



This guide for student ministry groups is designed to empower students to apply the Golden Rule in their lives and spread kindness in their community. Through the study, students will explore how they can use what Jesus taught to help counter some of the polarization and negativity in our culture. A Director Guide and a Small Group Guide are provided for three weeks of gatherings. It is suggested the fourth week be an opportunity for students to practice kindness through a serving project in the church or community. **Download the graphic package for the TrndSttr series [here](#).**



## Teaching Outline and Overview

### Week 1: Chart Your Own Path

- Main Point: You Can Choose Your Path
- Theme Night: Gold Night
- Supplies: Print and cut conversion questions for each small group  
Sidewalk chalk or paper and markers

### Week 2: You Matter

- Main Point: You Matter
- Theme Outfit: Favorite Musical Artist
- Take Home: Sugar Scrub
- Supplies: mixing container, 1/4 cup sugar, 1/8 cup coconut oil, 5 drips essential oil,  
1 drop food coloring, Ziploc bags or small 4 oz. jars (1 per person)  
Beads and elastic thread

### Week 3: Rebellions Start Trends

- Main Point: Action Has Impact
- Theme Outfit: Favorite Sports Team
- Take Home: Single Domino Take Away
- Supplies: Dominoes - enough to build a track for each small group

## Week 1-Chart Your Own Path DIRECTOR GUIDE



SCRIPTURE: **Matthew 7:9-14**

MAIN POINT: **You Can Choose Your Path**

THEME: **Invite students to wear Gold or bring a favorite snack for a roadtrip.**

What is the Golden Rule and where does it come from? This week (and this month!) we will explore the Golden Rule - "do unto others as you would have them do unto you." That can be really hard because that isn't what the world teaches. So, how do we chart our own path in middle school and high school, and try to live differently, and why is it worth it? Through a theme of roadtrips, we will talk about what it means to follow a different path than our peers. Sometimes, living differently can be hard, but the impact is incredible!

Teaching ideas: Have a student leader share a five-minute testimony each week about charting their own path.

### GAME IDEAS

#### Packing for a road trip

Have roadtrip items hidden around the church that students have to find. (cooler, sleeping bag, snacks etc. Jazz it up by using kid cars that students have to drive, or roly chairs!

**Download Youth Ministry Screen Game - [What Can a Pot of Gold Buy?](#)**

### SUPPLIES

- Print and cut conversation questions for each small group
- Sidewalk chalk or paper and markers

### CHALLENGE

Practice doing unto others as you would have them do unto you this week.

### SCRIPTURE

Matthew 7:9-14 CEB

9 Who among you will give your children a stone when they ask for bread? 10 Or give them a snake when they ask for a fish? 11 If you who are evil know how to give good gifts to your children, how much more will your heavenly Father give good things to those who ask him. 12 Therefore, you should treat people in the same way that you want people to treat you; this is the Law and the Prophets.

13 "Go through the narrow gate. The gate that leads to destruction is broad and the road wide, so many people enter through it. 14 But the gate that leads to life is narrow and the road difficult, so few people find it.

### SOCIAL MEDIA

Have students write and hold up a sign saying "I am a Trendsetter" and then put them into a reel. This could promote the week, or be a recap.

## Week1-Chart Your Own Path SMALL GROUP GUIDE



SCRIPTURE: **Matthew 7:9-14**

MAIN POINT: **You Can Choose Your Path**

What is the Golden Rule and where does it come from? This week (and this month!) we will explore the Golden Rule - "do unto others as you would have them do unto you". That can be really hard because that isn't what the world teaches. So how do we chart our own path in middle school and high school, and try to live differently, and why is it worth it? For better or worse, every choice we make has impact. It could be a positive impact, a neutral impact, or negative. So we will talk about how to make choices that spread a positive impact around us. We will do this using the visual of dominoes, but also through themes like roadtrips, and roadways, and the journey we are on. We are just one person, but an unexpected act of kindness can impact many others, even if we don't see the fruit of our kindness.

### ACTIVITY

#### Golden Rule Scenarios

Give groups of 2-3 a scenario card. Have them, as a group, decide what most people would do, and then what the "golden rule" response would be. Have groups come back to the group and share together.

#### Crazy Walk

(If available, use chalk outside)

Break students into groups of 2-3 and give each group 2-3 pieces of paper or a section of sidewalk with chalk. Have them draw or write something for people to do once they get to their spot (jump, spin around, hop on one foot, follow the line, etc. Line up the papers to make a path for your group. Have students follow the path doing everything at each stop!

### OPENING QUESTIONS

What is your favorite roadtrip snack or game?

### SCRIPTURE

Matthew 7:9-14 CEB

### QUESTIONS

- What do you think it means to do unto others as you would have them do unto you?
- Are there any scenarios where that phrase wouldn't apply? (Help students realize that in traumatic or harmful situations, sometimes the kind thing is ignoring them, or setting boundaries. Kindness doesn't mean we don't have boundaries.)
- Do you think it is natural for humans to follow the Golden rule? Why or why not? Why is it sometimes difficult?
- Have you had an opportunity to "live differently" by living out the golden rule before? If so, what happened, and how did it turn out?

### CHALLENGE

Practice doing unto others as you would have them do unto you this week.

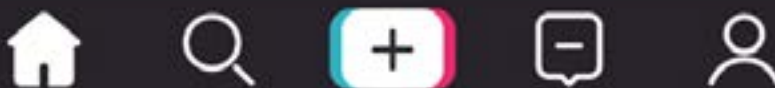
**I see someone sitting alone at lunch. I think they might be new, and they look upset.**



**My classmate wears a mask all the time. Some people make fun of them because no one masks anymore.**



**Someone on the football team missed an important pass and we lost the game. Lots of students are mad at him.**



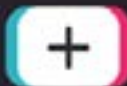
**Your parents grounded  
you for not following the  
rules.**



**You are checking out at  
Target, and the cashier  
isn't in a great mood.**



**You are driving and  
someone cuts you off.**



## Week 2-You Matter DIRECTOR GUIDE



SCRIPTURE: **Ephesians 2:10**

MAIN POINT: **You Matter**

THEME NIGHT: **Wear your favorite musical artist**

You matter. Sometimes that can be hard to believe, but it's true! One of the hardest things about the golden rule, is that it implies that we have to be kind to ourselves. When we don't see ourselves clearly, and don't value ourselves, that can feel impossible, and unnecessary. However, we are God's workmanship, designed intentionally and thoughtfully, born out of love. Accepting the truth that we are a masterpiece can be hard. So how do we do the work to learn to love ourselves? Sometimes, that is listening to the words of the people closest to us. Sometimes it means some hard work in therapy. Sometimes it means getting to know yourself! Whatever it is, it always takes vulnerability, and it is worth doing the work. You matter, and your life has worth and value.

Teaching Ideas : [Skit Guys God's Chisel Video](#)

### GAME IDEAS

#### Name That Tune

Pick 8-10 songs that you play ten seconds of. Groups get a point for every correct song.

#### Musical Chairs of Doom

Play musical chairs, but have two less chairs than the number of students playing. Each group should have 1 dodgeball. When the music stops, the 2 that don't have chairs race for the ball. Whoever gets hit first, is out.

#### Download Youth Ministry Screen Game

[Battle of the Bands Emoji Edition](#)

### SUPPLIES

- 1/4 cup sugar
- 1/8 cup coconut oil
- 5 drops of essential oil
- 1 drop food coloring
- 1 Mixing Container
- Ziploc Bags or Small 4oz Jars - 1/person
- Beads & elastic thread

### CHALLENGE

Give the sugar scrub or bracelet to someone who might benefit from it.

### SCRIPTURE

Ephesians 2:10 CEB  
10 Instead, we are God's accomplishment, created in Christ Jesus to do good things. God planned for these good things to be the way that we live our lives.

### SOCIAL MEDIA

Take pictures of students in their band tshirts!

### TAKE HOME

Sugar Scrub or Friendship Bracelet

## Week 2-You Matter SMALL GROUP GUIDE



SCRIPTURE: **Ephesians 2:10**

MAIN POINT: **You Matter**

TAKE HOME: **Sugar Scrub or Friendship Bracelets**

You matter. Sometimes that can be hard to believe, but it's true! One of the hardest things about the golden rule, is that it implies that we have to be kind to ourselves. When we don't see ourselves clearly, and don't value ourselves, that can feel impossible, and unnecessary. However, we are God's workmanship, designed intentionally and thoughtfully, born out love. Accepting the truth that we are a masterpiece can be hard. So how do we do the work to learn to love ourselves? Sometimes, that is listening to the words of the people closest to us. Sometimes it means some hard work in therapy. Sometimes it means getting to know yourself! Whatever it is, it always takes vulnerability, and it is worth doing the work. You matter, and your life has worth and value.

### ACTIVITY

#### **Sugar Scrub:**

Give each student two four oz jars and invite them to amke a sugar scrub for themselves and to gift to someone else

- 1/4 cup sugar (4-6 heaping spoonfuls)
- 1/8 cup coconut oil (2-4 spoonfuls)
- 5 drops of essential oil
- 1 drop of food coloring

Mix and split between the two containers.

#### **Friendship Bracelets:**

Use beads and elastic thread to make friendship bracelets.

### CHALLENGE

Give the sugar scrub ot bracelet to someone who might benefit from it.

### OPENING QUESTION

Who is one musician/band you would love to see in concert?

### SCRIPTURE

Ephesians 2:10

### QUESTIONS

- Think about someone you care about, your best friend, a famioy member, etc. What is one thing you love about them?
- What is one thing you love about yourself?
- Which question did you find easier to answer? Why?
- Why is it sometimes easier to see the good in others before we see it in ourselves?
- Why might it be important to love ourselves before we can love others?
- What are some examples of self-care?
- What is one way you can spend time caring for yourself this week?

## Week 3-Rebellions Start Trends DIRECTOR GUIDE



SCRIPTURE: **1 Peter 3:8-9, Ephesians 4:32, colossians 3:12-13**

MAIN POINT: **Action Has Impact**

THEME: **Wear your favorite sports team**

For better or worse, every choice we make has impact. It could be a positive impact, a neutral impact, or negative impact. So we will talk about how to make choices that spread a positive impact around us. We will do this using the visual of dominoes, but also talking about real people who shifted our culture for the better. Individuals like Nelson Mandela, Mother Teresa, Malala Yousafzai, Martin Luther King Jr, and of course Jesus. We even hear about young people in our church doing this same thing! These people were sometimes considered rebels, people working against the status quo. But these rebellious people promoted change through peace, and kindness, but also boundaries. Rebellious people can start positive trends that impact and change the world, and we can do that too. \*Remember\* students with trauma and a history of abuse will struggle here. Forgiveness doesn't equal trust. Sometimes kindness does involve cutting someone out of our life.

**Teaching Ideas:** Make a domino track, invite a student up to share a related personal story or testimony

### GAME IDEAS

#### Grow Games- Two Sport Ball

This game is a mix between soccer and Ultimate Frisbee. Two teams will try to score as many points as they can by moving the ball down the field in two ways. If the ball is on the ground, the game abides by soccer rules. If it's in the air, Ultimate Frisbee rules apply. The team with the most points wins!

#### Download Youth Ministry Screen Game

[Big Game Crowd Charades](#)

### SUPPLIES

Dominoes - enough to build a track for each small group

### CHALLENGE

Counting the number of dots on your domino, do one kind thing for each dot.

### SCRIPTURE

1 Peter 3:8-9 (CEB): Finally, all of you be of one mind, sympathetic, lovers of your fellow believers, compassionate, and modest in your opinion of yourselves. Don't pay back evil for evil or insult for insult. Instead, give blessing in return. You were called to do this so that you might inherit a blessing.

Ephesians 4:32 (CEB): Be kind, compassionate, and forgiving to each other, in the same way God forgave you in Christ.

Colossians 3:12-13 (CEB): Therefore, as God's choice, holy and loved, put on compassion, kindness, humility, gentleness, and patience. Be tolerant with each other and, if someone has a complaint against anyone, forgive each other. As the Lord forgave you, so you also forgive each other.

### SOCIAL MEDIA

Poll students about who their favorite teams are on your story!



## Week 3-Rebellions Start Trends SMALL GROUP GUIDE



SCRIPTURE: **1 Peter 3:8-9, Ephesians 4:32, colossians 3:12-13**

MAIN POINT: **Action Has Impact**

THEME: **Domino**

For better or worse, every choice we make has impact. It could be a positive impact, a neutral impact, or negative impact. So we will talk about how to make choices that spread a positive impact around us. We will do this using the visual of dominoes, but also talking about real people who shifted our culture for the better. Individuals like Nelson Mandela, Mother Teresa, Malala Yousafzai, Martin Luther King Jr, and of course Jesus. We even hear about young people in our church doing this same thing! These people were sometimes considered rebels, people working against the status quo. But these rebellious people promoted change through peace, and kindness, but also boundaries. Rebellious people can start positive trends that impact and change the world, and we can do that too.

### ACTIVITY

Have students work in groups of 3-5 to build a domino track. Give them a time limit of 5 minutes to complete their track. Take turns watching each group explain their track, and then letting them fall. Then ask the following questions:

1. Did the track respond the way you expected? Why or why not?
2. If it didn't respond the way they hoped, find out if it was better or worse, and why.

### CHALLENGE

Count the number of dots on your domino, do one kind thing for each dot.

### OPENING QUESTION

If you could be amazing at any sport, what would you pick?

### SCRIPTURE

1 Peter 3:8-9; Ephesians 4:32; Colossians 3:12-13

### QUESTIONS

- Have you ever experienced a random act of kindness? How did it feel?
- Have you ever done a random act of kindness? What did you do?
- Why were people like Malala, MLK Jr. and Nelson Mandela, and many others considered rebellious? What is a better word to describe them?
- Why are people so triggered by people trying to change the status quo?
- How might your school look/feel different if there was a domino effect of kindness?
- What is one way you could start that in your school?