

**NOTE to Facilitator:**

Congratulations for stepping out and willing to facilitate discussion with your Middle School or Junior High Faith Club. The first tip is this. IT's EASY! All you have to do is read and follow this guideline below. Blessings and God Speed! One last tip. It's all about participation. Encourage everyone to share in the small groups. (Groups size can be anywhere from 4-8 kids in a group).

Opening Prayer: God, this world can feel heavy at times. There's conflict all around us. God, when we don't know where to go, and we feel overwhelmed by the day, help us to turn to you. Thank you for giving us a path for our feet and for never abandoning us.

Topic: Go to Jesus**Scripture Reading:**

Matthew 11: ²⁸ "Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

Discussion Questions:

1. Where is the strangest place you have fallen asleep?
2. When was a time that you went to Jesus during a struggle?
3. How could you be humble and gentle today?
4. What is one part of Jesus' life that you want or need to learn from?

Closing Prayer:

God, your way is always the best way. You know the best paths for our lives. You know the deepest joys in our hearts and peace in our souls help us follow you there because that is where you are. Thank you for giving us strength for the day and hope for a better life.