

34,000

Q3 34,000 - 02 BITTERNESS/JEALOUSLY

PLAYLIST

<https://open.spotify.com/user/campuslife1965>

PURPOSE

Middle school students are filled with emotions but often the capacity to only name a few of the basics (think Inside Out - Anger, Fear, Sadness, Joy). This series will help them dive into some of the more complex emotions; show biblical examples of that emotion and challenge them to lean into Jesus through it.

NOTE TO SITE DIRECTOR

Challenge yourself as the director to only lead one part of each Club if at all and hand everything else off to different leaders!

MINISTRY LEADER EMPOWERMENT

This would be a great series to practice follow-up: Challenge every leader to text 2-3 students each week an emotions wheel and ask them what the dominant emotion is currently and why. Helping students think about what they are feeling and experiencing can lead to a lot of growth!

RMA CONNECTION

APPOINTMENTS/SMALL GROUPS

Both of these RMAs are key as you are winding down the year and wanting to take things a step deeper. The emotions we are focusing on can feel overwhelming and suffocating, so if you notice a student in your group that resonates with the emotion, try setting up an appointment to listen and learn more. Be intentional about

asking how Jesus fits into that situation and emotion and take every opportunity the Holy Spirit leads you to present the Gospel!

YFC National has a lot of really great [Small Groups Resources](#), but we'd recommend Shift, His Story/Her Story or You to correspond with this series.

PREP

SUPPLIES NEEDED:

- Projection & Sound System for Media
- Notecards with animal names
- Emotion Wheel Print Outs

WELCOME

What's up, everybody?! This is our second week of 34,000 where we are talking all about emotions, especially some of the emotions we'd like to avoid or say we don't feel. BUT before we get into the hard conversations, I am going to set a timer for 60 seconds and I need you to find a partner and come up with a secret handshake with that person. Read? GO!

Dang, I saw a lot of good potential handshakes, my challenge to you would be to do that handshake any time you see that person in the halls this week! Take a little bit of Campus Life with you! Now, let me introduce you to _____ to lead our first game (*bonus points if you do a fun handshake to pass the mic to that person*).

CROWDBREAKER

ANIMAL PAIR-UP

SUPPLIES NEEDED: Notecards with animal names on it for each student/leader

DIRECTIONS: Pass out animal note cards to each participant and tell them to not show anyone else (you could also collect them before play). Make sure that every note card has at least one other of the same animal and is an animal that can be acted out easily or makes a known noise. On go, the students will go around the room making their animal's noise/acting like their animal and try to find all of the other players with the same animal. Once they think they have everyone for their animal, they sit down.

***NOTE:** You can switch up the game if you have enough blindfolds and blindfold each student so that they can only find each other through sound. Instead of walking around, have them crawl on all fours.

****If you have "that student" who can take a joke, give them a loud animal like donkey or elephant and make sure there is only one of those animals so they are left alone when everyone is in groups.**

SMALL GROUP GAMES

[VIEW SMALL GROUP GAME & ACTIVITY IDEAS HERE](#)

If you are working with smaller groups, we recommend playing **IN COMMON** and **PTERODACTYL SMILE** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

VIRTUAL GAMES

[VIEW VIRTUAL GAME IDEAS HERE](#)

If you are working with students in a virtual setting, we recommend playing **ROCK PAPER SCISSORS** and **THE COUNT** for this Club. You can access supplies needed and gameplay instructions by utilizing the link above.

MEDIA

Q3 34,000 - 01 WOODY'S JEALOUSY

TRANSITION

SSSSSSHHHHHEEEESH, CAN YOU SAY BITTERNESS, WOODY? The dictionary definition of bitterness is, "a feeling of hostility or resentfulness" and man, that perfectly defines Woody in that situation. He was used to being the favorite, being the one that everyone looked to and now this new "toy" came in and was taking the limelight away from him. Woody was being pushed to the side while Buzz was replacing him. Woody was resentful and hostile.

Unfortunately, we are all too acquainted with bitterness in our own lives, especially in middle school. Other people have the friends, clothes or spot on the team that we want and so we resent them for it. We aren't just jealous of what they have but we are hostile towards them for having what we want. We feel less than, so we act out in anger to tear the other person down. So, before we get too far into bitterness, let's go into our small groups to discuss!

DISCUSSION

SMALL GROUP DISCUSSION QUESTIONS

- 1) Looking at the emotion wheel, what is your dominant emotion this week? What has caused you to feel that?
- 2) If you had to assign an emoji to the emotion of bitterness, which emoji would you pick? Why?

- 3) Without naming names, how have you seen jealousy or bitterness play out in middle school?
- 4) What are the dangers of feeling jealous or bitter?
- 5) What can you do when you are struggling with bitterness or jealousy?

GOING DEEPER

- 1) How can bitterness or jealousy affect a relationship with Jesus?

WRAP UP

Leader, share a personal story of a time that you experienced bitterness/jealousy, why you were feeling it and the effects of that bitterness or jealousy that you can see now.

Whether it is my story, Woody's story or middle school students' stories, I think bitterness/jealousy always has roots in insecurity. If we were totally secure in ourselves, we would have confidence in people's love and appreciation of us regardless of what others had, but instead we doubt our worth and ability to be loved. As long as we have more or better than others, we feel pretty good but we compare ourselves to others and feel ourselves falling short, jealousy and bitterness grows within us.

When I think about bitterness/jealousy in the Bible, there is one major story that sticks out and it spans the course of the entire first book of the Bible, Genesis, so I'm not going to read it word for word but I'll summarize it. *[Familiarize yourself with the entire story of Joseph, specifically Genesis 37]* Joseph was the baby of the family with 11 older brothers and let's just say he was the typical baby - he got a little bit more attention from his father who had made him this beautiful coat of many colors that really started to grow bitterness and jealousy in the eleven brothers. On top of that, Joseph had a dream from God that he would grow to a position of power and be in charge of his brothers even though he was the youngest. Talk about bitterness and jealousy - now not only is it clear that their dad favors Joseph, but now he is over here having dreams from God that he is going to reign over them?! Also, for context, the oldest would often have more rights, favor and power so the fact that Joseph was saying the opposite was going to be true was kind of insulting to the older brothers.

All of this bitterness and jealousy grew until one day all of the brothers were out in a field doing their jobs when the older brothers said to one another, "Here comes the dreamer. Come now, let us kill him and throw him into one of the pits. Then we will say that a fierce animal has devoured him, and we will see what will become of his dreams." One of the brothers, Reuben, talked some sense into the others saying that they shouldn't kill him, just leave him in the pit for a bit and then bring him back so they could look like heroes saving the long-lost brother but once they stole his coat and tossed him into the pit they sat down to a nice dinner when they saw a group of people walking by and another brother, Judah had an even better idea where they'd be less guilty. So, they went to the pit and pulled Joseph out of it and then sold him to this group of wanderers as a slave so they wouldn't be able to be blamed for Joseph's death. Slavery instead of a slow death in a pit? I guess maybe that's better.

Eventually, the story gets crazy and Joseph's dreams come true and he ends up in a position of power with his brother's begging for his help, but we won't go into that - but seriously it's a crazy story that leaders would love to help you explore outside of Club time if you want to meet up and read it all together.

But like with Joseph's brothers, our feelings often start with a little comparison or feeling inadequate in ourselves and grow to being jealous of those who have what we want - in the brothers' case, the father's love and affection - and then that jealousy grows to full fledged bitterness that we are acting out on. Maybe we aren't physically going around throwing the people we are bitter towards in a pit or selling them into slavery but maybe we are looking with a watchful eye for when they mess up so we can taunt them; maybe we are spreading a rumor or gossip; maybe we are looking for any opportunity to feel bitter about them; maybe we are sliding into their girlfriend's or boyfriend's dm's or even just a mean look sent their way in the hallway or a passive aggressive rate on Insta. The truth is, if we don't take care of our bitterness, it will always leak out.

RESPONSE

You may be sitting there thinking, okay, but how do I not grow jealousy and bitterness because it's so easy?! I get that, even as an adult, I constantly have the opportunity to compare myself to others and come up less than them in all kinds of categories.

One way to combat jealousy and bitterness is to get to know the stories of those people around you. Truth is, if you wanted someone to seem like they are better than you, you'll always find a reason but if you seek to understand their story and why they are the way they are, you'll growth empathy and understanding over jealousy and bitterness. If Joseph's brothers would have asked him questions and sought to understand him, maybe they would have found out that though he knew his dad loved him, he was always afraid of disappointing him because his father put him on a pedestal or that his gift of dreams from God also came with anxiety and doubt. Maybe they would have been able to empathize with those feelings rather than wanting to tear him down.

The second way to combat jealousy and bitterness is to practice gratitude. Research shows that as you practice gratitude over comparison, your brain will physically start to rewire itself to experience more gratitude and less comparison even if it is just a list of 3-5 things each day that you are thankful for.

So, your challenge this week is to get to know someone you tend to compare yourself with. Ask them how they are really doing, what the hardest thing is in life right now, how you can be a good friend to them or just watch them and look to learn things you don't know. Allow knowing more about them to cause you to care for them. Second, starting right now, I want you to make a list of three things every day that you are thankful for, so everyone grab your phones and make a note. I'll even make a deal that if you post your three things on social media and tag _____ (CL Page) in it that you'll be entered to win a gift card next week - the more you post, the more entries you get!

Let's stop our jealousy and bitterness from growing and taking action this week

ANNOUNCEMENTS

SITE DIRECTOR - list any announcements here that you need to communicate to your group before Club concludes!

HEAD'S UP

NEXT WEEK | 34,000: ASHAMED

We'll look at a biblical example of this emotion and continue coming alongside our students!

2 WEEKS | 34,000: UNVALUED

We'll look at a biblical example of this emotion and continue coming alongside our students!