

High School Discussion Guide

Healthy Perspective: For the week of August 23 - 29, 2020

Main Thought and Scriptures:

"Think about the things of heaven, not the things of earth." (Colossians 3:2 NLT)

"I have told you all this so that you may have peace in me. Here on earth you will have many trials and sorrows. But take heart, because I have overcome the world." (John 16:33 NLT)

"Then you will experience God's peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus." (Philippians 4:7 NLT)

With the crisis of the pandemic and quarantine, many of us are filled with worry, doubt, and/or fear. But we serve a faithful God and scripture promises that we can experience joy and hope. This depends on what we're looking at. We can keep our eyes on our problems and struggles and be overwhelmed with stress, or we can fix our eyes on Christ, as scripture encourages, and experience His peace. It's all a matter of perspective. A healthy perspective recognizes that, despite the crisis now, eternity with Jesus awaits those who call him Lord.

Discussion Questions:

- What has been the most difficult thing for you during this pandemic/quarantine? How do you think having an eternal perspective will help you through that difficulty?
- What can you start to do immediately to gain an eternal perspective (pray more often, start a Bible plan, journal, etc)?

Prayer:

- Continue to pray against the spread of COVID-19 and the health implications (both physically and mentally).
- Pray that we would have an eternal perspective through this crisis.