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**Series Big Idea:** Who is Jesus, and who are we because of Him?

**Today’s Big Idea:** God’s Plan for Jesus (Jesus’ Humanity and Arrest)

**Leader Reminders:**

* Today’s focus is on the plan that God had for Jesus—His death. The entire incarnation was for the purpose of humanity’s salvation. Jesus’ entire life and ministry were leading up to the moment in the Garden of Gethsemane in Mark 14. Here, we see that Jesus was both fully God and fully man. We see His humanity when He asked God to save humanity from their sins a different way. We see His wrestling with fear and anxiety. We see His desire to not be alone. These are deeply relatable issues for students. Capitalize on these and create a safe place for students to grapple with Jesus’ humanity and the gospel of what Jesus was about to do on our behalf. If some of the students in your group are not yet believers, this could be the moment where the Holy Spirit makes it click. Pray to that end and be prepared to steer the conversation toward salvation.
* Remember to have good communication with your students’ parents. Even if your youth pastor sends out parent emails, it’s always good to touch base yourself from time to time, text or call them with any special events that might involve their student, and always go above and beyond in communicating details when you are hanging out with their son or daughter. It’s important to be above reproach, not to mention the importance of partnering with them in discipling their student. You never know—God might even use you to lead a parent to Christ!

**Ice Breakers:**

* Give any **announcements**
* **Soccer Ball/Hot Seat**
* **Happy, Crappy, God Moment**
* **The Other Six Devotional Follow Up:** How did it go, loving someone in an out-of-the-norm-way this past week?
* **Prayer Requests, Praises, and Prayer** *Have a student pray for all of the prayer requests given.*
* Answer an **“Ask it Basket”** question if you are doing this.

**Starter Questions:**

* Talk about a time when you were really afraid. Start with some silly examples. Go!
* Now for real, what is your biggest fear? What makes you anxious?

**Say This:** Believe it or not, there was a time when Jesus was actually fearful and anxious. Let’s read about why and how He handled it.

**Digging into the Word:** *Have a student read* ***Mark 14:32–50.***

* So why was Jesus anxious? What was He afraid of? What was about to happen? [**Leader Note:** Students might need some help realizing He was about to do more than die—He was going to be separated from His Father.]
* What was Jesus’ main purpose for coming to Earth?
* True or false: Jesus was 100% God and 100% man.

*Now have a student read* ***Hebrews 2:14–18 (NLT).***

* Like the passage says, why should the fact that Jesus came to Earth “set us free from the fear of death”?
* What do these verses tell us about who Jesus is? What do they tell us about why He needed to come to Earth? What does it tell us about who we are because of Him? [**Leader Note:** Make sure you emphasize here that Jesus was not just the Son of God, but equal with God.]
* What does incarnation mean? Why does it matter for us as Christians?
* How do we see Jesus’ humanity in what we read in Mark? How does this account help you relate to Jesus?

**Wrapping it Up:**

**Application Questions:**

* How has your lack of understanding of who Jesus is and who you are because of Him caused you to stay chained to fear and anxiety? What do you think Jesus wants to say to you in that area of your life?
* What fears does He want to break off in your life?
* How have you been like the disciples in Mark—falling asleep in your relationship with Jesus?
* What is one thing you can do today to pursue Christ and the freedom He is offering?

**Challenge:** Spend time with Jesus this week in the Bible using your “Other Six” devotional. Reach out to me or someone in our group about fear and anxiety that you might be feeling. Don’t weather the storms of emotion alone. Jesus wants us to carry one another’s burdens and live lives of freedom because of Him.

**Prayer Prompt:** Put students into pairs and have them take turns praying for each other’s fears and have them speak truth to each other about who they are because of Jesus.

**Stay Connected:** Text the group this week saying something like, “Hey guys, I’m thinking about you today. I am praying you feel the peace of Jesus today as you remember that He came in flesh in blood and went through the same things you have. He is with you. You are not alone. There is hope. You are loved. Remember, I’m always here for you if you need to talk. Much love! Have a great week.” Also, post the follow-up social media graphic and devo for the week so your students see it!