

Elevate: Raising the bar on Conversations about Anxiety

Anxiety is one of the top struggles students are facing. But what, if anything, does God do to help? In this one-week standalone talk, students will learn the differences between helpful and unhelpful anxiety and be encouraged to take steps through the difficult feelings that so many of us face. The goal is to raise the bar on conversations about anxiety so that students discover that hope is available even while life gets overwhelming.

MEMORY VERSE

“Even though I walk through the darkest valley, I will fear no evil, for you are with me.”

Psalm 23:4a, NLT

Week One

Psalm 23, John 10:11-14

God makes a way for you to know you'll be ok.*

*OK may not mean cured, without anxiety, or completely healed. But it does mean you can be more "OK" than you may feel right now.

High School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your teen starts their day, ask them if you can pray for them about anything they are concerned or worried about.



Their Time

When your teen wants to talk, be mindful of your facial expressions.



Meal Time

At a meal this week, ask everyone to share something someone said recently (or not so recently) that impacted them positively and meant a lot to them.



Bed Time

Pray that both you and your teen will find peace when you are anxious, and that God will help you see things through the lens of His protection, love, and control.



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