

## **Week 1 - UP Series**

### **LIFE/INTRO QUESTIONS (CHOOSE 1 OR 2)**

- Did you finish this school year on a high note? Negative and positives of the year?
- Favorite thing to do in quarantine?

### **CONNECTION QUESTION**

- Have you ever found every reason not to go to school? You would make up every excuse on why you shouldn't go to school.

### **Sermon in a Sentence**

- Getting up requires action

### **SCRIPTURE**

**John 5:5-9** - 5 A man was there who had been [a] ill for thirty-eight years. 6 When Jesus saw him lying there and knew that he had already been a long time in that condition, He \*said to him, "Do you wish to get well?" 7 The sick man answered Him, "Sir, I have no man to put me into the pool when the water is stirred up, but while I am coming, another steps down before me." 8 Jesus \*said to him, "Get up, pick up your pallet and walk." 9 Immediately the man became well, and picked up his pallet and began to walk.

- What is being said in this scripture?

### **DISCUSSION QUESTIONS**

- Have you found yourself less motivated to do simple tasks in a time like this?
- How often do you find yourself focusing too much on a problem that it cripples you from getting up and taking action? Explain an instance.
- When trying to "get up" from a problem or situation, how often do you rely on Jesus' hand to guide you?

### **LIFE APPLICATION**

We want students walking away with 1 or 2 things they are going to do SOON to apply what they discussed.

- How can you find time this week to work on solving just one of your problems with the help of Jesus? Discuss ideas with your small group.

### **TAKE IT OUT**

- Close small group out with prayer requests.
- After prayer, be sure to remind them THE WEEKEND!