

## INTRO

- When you think about Gen Z today (ages 14-29), what concerns you and what gives you hope?

## READ

Colossians 2:6-8

Isaiah 9:1-4

Psalms 30:11-12

## REFLECT &amp; RESPOND

This past Sunday, we heard from three students who shared what God has been stirring in their hearts. Together, they pointed us toward a Christ-centred life and invited us into a deeper, more resilient faith.

## 1. Rooted Values (Col 2:6-8)

**Josh** reminded us that our values are not neutral. They are shaped every day, either by Christ or by the culture around us.

*Q: what voices most shape your thinking right now? (e.g. media, friends, family, academic or work culture)*

*Q: Paul warns against being “taken captive” by hollow or deceptive philosophies.*

- *What does that look like in our current cultural moment?*
- *How do we practically interpret life through the lens of Christ?*

Practice: Pay attention to what is shaping you. Name one input you may need to limit and one Christ-centred input you want to strengthen.

## 2. Fear &amp; Deliverance (Is 9:1-4; 10:27)

**Abigail** challenged the idea of a “safe” faith. She reminded us that surrender positions us to experience God’s deliverance, especially in the face of fear.

*Q: How would you describe a “safe” faith? Why can this kind of faith be limiting or harmful over time?*

*Q: how is surrender different from passivity?*

Practice: Is there an area of resistance or fear in your life right now? What might surrender look like for you in this area?

## 3. Worship in Trials (Ps 30:11-12)

**Abe** emphasized that worship is not a denial of pain. It is a declaration that God is sovereign and worthy in the midst of it. Worship does not erase suffering, but can reorient our trust.

*Q: Why is worship often hardest during personal trials? And why is it especially important in those moments?*

*Q: How have you seen worship shift your perspective, even if the circumstances stayed the same?*

Practice intentionally worshipping honestly this week, making space for gratitude, lament, or surrender.

## PRAY

Pray through these themes together:

- For **wisdom**: to be discerning what is influencing us and to be rooted in Christ.
- For **courage**: to surrender fear and trust in God’s delivering power.
- For **trust**: to hold onto God’s goodness and greatness even when our lives are difficult.