

Come up with one word that you want to live by and be about this year.

Leader Notes

Help your students come up with their one word. If you're able to, also help them discover and find a Bible verse to go along with it (just Google search "what does the Bible say about _____"). The purpose of having this one word is for students to have very focused goals this year on who they want to become. If your students are having a hard time coming up with a word, help them process through what they want to be about this year, then boil it down to one word.

Talk It Over

1. Ice Breaker: If you could live with a superhero name, what would it be and why? (You can make up any superhero name; it doesn't have to be an existing one.)
2. What did you think about week two of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. What's the best thing someone has ever said about you? Why was that so good?
4. What's one word you think people would use to describe you? Why? Do you like that word? Why or why not?
5. What word would you use to describe yourself up to this point in your life? Why would you use that word?
6. Read **Isaiah 55:11** out loud together.
7. What do you think that verse means and is talking about? What would that look like in your life?
8. What's your one word for the year? Why did you choose that word? How can you go about living that out this year?

Oasis Group Questions

1. Ice Breaker: If you could live with a superhero name, what would it be and why? (You can make up any superhero name; it doesn't have to be an existing one.)
2. What did you think about week two of *Challenge Accepted*? What did you like? What didn't you like? What stood out to you most?
3. Tell about a time you've seen words be helpful (either said to you or that you've said to someone else). What made them so helpful?
4. Tell about a time you've seen words be hurtful (either said to you or that you've said to someone else). Why were they so hurtful?
5. Tell about a time you were empowered by something said to you, or a time when you empowered someone else by something you said to them. Why was it so empowering?
6. One of the statements made was: "We become what we believe." Do you agree with this? Why or why not? If so, how have you see this to be true in your own life?
7. Read **Isaiah 55:11** out loud together.
8. What do you think this verse means and is talking about? What would that look like in your life?
9. What's your one word for the year? Why did you choose that word? How can you go about living that out this year?

Group Challenge

Put your one word all over the place to remember it wherever you go. Make it your background on your phone or computer; put it up in your locker; keep it in your backpack or purse.