

WINTER
2023

High School



Everything Everywhere

You know better than anyone that stress is a BIG deal for today's teenagers. Sometimes life just feels like everything is everywhere. In our new 3-week series about stress students will be reminded that God cares for them, God uses other people to help them, and that joy is always a choice. By the end of these 3-weeks, your high schooler will have a healthy, helpful, and encouraging view of what to do when life just feels like a lot.

MEMORY VERSE

"Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done."
Philippians 4:6, NLT

Week One

1 Peter 5:7

When you're carrying a lot, remember that God cares a lot.

Week Two

John 19:25-27, Proverbs 29:25

God uses other people to help us when we're stressed.

Week Three

Acts 16:25

When everything is everywhere, joy is always a choice.

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ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your teen starts their day, point out something you trust them with or something that makes them trustworthy.



Their Time

At a meal this week, have everyone answer this question: "What is something going on in your life right now that feels overwhelming or heavy?"



Meal Time

While on the go this week, ask your middle schoolers: "What songs would you add to your playlist right now?"



Bed Time

Pray that both you and your teen will have the strength to trust God. If possible, be specific.



PARENT CUE

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