

Make Space

What would happen if the things you did every day actually moved you closer to God instead of further away? Make Space invites students to slow down, pay attention, step away from noise, and reconnect with their Creator as they discover what it means to live at the pace of Jesus.

Middle school is one of the most significant seasons of life—a time when students are gaining new independence, navigating bigger choices, and beginning to form a real sense of who they are. But it's also a season full of noise: social pressure, screens, comparison, anxiety, and the constant pull to perform.

This series challenges students to trade reactive living for intentional rhythms. Whether they've been running on empty, drowning in distraction, hiding who they really are, or neglecting the body God gave them, Make Space calls them back to the connected, purpose-filled life God designed for them—one small habit at a time.

Week One

Matthew 11:29, Luke 5:16

Make space and make the wise choice.

Week Two

Psalm 19:1–2, Psalm 8:3–4, Genesis 15:5

Wonder can wake you up to God.

Week Three

Ephesians 2:10, Colossians 3:23

Make space to discover your God-given wiring.

Week Four

Matthew 10:42, Isaiah 41:17, Mark 6:30–32

Make space to take basic care of your God-given body.

MEMORY VERSE

"Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls."

Matthew 11:29 NIV

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Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, remind them that they don't have to handle every decision perfectly. Say something like, "You're growing and learning every day. I believe in you and I'm proud of the choices you're learning to make."



Meal Time

At a meal this week, have everyone answer this question: "What helps you focus when you need to think about an important decision?" Use the conversation to highlight that sometimes we need to slow down and create space before making choices. Talk about how being close to Jesus helps us recognize what the wise choice is, especially when life feels fast or pressured.



Drive Time

As you're on the go this week, ask your kid, "When do you feel the most pressure to make a quick decision?" Listen for moments at school, online, with friends, or in activities where they may feel rushed or influenced by others.



Bed Time

Pray and thank God that He is always close and willing to guide us. Pray that your kid would learn to slow down, make space to hear God's voice, and grow in wisdom when making decisions.



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