



### **Week 3**

What's something you tried to "build" (school project, LEGO, fort) with too few tools—or too much confidence—and how did it go?

Where does life feel like there's a "gap in the wall" right now—school, team, home, or friends? Keep it general.

**Read Nehemiah 2:18** out loud. What word or phrase hits you most, and why?

If "rise up and build" means one small step, what's your one brick you can place in the next 24 hours? Make it tiny and specific (email a teacher, study 10 minutes, ask "can we talk?", show up to practice, apologize).

What will try to stop you—distraction, fear, perfection, not knowing how—and what's your plan to beat that (timer, partner, ask for help)?

Who's one person you can invite to "build with you" so you're not alone (friend you trust, leader, parent/guardian), and when will you tell them your one brick?

Faith shows up in action. In one sentence, how would you explain to a friend how your faith helps you on a hard day?

Challenge: This week pick one friend and tell them how your faith helps you. That's it—one honest sentence, one conversation.