



# Wednesday



## 1.14.26

### MIDDLE SCHOOL—Large Group Lesson “Why Can’t I Stop?”

#### *Summary*

- Tonight, guest speaker John TenPas continued with our mini-series “Ever Wonder Why” by sharing his personal story and addressing the big question, “Why Can’t I Stop?”. This lesson taught why it’s so hard to stop doing wrong things, even when we really want to. We learned that we get stuck when we try to change on our own, hide our sin, or stop caring about it. God shows us a better way—trust Him, bring sin into the light, and ask Jesus for help to fight it.

### HIGH SCHOOL-Small Group Mini-Series Lesson #1 “What Are You Trusting In?”

#### *Summary (KEY TEXT Psalm 20:7)*

- Tonight’s small group lesson challenged students to think about what they really trust in when life gets hard—things like their own abilities, grades, popularity, or talents. The lesson helped them see that while these things can change or fail, God is steady, faithful, and always in control. Students were encouraged to shift their trust from themselves and the world around them to the Lord, who never lets them down.

---

### ***Four questions for parents to ask their students regarding tonight’s RUSH lesson:***

1. *What is one takeaway from tonight’s lesson?*
  2. *What did you learn about God? About yourself? About the world?*
  3. *What truths from God’s Word do you need to embrace and hold onto?*
  4. *Did you laugh at RUSH tonight? If so, share what made you laugh.*
- 

