

COVENANT OVER CULTURE: MIDDLE SCHOOL EDITION

Friends, Feelings & Figuring Out Your Faith

The Feelings Field Guide

Reflect, Pray & Write It Out

Based on Covenant Over Culture: Middle School Edition

covenant.community

City Hill Ministries · Josh Clark

Every chapter in *Covenant Over Culture: Middle School Edition* ends with *Reflect + Respond* questions and *A Prayer*. This guide collects all of them in one place — so you can go deeper, write honestly, and talk to God with your real words. You don't have to fill it out perfectly. You just have to show up.

CH. 1

You Were Made on Purpose

“I am known before I am noticed.”

REFLECT + RESPOND

1. What "costumes" do you put on for different groups? What would it feel like to take one off?

2. Psalm 139 says God knit you together on purpose. What does that mean for the parts of yourself you don't like or hide?

3. Finish this sentence: "The version of me that nobody really sees is..." (You don't have to show anyone.)

A PRAYER

God, You already know the real me — the parts I show people and the parts I hide. Help me stop believing that the mask is more valuable than what's underneath it. Help me find safe people who can handle the real version. And remind me that You've always wanted that version, not the polished one. Amen.

YOUR OWN WORDS:

CH. 2

The Group Chat Doesn't Get a Vote

“Your voice was put in you on purpose.”

REFLECT + RESPOND

1. What's the difference between fitting in and belonging? Which one do you experience most in your main group?

2. What would it look like to use your voice this week — even in a small way?

3. At the end of today, write: "I went quiet when _____." Don't yell at yourself. Just notice.

A PRAYER

God, help me know whose voice I'm actually following. When I'm about to delete my real opinion to keep the peace, remind me that You made me with a voice worth using. Give me one small moment of courage this week. Amen.

YOUR OWN WORDS:

CH. 3

Your Body Is Changing and That's Not Weird

“Your body is not the problem. It is the place God chose to live.”

REFLECT + RESPOND

1. What do you say to yourself about your body that you'd never say to a friend? Why the difference?

2. What does it mean that God chose to live in your body? Does that change how you see it?

3. Are there any accounts or feeds that consistently make you feel worse about yourself? What would happen if you unfollowed them?

A PRAYER

God, my body is doing a lot right now and I don't always like it. But You say it's a place You choose to live. Help me treat it like it matters to You – not because I have to perform, but because it's actually Yours. Amen.

YOUR OWN WORDS:

CH. 4

What Your Phone Is Teaching You

“What you feed your mind is what forms your mind.”

REFLECT + RESPOND

1. What apps or accounts make you feel worse after using them? What keeps you going back?

2. Try this tonight: before you pick up your phone, ask: "What am I hoping to feel?" Write down the answer.

3. What is one small, specific change you could actually make this week with your phone?

A PRAYER

God, help me pay attention to what I'm paying attention to. I want my mind shaped by what's true and good, not just by whatever keeps me scrolling. Help me make one small, wise choice today. Amen.

YOUR OWN WORDS:

CH. 5

When Home Is Hard

“When you pass through hard things, God is with you – He shows up in the middle of it.”

REFLECT + RESPOND

1. What is something you've been carrying that isn't actually yours to carry?

2. What would it look like to let God be your 'safe place' when home doesn't feel like one?

3. Is there one sentence you could say to a trusted adult this week about how things are at home?

A PRAYER

God, You see what's happening at home. You know it all. Please be my safe place. Show me who to talk to. Help me remember that You receive me even when everything feels shaky. Amen.

YOUR OWN WORDS:

CH. 6

Friends, Frenemies, and Who to Trust

“A friend who requires you to shrink is not yet a safe friend.”

REFLECT + RESPOND

1. Do you feel larger or smaller after spending time with your closest friends? What does your answer tell you?

2. Think of one person who has been consistently kind to you. How could you tell them specifically what you appreciate about them?

3. Is there a friendship in your life right now that keeps costing you more of yourself to stay in? What is one small, wise step?

A PRAYER

God, thank You for the people in my life. Show me who is safe. Help me be brave about boundaries where I need them, and help me become a steady, kind friend who doesn't make others shrink. Teach me to love like You do. Amen.

YOUR OWN WORDS:

CH. 7

Feelings Aren't Facts (But They're Not Nothing)

“Naming a feeling is the first step to not being controlled by it.”

REFLECT + RESPOND

1. Think of a recent big reaction. What was the trigger? What story did you tell yourself about what it meant? Was there another story that could have been true?

2. How does it change things to know that God is close to the brokenhearted — not waiting for you to calm down first?

3. For one week, try writing three things once a day: what you felt, what caused it, and how you responded. Start here:

A PRAYER

Holy Spirit, You know how I feel right now better than I do. I'm bringing You the whole thing — the big feelings, the ones I don't understand, the ones I'm embarrassed by, the ones that feel like too much. Help me not run from them and not be controlled by them. Meet me right here, in the middle of all of it. Amen.

YOUR OWN WORDS:

CH. 8

When Someone Starts Noticing You

““A crush is not your boss. It's information about how your heart is growing up.””

REFLECT + RESPOND

1. Have you ever rushed toward something relationally because you were lonely, or wanted to feel special? What happened?

2. What does 'guarding your heart' look like in practical, everyday life — not just as a rule, but as a decision that makes sense?

3. Song of Solomon says, 'until the time is right.' What does 'the right time' require from you right now?

A PRAYER

God, You made me to want connection, and I thank You for that. Help me not rush what You have planned. Teach me to be a good friend first and trust You with everything else. Amen.

YOUR OWN WORDS:

CH. 9

Secrets, Screens, and Stuff You've Seen

“Shame cannot survive in the light. It is not built for it.”

REFLECT + RESPOND

1. What is the difference between guilt and shame? Which one do you feel more often? How does each one move you?

2. Who is one safe person in your life that you could tell one true thing to this week? Not your whole story – just one sentence.

3. Shame grows in secret. What would it take to bring something from the dark into the light, even just a little?

A PRAYER

God, I have things I'm ashamed of. Things I've tried to hide from You, even though I know You already see them. I believe Your Word when it says there is no condemnation for me in Christ. Help me receive that – not just know it but receive it. Help me take one step toward the light today. Amen.

YOUR OWN WORDS:

CH. 10

You Don't Have to Be Liked to Be Loved

“You are loved before you are liked. That order never changes.”

REFLECT + RESPOND

1. Romans 5:8 says God loved you while you were still a mess. How does that change the conditions you feel on love?

2. What's the difference between being liked and being loved? Which one do you find yourself chasing most?

3. Write your name. Write Romans 5:8 underneath it. Then write: 'This applies to me specifically.' Read it three times out loud. How did that feel?

A PRAYER

God, I want to believe that I am worth something to You – not because I earned it, but because You said so. Help me take Romans 5:8 personally. When the voice in my head says things that are not true, help me know Your voice louder. Amen.

YOUR OWN WORDS:

CH. 11

When Your Faith Feels Borrowed

“Doubt is not the opposite of faith. Pretending is.”

REFLECT + RESPOND

1. What's the difference between doubt and unbelief? Where do you think you are right now?

2. The man in Mark 9 brought both his faith and his doubt to Jesus at the same time. What would it look like for you to do the same?

3. Write down your three biggest questions about God. Take each one to Him in prayer this week.

A PRAYER

God, I believe. Help my unbelief. I am bringing You my questions, my confusion, my moments of not feeling it, and my frustration that this is harder than I thought it would be. I trust that You can handle all of it. Meet me in the honest place, not just the comfortable one. Amen.

YOUR OWN WORDS:

CH. 12

Anger, Anxiety, and Breaking Free

“Getting help is not giving up on God. It is wisdom.”

REFLECT + RESPOND

1. Where do you feel anxiety or stress most often in your life? Is there a pattern to when it shows up?

2. Have you ever thought of anger as a signal about something you care about, rather than just a problem to fix? What changes with that frame?

3. Is there something you've been carrying that you haven't told anyone? What is one small step toward getting help today?

A PRAYER

Jesus, I'm tired. I don't always understand what's happening in my brain or my chest. Please give me courage to ask for help and the humility to receive it. Thank You that You are gentle with me. Help me find rest. Amen.

YOUR OWN WORDS:

CH. 13

You Were Called, Not Just Created

“You were made on purpose. You are loved on purpose. You are being formed on purpose.”

REFLECT + RESPOND

1. What is one thing you've read in this book that you actually want to try? Be specific.

2. Being in process isn't a problem – it's the place where God meets you. What does it mean that you're not behind?

3. Finish this: "One thing I'm learning about myself is..." and "One thing I'm learning about God is..."

A PRAYER

God, I don't have to figure my whole life out. I just have to keep walking with You. Help me take the next step – not a perfect step, just an honest one. I'm Yours. Amen.

YOUR OWN WORDS:

“Don’t be afraid, for I am with you. Don’t be discouraged, for I am your God. I will strengthen you and help you...” – Isaiah 41:10

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