

R O O T E D

P A R E N T C O N N E C T · S O C I A L M E D I A P O S T S

Q U A R T E R O N E

Spiritual Identity & Foundations

January · February · March

*Before students can serve, share, or stand strong — they need to
know who they are.*

*"For we are God's handiwork, created in Christ Jesus to do good works, which
God prepared in advance for us to do."*

— Ephesians 2:10

JANUARY

Identity in Christ

Quarter 1 · 4 Weeks

Scope & Sequence

WEEK	POST TITLE	TOPIC TAG
Week 1	Created with Purpose	<i>#IdentityInChrist</i>
Week 2	The Label Swap	<i>#TheLabelSwap</i>
Week 3	The Social Media Mirror	<i>#UnfilteredWorth</i>
Week 4	Part of a Bigger Story	<i>#BiggerStory</i>

The Posts

JANUARY · WEEK 1

Created with Purpose

Caption: Hey ROOTED Parents! 🌿 Tonight we kicked off our week by diving into Psalm 139:13–16 and talking about how God designed each of your students intentionally. We looked at how easily cultural messages from social media, performance pressures, and appearance standards can distort the way they see themselves.

💬 **Conversation Starter tonight:** "If you could change one thing about yourself, what would it be? And what do you think God thinks about that thing?"

♦ **What to look for:** Ask your student to see their index card verse from tonight. Ask them if they've put it somewhere they will see it often this week to remind them of who they are!

#ROOTEDYouth #ParentConnect #IdentityInChrist

January · Week 1 of 4

JANUARY · WEEK 2

The Label Swap

Caption: Parents, tonight at ROOTED we tackled Ephesians 2:4–10 and discussed the invisible labels our students carry every day. Whether those labels come from peers, parents, social media, or even themselves, we reminded them that the cross is where those heavy labels get exchanged for God's truth.

💬 **Conversation Starter tonight:** "If you could get rid of one label people have put on you, what would it be? What do you think God would replace it with?"

✦ **What to watch for:** Some students brought home a sticky note tonight that says **MASTERPIECE**. Keep an eye out for it and ask them where they decided to put it!

#ROOTEDYouth #ParentConnect #TheLabelSwap

January · Week 2 of 4

JANUARY · WEEK 3

The Social Media Mirror

Caption: We had an incredibly important conversation at youth group tonight looking at Galatians 1:10. We talked about the "approval trap"—how social media trains students to find their worth in likes, comments, and follower counts, and how Paul's words cut right through that noise.

💬 **Conversation Starter tonight:** "If your phone disappeared for a week, what do you think you'd miss most—and what do you think that says about you?"

✦ **What to watch for:** Students may have written something pretty vulnerable on their cards tonight. Give them some space and don't pry, but do let them know you noticed they seemed thoughtful.

#ROOTEDYouth #ParentConnect #UnfilteredWorth

January · Week 3 of 4

JANUARY · WEEK 4

Part of a Bigger Story

Caption: Tonight we closed out our Identity in Christ series by zooming out and looking at 1 Peter 2:9. We challenged the students to realize that their identity isn't just about how they feel about themselves—it's ultimately about why God made them and what they are here to do.

💬 **Conversation Starter tonight:** "If God made you chosen, royal, holy, and His special possession—what do you think He made you for? What's your part in His story?"

♦ **What to watch for:** Ask your student about the Mosaic project from tonight. Ask them to show you where they think their individual piece fits into the big picture. It's a simple question that can open up a beautiful conversation.

#ROOTEDYouth #ParentConnect #BiggerStory

January · Week 4 of 4

FEBRUARY

Guarding Your Heart

Quarter 1 · 4 Weeks

Scope & Sequence

WEEK	POST TITLE	TOPIC TAG
Week 1	Choose Your Circle	<i>#GuardingYourHeart</i>
Week 2	The Power of the Tongue	<i>#PowerOfWords</i>
Week 3	Standing Strong Against Peer Pressure	<i>#StandFirm</i>
Week 4	Love Out Loud	<i>#LoveInAction</i>

The Posts

FEBRUARY · WEEK 1

Choose Your Circle

Caption: Tonight we jumped into Proverbs 13:20 and 1 Corinthians 15:33 to talk about relationships. We discussed how the friends we choose actively shape who we are becoming, and why it is often much harder to pull others up than it is to be pulled down.

💬 **Conversation Starter tonight:** "Who are the 3 people you spend the most time with? How do you feel about yourself after you've been with them?"

♦ **What to watch for:** If your student seems reluctant to answer or names the same person repeatedly as both a positive and negative influence, take note. They may be navigating a complicated friendship right now.

#ROOTEDYouth #ParentConnect #GuardingYourHeart

February · Week 1 of 4

FEBRUARY · WEEK 2

The Power of the Tongue

Caption: Words matter. Tonight we looked at James 3:5–10 and Ephesians 4:29, talking about how our words—whether spoken, texted, or posted online—cannot be taken back once they are out. We challenged students to use their speech only to build others up.

💬 **Conversation Starter tonight:** "Has anyone ever said something to you that you still remember—good or bad? What did it do to you?"

✦ **Try This at home:** Take the **24-Hour No-Roast Challenge** together as a family! Commit to zero negative comments and report back at dinner tomorrow night to see how everyone did.

#ROOTEDYouth #ParentConnect #PowerOfWords

February · Week 2 of 4

FEBRUARY · WEEK 3

Standing Strong Against Peer Pressure

Caption: Peer pressure is a quiet, constant reality for middle schoolers. Tonight we looked at Romans 12:2 and Daniel 1:8, discussing how Daniel's secret to standing strong was making his decisions *before* the high-pressure moments ever arrived.

💬 **Conversation Starter tonight:** "Has there ever been a time you did something you didn't want to do just because everyone else was? What happened after?"

✦ **What to watch for:** Students who wrote a specific boundary on their index cards tonight are taking a huge step. Ask yours if they want to share it with you, but don't push—it's a sacred commitment between them and God.

#ROOTEDYouth #ParentConnect #StandFirm

February · Week 3 of 4

FEBRUARY · WEEK 4

Love Out Loud

Caption: We wrapped up February by diving into 1 John 3:18 and John 13:34–35. We talked about how biblical love is an action, not just a fleeting feeling, and how Jesus said our love for one another is the primary way the world will identify us as His followers.

💬 **Conversation Starter tonight:** "What's one way someone showed you love this week that wasn't just words? How did it make you feel?"

✦ **Try This at home:** Ask your student about the **Secret Service Challenge**. You don't need to ask who they picked to serve, but ask if they did it and what it felt like to show love in secret.

#ROOTEDYouth #ParentConnect #LoveInAction

February · Week 4 of 4

MARCH

Armor of God

Quarter 1 · 5 Weeks

Scope & Sequence

WEEK	POST TITLE	TOPIC TAG
Week 1	The Belt & The Breastplate	<i>#ArmorOfGod</i>
Week 2	Ready Your Feet	<i>#GospelOfPeace</i>
Week 3	Shield Up	<i>#ShieldOfFaith</i>
Week 4	The Helmet of Salvation	<i>#WatchYourThoughts</i>
Week 5	The Sword of the Spirit	<i>#SwordOfTheSpirit</i>

The Posts

MARCH · WEEK 1

The Belt & The Breastplate

Caption: Tonight we kicked off our new series on the Armor of God by looking at Ephesians 6:14. We focused on using **Truth** as a belt to hold everything together, and **Righteousness** as a breastplate to protect our hearts from the enemy's attacks.

💬 **Conversation Starter tonight:** "What is one lie you hear a lot at school—something people say about who you have to be or what you have to do to matter? Do you believe it?"

♦ **What to watch for:** If your student is especially quiet after tonight's lesson, they might be processing a specific lie they've been carrying for a while. Be sure to check in gently with them during the week.

#ROOTEDYouth #ParentConnect #ArmorOfGod

March · Week 1 of 5

MARCH · WEEK 2

Ready Your Feet

Caption: Our Armor of God series continued tonight by looking at Ephesians 6:15 and Isaiah 52:7. We talked about how the Gospel of Peace acts as spiritual footwear, giving us firm traction and stability when life gets chaotic and slippery.

💬 **Conversation Starter tonight:** "When do you feel the most anxious or unsettled during the week? What helps you feel grounded again?"

♦ **What to watch for:** Ask your student about the "Step Into Peace" morning prayer challenge. Did they try it? How did it feel to start the day grounded in God's peace?

#ROOTEDYouth #ParentConnect #GospelOfPeace

March · Week 2 of 5

MARCH · WEEK 3

Shield Up

Caption: Tonight we looked at Ephesians 6:16 and Hebrews 11:1 to study the **Shield of Faith**. We talked about how active trust in God's promises is what blocks the fiery darts of doubt, insecurity, and fear—and why we weren't meant to fight these battles in isolation.

💬 **Conversation Starter tonight:** "What's something you've been doubting or worrying about lately? Who do you usually go to when that happens?"

♦ **What to watch for:** If your student mentions that they feel like they don't have anyone to lean on spiritually, they may be dealing with isolation. That's a wonderful open door for a gentle, supportive conversation.

#ROOTEDYouth #ParentConnect #ShieldOfFaith

March · Week 3 of 5

MARCH · WEEK 4

The Helmet of Salvation

Caption: Spiritual warfare is fought primarily in the mind. Tonight we looked at Ephesians 6:17a and Romans 12:2 to see how the security of our salvation in Christ is the helmet that protects our thought life from anxiety and toxic loops.

💬 **Conversation Starter tonight:** "What's a thought that gets stuck in your head and stresses you out the most? Have you ever tried replacing it with something true?"

✦ **What to watch for:** If your student seems withdrawn or anxious after tonight's group, this lesson may have surfaced some real mental hurdles. A simple check-in—not prying, just being fully present—can go a very long way.

#ROOTEDYouth #ParentConnect #WatchYourThoughts

March · Week 4 of 5

MARCH · WEEK 5

The Sword of the Spirit

Caption: Tonight we closed out our Armor of God series by looking at Ephesians 6:17b and Matthew 4:1–11. We studied the only offensive weapon in the entire set: **God's Word**. We looked at how Jesus used Scripture to fight temptation and challenged students to find their own one-verse weapon.

💬 **Conversation Starter tonight:** "If you could have one Bible verse tattooed on your brain to fight your hardest battle, what would it be? Why?"

✦ **What to watch for:** Ask your student what verse they picked for the **One-Verse Weapon challenge**. If they had trouble finding one, this is a perfect opportunity to grab a Bible and look one up together!

#ROOTEDYouth #ParentConnect #SwordOfTheSpirit

March · Week 5 of 5