

Friday Night – Cabin Time Guide (Shooting for 20 Minutes-ish)

“Pressed, Not Defeated” (Real world requires real hope)

2 Corinthians 4:8–9 & John 16:33

MAIN IDEA

Following Jesus does not mean life will be easy — but it does mean we are never alone and never without hope. Jesus tells us trouble will come, but He has already overcome the world.

We want to help them:

- Discover how Christians respond to pressure and hardship
- Understand the difference between being discouraged and being defeated
- Be challenged to trust Jesus during difficult seasons

OPENING QUESTION (3 minutes)

- “What are some things you, as teenagers, today feel pressure from?”
 - School
 - Sports
 - Family expectations
 - Social media
 - Anxiety
 - Friend drama
 - Fear about the future
 - Trying to fit in

Follow-up:

- “What do people usually turn to when life feels overwhelming?”

“Jesus and Paul both speak directly to what it looks like to face pressure without losing hope.”

READ THE PASSAGES (2 minutes)

Have students read:

- 2 Corinthians 4:8–9
- John 16:33

“What words or phrases stand out to you?”

DISCUSSION / DISCOVERY QUESTIONS (10 minutes)

1. What contrast do you notice in 2 Corinthians 4:8–9?

Examples:

- Pressed BUT not crushed
- Perplexed BUT not in despair
- Struck down BUT not destroyed

“Why do you think Paul keeps showing both the struggle and the hope?”

2. Jesus says, “In this world you will have trouble.”

Why is that important to remember?

- Does following Jesus remove problems?
- Why do some people expect faith to make life easy?
- How does honesty about suffering actually strengthen faith?

3. What do you think gives Christians hope during hard times?

Move them toward:

- Jesus is present
- God is still working
- Hard moments are not the end
- Jesus already overcame sin and death

4. What does it practically look like to “take heart” like Jesus said?

Some thoughts:

- Continuing to pray
- Trusting God when confused
- Worshiping during hard seasons
- Asking for help
- Refusing to give up
- Finding support in His Word and Christian friends

CHALLENGE SECTION (3–4 minutes)

“Everyone goes through pressure. The question isn’t whether hard times come — it’s where we turn when they do.”

Throughout camp and when we return home:

- What pressure or struggle do you need to bring honestly to Jesus?
- How can you choose faith instead of hopelessness this week?

Encourage practical answers:

- Pray honestly
- Avoid isolation
- Read Scripture instead of spiraling online
- Talk to a trusted believer
- Encourage a struggling friend
- Remember God’s faithfulness

FINAL THOUGHT

“Jesus never promised a trouble-free life. He promised His presence, His peace, and His victory. Because of Him, pressure does not have to define us.”

CLOSING PRAYER (1 minute)

Pray that students would:

- Find peace in Christ
- Trust God during pressure
- Have courage in difficult situations
- Encourage others who are struggling

BONUS QUESTION

“What is the difference between happiness and real peace?”