

# no regrets

pt. 2



## START WITH FUN

### Highs & Lows

(also called Best & Worst or Nopes & Dopes)

Have each student share something great and something not-so-great from the last week.

## SERIES OVERVIEW

Ask any adult, and they'll tell you there are things in their past they wish they could do differently. The old saying is true: Hindsight is 20/20. We all wish we could go back to our middle school selves and be wiser, more cunning, and use better judgment. The good news for students is that they have the chance to get many things right the first time. So, for a couple of weeks, we want to help our students prepare to live with *No Regrets*.

## LARGE GROUP

You might think that Jesus's sermons in the Gospels all say the same thing: love your neighbor, love God, and love your enemy. It's easy to think: *I get it; love everyone and be a pushover*. But when we think we understand Jesus' message, he instructs us in Matthew 10:16 to be sheep, doves, and serpents. It seems that Jesus wants us to be wise in a dangerous world and try to find the balance between assuming the best about people and not putting ourselves in dangerous circumstances.

## SCRIPTURE

*"Behold, I am sending you out as sheep in the midst of wolves, so be shrewd as serpents and innocent as doves." // Matthew 10:16*

## BOTTOM LINE

Be snakes and doves.

## STARTER QUESTION

Do you typically believe the best or the worst about people?

Have you ever been hurt because you assumed the best about a person or situation?

What is difficult about being both shrewd and innocent at the same time?

*Read Matthew 10:16.*

Who Jesus is talking to in this verse? (The 12 disciples who are going out on their own for the first time)

What are some other words that mean "shrewd?" (Clever, sharp, keen, calculated)

Can you think of a common situation where students could get hurt if they aren't aware of what's going on around them? (Such as walking down a busy street alone, interacting with a stranger, or being home alone when someone knocks on the door)

Who are the people in your life you need to be more shrewd around

**WRAP IT UP:** Summertime provides different temptations and challenges from those you face during other seasons. How can this group provide accountability for one another while you're not in a regular school routine?