

# CATALYST 7-8

*Have fun. Connect. Learn together.*

## THE WAY BACK

### ICE BREAKER

Would you rather lose your voice for the Holidays or only be able to speak in lyrics from popular holiday songs? Why? (if anyone chooses lyrics, challenge them to a 30 second conversation)

## TALK ABOUT IT

1. How do you know when you're feeling anxious or fearful? Fear sees a threat and reacts. Anxiety imagines a threat and gets stuck.

- Can you tell the difference? Which "indicator lights" help you identify anxiety in your life?
  - ex: isolating yourself, working harder, not trusting that God will do what he said he would do

2. **Read Philippians 4:8.** We can't control the thoughts that fly into our mind, but we have a say in which ones land.

- Do you ever experience thoughts that are difficult to replace with ones that are true and honorable? What kind of thoughts?

3. We meet in small groups each week to build relationships and talk about the Bible.

- Does this group help you engage with the bible? Why or why not? How can your group grow in this area?
- Which relationships in your life are most life-giving? Why? How can your group grow to become more life-giving?

4. Challenge your group to read the Daily Bible Reading on the TPCC app for the month of December.

## PRAY ABOUT IT

Not used to praying out loud? That's okay!

God hears our imperfect prayers and knows exactly what we need.

Split up into groups and pray for each other.

### *Group Attendance*

Login on your phone:  
[my.tpcc.org](http://my.tpcc.org)

- username: initial of first name, last name (ex:awilson)
- password: same as it has been for any event with TPCC

Scroll down to Groups:

- select your student group
- scroll down to see your roster

Take attendance:

- click on attendance tab
- scroll all the way over to the right and select plus sign
- choose the attendance date + all students present

**To add a new student:**

- go back to your roster tab
- scroll to the bottom and select "add group member"

*"You're not alone. Jesus wants to carry your burden. Jesus's birth 2000 years ago was a statement that there is a plan and a purpose for your life."*

## LEADER PRO TIPS

Check out these leader tips & announcements as you prepare for group this week.

- Read discussion guide in advance so you feel prepared to lead
- Establish group norms so students know what to expect during this time
  - why do students come to group?
  - what makes a good group conversation?
  - what do students want to get out of group?
- Prepare ways to engage students in discussion. Here are some ways you can do that:
  - add a physical element or active game that relates to content
  - ask students to think about which celebrities remind them of the characters in the given passage
  - ask a student to lead a question to give them ownership over group time

### *Look Ahead*

Have you signed up to serve at a Christmas service? Consider serving as a group.

Catalyst will take a three-week winter break starting on December 22. See you again on January 12!

Start thinking about who you can invite to One Big Night on January 18.

