the trip, and how much space we'll have left in our bag. We also know the anxiety that comes with trying to fit everything that is expected of us into our busy weeks. We know the headaches that arise at the intersection of what we want to do and what we actually have time to do. How does a student handle these stresses? In tonight's session, we'll turn to Jesus's words in Matthew 6 about making sure we put first things first. He tells his followers to make sure they have their priorities straight and put the kingdom of God first. We are going to challenge our students to consider what they are packing into their lives and if those things are the most important.

BOTTOM LINE

Put first things first.

SCRIPTURE

"So do not worry, saying, 'What shall we eat?' or 'What shall we drink?' or 'What shall we wear?' For the pagans run after all these things, and your heavenly Father knows that you need them. But seek first his kingdom and his righteousness, and all these things will be given to you as well." // Matthew 6:31-33

CONVERSATION STARTERS

- What is the first thing most middle schoolers put in their bag?
- What do people at school worry about most? (grades, popularity, being accepted, finding something they are good at, etc.)
- When life gets busy, what do people forget to pack into their life? (friends, family, sports, school, faith, etc.)

WHAT DOES GOD SAY

- Read Matthew 6:31–33. Jesus knows we have worries because he was human too. What worries does he mention in these verses?
- What does Jesus say should be our first priority?
- What frees us from worrying about the other things we may need? (knowing that “your heavenly Father knows” you need them)
- Does God really know or care about all the things you need as a middle schooler?

THINKING ABOUT YOUR LIFE

- What are your biggest priorities right now?
- What do you think you need to take out of your bag and leave behind?
- What habits/practices do you need to add to your bag to more effectively follow Jesus?