

## SESSION 4: LIFE IN A HOPEFUL WORLD

# LOOK AROUND: STUDENT TAKE-HOME SHEET

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***The thief enters only to steal, kill, and destroy. I came so that they could have life—indeed, so that they could live life to the fullest.***

—JOHN 10:10

## A HOPEFUL WAY TO PRAY

God gives us power to be transformed, and to be part of his ministry in transforming others. Jesus doesn't ask for perfection from his disciples, he simply asks for us to listen and trust. When we start to feel unsteady, we can reflect on the knowledge that we are made in God's image, we can re-center ourselves by spending time with God, and we can reconnect with our circle and our faith community.

*Try these five steps to help guide you through a simple prayer practice. You can pray quietly in your heart, or write your thoughts down 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.** *What connections with caring people 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 someone so that I can fully experience the gift of connectedness?*
- 5. Look toward tomorrow.** *What do I feel hopeful about?*

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*The Daily Replay can be a tool to give yourself a "relationship health check." Try using it this week to focus in on both identifying the causes of anxiety in your connection with others, and recognizing where God is at work.*

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## GROW YOUR CIRCLE

### Practice connecting with your church or faith community

Think of an adult you trust in your church, or someone of faith in your community who somehow gives you hope, and talk with them about how reflecting, re-centering, and reconnecting helps them be hopeful.

Look over your schedule (preferably with a parent) to see if you can find an hour to meet with that person this week. Think about where you might like to meet with them (perhaps at your home, at church, or in a coffee shop). Contact that person and ask them if they would be willing to meet with you this week.

If you're not sure what to say, try this:

*"My youth group is learning about how to live a healthy life in an anxious world. We've been challenged to build ourselves a circle of people we can talk with if we ever need to. Because you're someone who gives me hope, I would like to invite you to be a part of my circle. Would you be willing to meet with me this week so that I can practice talking about anxiety and pray about it together?"*

REMEMBER: This person should be a trusted adult. And be sure to talk with your parents about who you will be meeting with beforehand.

### Four things to do when you meet

1. Talk with your trusted adult about what you and your youth group have learned about anxiety over the past three weeks.
2. Ask your trusted adult about what makes them anxious, and what helpful practices they've learned over the years as they listen to and learn from their anxiety.
3. Pray together.
4. Ask your trusted adult if they'd be willing to let you call them if you ever need someone to talk to about how you feel.

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I met with \_\_\_\_\_ [Name] on \_\_\_\_\_ [Date] at \_\_\_\_\_ [Location].

### Things they said during our meeting that were helpful to me:

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](http://suicidepreventionlifeline.org)**