

SESSION 3: LIFE IN A HURTING WORLD

LOOK AROUND: **STUDENT TAKE-HOME SHEET**

Peace I leave with you. My peace I give you. I give to you not as the world gives. Don't be troubled or afraid.

—JOHN 14:27

A HOPEFUL WAY TO PRAY

Try these five steps to help guide you through a simple prayer practice. You can pray quietly in your heart, or write down your thoughts in a journal.

THE DAILY REPLAY

1. **Become aware of God's presence.** *Where has God been at work in my life today?*
2. **Review the day with gratitude.** *Which conversations or encouraging words am I thankful for?*
3. **Pay attention to your emotions.** *Is there anything that is making me feel anxious or sad that I can talk with someone about?*
4. **Forgive, and ask for forgiveness.** *What forgiveness do I need to ask of God so that I can fully experience the gift of peace?*
5. **Look toward tomorrow.** *What would I like to do differently tomorrow?*

The Daily Replay can be a tool to give yourself an "emotional health check." Try using it this week to focus in on both identifying the causes of anxiety in your day-to-day life, and recognizing where God is at work.

Sometimes stress and anxiety can become more than we can handle. Keep this number in your phone or someplace you can find it. If you ever feel like harming yourself, or if you're worried about someone you know, call the lifeline right away. **National Suicide Prevention Lifeline: 1-800-273-TALK or [suicidepreventionlifeline.org](https://www.suicidepreventionlifeline.org)**

GROW YOUR CIRCLE

You don't ever have to handle feelings of anxiety, sadness, or depression on your own. Talking with your parents about how you feel on a regular basis could create a lifeline that you might someday need. This week, schedule some time with a parent to simply connect with one another. Use the following conversation starters to help spark new discussions for you both.

Most days I feel ...

I'm worried about ...

It helps me feel better when I ...

It helps me feel better when you ...

I know I can talk to you about ... but I'm not sure how you'll react if I talk to you about ...

Have you ever felt ...

Make a plan with your parent

1. Talk together about what helps you cope with feelings of anxiety in a healthy way.

When I feel anxious, I can ... (take several deep breaths, put on my favorite music, go for a run/walk/swim, etc.)

2. Save the suicide helpline number at the beginning of this take-home sheet in your phones, or post it somewhere accessible in your home in case you ever need it.

We put the suicide helpline number on ...

3. Parents can be busy and distracted at times. If needed, invent a "code word" that you can use to get your parent's full attention.

Our code word is ...

4. Talk about how each of you would feel about seeking the professional help of a counselor or therapist if you ever needed it. How would you decide together whether you should take that step?

*We agree to reach out for medical or professional help if I ever ...
A professional I can call is ...*

5. Together, make a list of the trusted adults in your circle of care. Start with those you've met with in the past few weeks, then talk about whether there are other family members or friends you could turn to if you needed to talk.

Who's in my circle of care?