

WINTER
2022

Middle School



Let's Talk About . . . Anxiety

A conversation about how Jesus addressed our anxiety and worry.

Week One

Psalm 23:1-4, John 10:11a,
1 Peter 5:7

There are ways to get through anxiety.

MEMORY VERSE

“Even when I walk through the darkest valley, I will not be afraid, for you are close beside me.”

Psalm 23:4a, NLT

Middle School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your middle schooler starts their day, ask: “How can I pray for you this week?”



Meal Time

At a meal this week, ask everyone to share a time when they recently felt anxious and how they dealt with it.



Drive Time

While on the go this week, ask: “What is the most challenging thing in your life right now?”



Bed Time

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



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