



ATTITUDE CHECK

ENGAGE

WELCOME

Make the students feel welcomed, wanted and seen.

Shake hands, give high-fives, write name tags, and connect them to other students.

ICEBREAKER (INTERACTIVE OR VERBAL)

Play a game with the Huddle or discuss the following to kick things off:

- *Are you prone to be a “worry wart”?*
- *On the scale from “not a care in the world” to “anxious 24/7,” where do you naturally tend to fall?*

(Option) Think - Pair - Share: Think about last week’s challenge. How did it go? Pair with the person next to you and share any wins or thoughts from the previous week.

READ: Philippians 4:4-7

“Always be full of joy in the Lord. I say it again--rejoice! Let everyone see that you are considerate in all you do. Remember, the Lord is coming soon. Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank Him for all He has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

EQUIP

SAY: Imagine you are entering in to the biggest game of the year. Music is blaring, the fans are roaring with excitement and your coach is giving the final pep talk. Despite the energetic environment and blood rushing through your body, you have a moment of doubt. Panic sets in. *“What if I mess up?” “What if the college scouts don’t think I am good enough?” “What if…”* you fill in the blank.

We’ve all been there. Whether it’s pre-game jitters, test anxiety, or simply facing everyday challenges, we all know how defeating doubt and anxiety can be. Worry can consume us if we let it. However, our outer circumstances don’t have to dictate our inner attitudes. For instance, Paul wrote Philippians while he was in jail. Can you imagine telling people not to worry about anything from inside a jail cell? Paul knew that true peace was not found in positive thinking, in absence of conflict, or even in good

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feelings. Peace and joy come from knowing and believing that God is in full control, no matter the circumstance.

Paul sought hard after Jesus's heart and followed the example He set. Jesus possessed an inner calmness in every situation. In times where panic and overwhelming anxiety could have set in, Jesus prayed with a thankful heart and believed that God is in absolute control. God calls us to live above and beyond our worries. He calls us to live by faith, not by fear. We are not in control of our lives—and that's okay.

INTENTIONAL CONVERSATION

The win of a Huddle is empowering key leaders to create an environment in a sports community where the gospel is made known and lived out through intentional conversation. Spend time in small groups discussing the following questions:

1. What do you fear and how does it affect the way you live? Does it lead to anger, worry, anxiety, or an attempt to control others?
2. What are one or two practical things you can do to combat these peace-stealers?
3. Do you agree with the statement that worrying implies that you don't believe in God's promises? What steps can you take to practice actively trusting God with your life?

EMPOWER CHALLENGE

SAY: This week, when you start to worry about something, stop, pray and find one thing to thank God for. Take note of how you feel after and be prepared to share next week.

PRAYER

Break the Huddle. Invite the students to come back next week to engage with one another.

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