

The Week of:

Sept. 16, 2026

## What's your life like:

What's one thing you're already looking forward to this school year, and one thing you're already dreading?

## What are we talking about this week:

### Main Point of Message:

We're kicking off a new series about what to do when you're somewhere you didn't choose and can't just leave – a school, a family, a friend group, a season of life. This week we looked at Israel's exile to Babylon, a place they never wanted to be, and how God's message through the prophet Jeremiah changed the way they saw their situation.

### Discussion Questions

### Bible Verses Jeremiah 29:4-13. Focus on Verse 4.

1. Before reading the passage: Have you ever felt stuck somewhere – something you didn't choose and couldn't change? What was that like?
2. Read Jeremiah 29:4-13 together, taking turns by verse.
3. Imagine being one of the exiles receiving a message from God – what would that mean to you, and how would you treat it? Now think about the Bible as that same kind of message. How do you treat it?
4. In verse 4, God says He sent Israel into exile. That doesn't mean every hard thing is God's doing, but it does mean He's present and purposeful even in places we didn't pick. How does it change things to see yourself as "sent" rather than "stuck"?
5. Think of a place God has "sent" you this year (a class, team, friend group, home). What's one way to shift from "what's happening to me?" to "what does God want to do through me?"

## Now what:

This week, pick one place you've been feeling stuck rather than sent, a class, a friendship, your home, wherever. Do one small thing to "build and plant" there: show up fully, have a real conversation, pray for it, or serve someone in it. Come back next week ready to share what happened.