

FALL 2023	Middle School	PE
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Caught Up

A series on comparison is unique in that it can cross all ages, phases, and stages of life. This isn't just a middle school experience; it's a human experience! No matter who we are, we're all likely to find ourselves caught up in comparison. So, during your talk this week, remember that you're encouraging middle schoolers toward steps of self-awareness that will help them not just now, but as they grow and deal with comparison on a larger scale.

MEMORY VERSE

"Guard your heart above all else, for it determines the course of your life."
Proverbs 4:23, NLT

Week One

2 Corinthians 10:12,
2 Corinthians 10:18,
Proverbs 4:23

God doesn't compare you to others.

Week Two

1 Samuel 18:8-9, Proverbs 14:30

Celebrating is better than comparing. .

Week Three

Romans 12:2, Romans 12:6

Choose to see yourself the way God does.

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Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, tell them about one thing you love about who they are.



Meal Time

At a meal this week, have everyone answer this question: "What is something you like about yourself? What is something you don't like about yourself?"



Drive Time

While on the go this week, ask your kid: "What is something that someone else has (a skill, a talent, a possession, etc.) that you wish you had?" (Make sure you answer, too.)



Bed Time

Pray that you and your kid will celebrate the wonderful ways God has made you both.



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