

# TEEN SUPPORT GROUP

Ages 12-19



## **We meet every Thursday night...**

6:00 p.m. Food & Fellowship

7:00 p.m. Worship Celebration

8:15 p.m. Open Share Groups

Classes

9:15 p.m. Coffeehouse

First United Methodist Church

212 3rd Street N

St. Petersburg, FL 33701

**727-894-4661**

[www.crspete.com](http://www.crspete.com)

[www.celebraterecovery.com](http://www.celebraterecovery.com)

## **What is Teen Support?**

Teen Support Group is specifically for students who have experienced pain. Pain is sometimes the everyday stuff like school, peer pressure, and feeling a bit overwhelmed by life. Other times it is the big huge hurts like divorce, death, addictions, and being totally overwhelmed by life. If you are dealing with any of these things including; low self-esteem, anger, poor/destructive personal choices or troubled family dynamics, this is the place to be.

If you are familiar with 12-step programs then you understand the basic structure for Teen Support. However, Life Hurts God Heals is an 8-step group targeted specifically for students in middle school through college age, and is based on the beatitudes from the Bible. This curriculum provides lifelong tools for students dealing with unresolved hurt and pain. It was written by John Baker. Doug Fields and Megan Hutchinson as a result of seeing the unmet pain of students in their youth ministry at Saddleback Church.

## **What's the purpose?**

A support group designed to help students HEAL from and DEAL with life's painful issues.

The purpose of Teen Support at CR ST PETE, is to reach out to hurting youth (ages 12-19) by introducing them to Jesus Christ's healing power and spending time together.

When we open the door by sharing our experiences, strengths and hopes with one another, we become willing to accept God's grace in solving our life issues. By applying 8 Principles to our lives, we begin to grow spiritually.

## **What teens say :**

I didn't think I had pain in my life. But then I showed up and God just kind of opened the doors and when other guys in my group opened up, I realized there are things in my life that hurt too. - Jon, 15

It started when I was 11 years old. Just one look at pornography and I was hooked. I knew it was wrong, yet it gripped my every thought. But I couldn't tell anyone 'cause I was a pastor's kid who even led worship! I needed help, and I found it! - Jared, 16

I was having a really hard time with my family and friends and drugs and who knows what else - and the people in the Life Hurts, God Heals group helped me. - Alison, 16

Life hurts at times. We have loving adults who care enough to listen and want you to have a safe place to come to. We want to model God's grace and love to you by being available and by sharing how He feels about you. We want to provide you with the tools to help you grow closer to the Lord and therefore be better equipped to make it through life's battles without getting beat down.

# Life Hurts, God Heals

## 8 Steps

### **Step 1: GOD HEALS**

Get help. I admit that I am powerless on my own, and that I need help.

### **Step 2: GOD HEALS**

Open your heart. I know that God exists, that I matter to Him, and that He is the only One who has the power to heal my pain.

### **Step 3: GOD HEALS**

Depend on Christ. I realize I need to turn my life over to Christ. I need to depend on Him in all the areas of my life, including all that I say, think, and do.

### **Step 4: GOD HEALS**

Hear and speak. I agree to evaluate my life and confess my faults to myself, to God, and to someone that I trust.

### **Step 5: GOD HEALS**

Embrace God's way. I will stop doing things my way and put my life on the path that leads toward God's way.

### **Step 6: GOD HEALS**

Ask for forgiveness. I will offer forgiveness to those who have hurt me, and I will ask for forgiveness for any wrong I've done to others.

### **Step 7: GOD HEALS**

Live for God. I will set aside some time for God each day to examine my life, read my Bible, and pray so that I have the power to live God's way.

### **Step 8: GOD HEALS**

Support others. I will take the message that God heals to others in need and share it by my words and actions.

## **Small Group Guidelines**

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group

## **Accountability Team Phone Numbers**

Sponsor: \_\_\_\_\_

Accountability Partners:

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