

It's Just A Lot

One thing all middle schoolers have in common? Stress! Whether they're dealing with the worries that come with big challenges and changes or they're facing everyday stresses with school, friendships, and more, your kid certainly has experienced a season where life feels like a lot! So, encourage your middle schooler to look for and trust God with the stress, anxiety, and worries that feel overwhelming. While they can't carry it all, God certainly can!

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

You can trust God with a lot.

Week Two

John 19:25-27; Galatians 6:2

God can use others to help when you are worried.

Week Three

Acts 16:25a, 26, 28-30

Choose joy over worry.

Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your middle schooler starts their day, let them know how much God loves them. And how much you love them too!



Meal Time

At a meal this week, have everyone answer this question: “What is something hard you had to trust in someone else or even God for help with?”



Drive Time

While on the go this week, ask your kid about who they would trust in different scenarios. For example, “You are stuck in a maze. Who would you trust to get you out?” or “You need help studying for a big math test. Who would you trust to help you?”



Bed Time

Pray that you and your kid will trust God even when life is scary or uncertain.



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