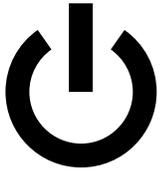


Title: Surviving High School & 13 Reasons Why

Speaker: Keith Minier

Key Verses: John 10:10; 1 Peter 5:8; Psalm 139:14; Genesis 1:28; James 3

Summary: Trusting God can help us survive even in life's toughest seasons.



Power Up: Take a moment to prepare

Keith refers to the widely popular Netflix show *13 Reasons Why* about teenage suicide. What feeds the buzz around this controversial show?



Replay: Take some time to watch

Note Keith's five tips to survive any season of life: **1)** stay rooted; **2)** speak wisely; **3)** have perspective; **4)** be accountable; **5)** get help.



Comment: Take some time to talk

Read John 10:10 and 1 Peter 5:8 What do these passages say about Jesus's purpose for our lives and opposition we will face?

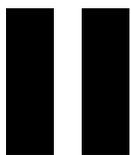
Why does Keith caution students from watching 13 Reasons Why?

Keith cites another pastor who said, "The fastest way to forget what God thinks about you is to think what everyone else thinks about you." **How are you affected by others' view of you? What does God think of you?**

"You'll never be short of influence if you're an encourager," Keith remarks. **How do you rate as an encourager? How could you improve?**

What's something challenging now you expect to change in 5 years?

Keith considers it braver to admit the need for help than to remain in the dark. **What is his rationale? Do you agree or disagree?** Explain.



Pause: Take a moment to pray

Thank God for the gift of life. Ask Him to make it full of joy, peace, love, and meaning. Ask Him for resolve to speak wisely, keep perspective, be accountable, and ask for help when life's troubles feel overwhelming.



Take Action: Take a step forward

Consider writing out 13 Reasons Why your life matters. Think through your God-given identity, spiritual gifts, important relationships, and personal accomplishments. If you struggle to identify 13 Reasons, ask a parent, friend, or mentor to provide some help. They will because you matter!

Bonus Features | Additional Notes and Quotes from Keith Minier

Power Track Summary: Does high school seem like an overwhelming time of life in the culture we live in now? How do you live in that world, but not of it? How can you exemplify Christ at school? How can you “survive” high school and see past it to a much bigger world out there? How can you help your struggling friends? This Power Track answers these questions.

About the Speaker: Keith Minier, husband, father, pastor, and popular Momentum speaker

4 Reasons Why people like **13 Reasons Why**:

1. Friends were watching and wanted to feel a part of it
2. Felt connected to one of the characters
3. Tackled real things people are uncomfortable talking about but many go through
4. Really well done.

This generation of young people [25 and under] are sleeping around less, partying less, but more anxious and depressed... High school is harder now than when I was your age.

5 THINGS TO SURVIVE ANY SEASON IN LIFE:

1. **You need to stay rooted:** you have to see yourself the way God sees you

God sees you as fearfully and wonderfully made (Ps. 139). You are put together by God on purpose for a purpose... You are an image-bearer of God (made to reflect God).

If any of you are questioning what you are worth, you need to remember how much God paid for you while you were yet sinners!

2. **You need to speak wisely:** words have power (see James 3)

“We often remember what we should forget and forget what we should remember.”

3. **You need to have perspective:** recognize things will change

“Your current crisis is not your ultimate reality... In five years it may be irrelevant” (e.g., not making the team; getting dumped; the bad grade; public embarrassment).

“You think people are thinking about you when they’re not... You have infinite value to God but [are often insignificant to others].”

4. **You need to be accountable:** you need to acknowledge what you do/don’t do matters

“We are a culture full of blamers. Sometimes your situation is yours because of you.”

5. **You need to get help:** getting help is a sign of strength not a sign of weakness.

“You are brave when you admit pornography... sexual identity... depression... anger at parents... when you go get help.”

“Nothing good grows in the darkness.”