

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

Psalm 30:11-12

REFLECT & 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 & 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 worshiping 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.