

Walking through the 1-Sheet

Each week, your 1-sheet follows a simple rhythm: students connect with one another (Belong), discover what God's Word says (Believe), and respond by living it out (Become). Since this is your first week together, use today's lesson to set expectations and begin building relationships at your table.

BELONG

Use this time to connect with students. **Starter questions** will help get the conversation going. This is also when you'll check in on how students lived out the previous week's **Become** challenge. (More on that at the end.)

Starter Questions: What's your favorite memory from your summer? Tell us one thing you want to focus on this semester.

BELIEVE

The Believe section helps students discover God's truth through His Word. As you walk through the passage together, guide students to understand what the Bible says, what it means, and how it applies to their lives.

Scripture: Psalm 121:1-2 (Start by helping students navigate their Bibles and find today's passage. Read the verses together as a group or divide into smaller groups to read them aloud.)

Main Idea: God is my help. (The Main Idea is the central truth of the passage. Share it with your group, then continually point students back to it throughout your discussion.)

Focus Question: Where do I look for help? (This helps students begin thinking about how God's Word connects to their lives. Ask it before you begin studying the passage, then revisit it at the end to see how Scripture answers it.)

The next two sections help you explain the passage, but they serve different purposes:

- **Context** is what students need to know before reading the passage.
- **Summary** is what students should understand after reading the passage.

Context:

Context gives students the background they need to understand today's passage. Use it as a guide, not a script. Keep it conversational and help students see where today's verses fit into the larger story of Scripture.

Psalm 121 is one of the *Songs of Ascents* (Psalms 120–134), a collection of psalms God's people likely sang as they traveled to Jerusalem for worship. Although the author is unknown, the psalm encouraged God's people to trust the Lord during life's journey. Whether traveling to Jerusalem or facing the challenges of everyday life, they were reminded to look to the Lord rather than relying on themselves or anything else for help.

Summary:

Summary explains what the passage says and means. Use it to help students understand the main truth before moving into discussion.

The psalmist begins by asking, "Where does my help come from?" He immediately answers that his help comes from the Lord, the Maker of heaven and earth. Rather than trusting himself or his circumstances, he placed his confidence in God's power and care. These verses remind us that God is our faithful Helper no matter what we face.

Study Questions:

We work through each passage verse by verse or section by section, helping students discover what the Bible says before jumping to personal application. Encourage students to look back at the text as they answer rather than guessing from memory. It's okay if they don't know the answer right away. Give them time to search the passage, think about what they're reading, and discuss it together. Your role is to guide the conversation, ask follow-up questions, and help students understand what God is communicating through His Word.

- According to verse 2, where does the psalmist say his help comes from? *(The psalmist says his help comes from **the Lord**, not from himself or anything else. He trusted God as the One who could provide everything he needed.)*
- Why do you think the psalmist describes God as "the Maker of heaven and earth" instead of simply saying, "God"? If needed, have students read Genesis 1:1. *(By describing God as the Maker of heaven and earth, the psalmist reminds us that the God who created everything has power over everything. Nothing we face is beyond His control, and nothing is beyond His ability to help. This title also points back to Genesis 1:1, reminding us that the same God who created the world is still present and caring for His people.)*

Reflection Questions:

Reflection Questions help students move from understanding God's Word to living it out. Once you've explored what the passage says, invite students to consider how it applies to their own lives. Students may answer these questions differently, but every response should be shaped by the truth of Scripture. Encourage honest conversation, ask follow-up questions, and help students think about how God wants them to respond.

- When you face something difficult, who or what do you usually turn to first for help? *(Answers will vary. Encourage students to be honest. Some may say parents, friends, social media, or themselves. Remind students that while God often uses people to help us, He is the ultimate source of our hope, wisdom, and strength.)*
- What is one situation in your life right now where you need to remember that God is your help? *(Answers will vary. Encourage students to think of a specific situation, such as school, friendships, sports, family, or anxiety about the future. Remind them that God invites us to trust Him in every circumstance because He is faithful and able to help.)*

BECOME

The Become section challenges students to live out God's Word during the week. Encourage them to take one practical step, then follow up during "Belong" the next week to celebrate and encourage their growth.

Introduce the Circle of Impact Challenge:

Explain that every believer is called to live on mission wherever God has placed them. We don't have to wait for a mission trip or a special opportunity to make a difference. Our **circle of impact** is the group of people God has already placed in our lives for us to love, serve, and point to Jesus. This includes friends, classmates, teammates, neighbors, teachers, coaches, and family. God didn't place us in their lives by accident. He has us where we are for a reason and wants to use us to help others know Him.

Challenge students to identify and write down who is in their circle of impact and pray for an opportunity this week to encourage them, serve them, invite them to church, or share the hope of Jesus with them.