

teaching series, "**Jesus and Stress**", to find out what Jesus had to say about worry & anxiety and how you can live a more stress free life. Starting Sunday, September 7th at 9:15 & 11:00.



Don't forget:

Our Youth Life Skills class is every Wednesday night at 7pm for all Youth grades 7-12.

"Above all else, guard your heart, for everything you do flows from it."

Julie will be back this Sunday to finish up her series on boundaries.

Upcoming Events

THIS SATURDAY!

Don't forget to bring in your (parent) signed waivers for our boxing event!

Aug 30th - 1 Youth Boxing Class - Don't miss this fun physical fitness youth event for everyone grades 7-12. We will meet at LWA at 1:30pm and return by 4:30pm. Wear comfortable work-out clothes and sneakers. There is **no cost** for this event and we will be hitting bags **NOT** people.

Everyone must have a signed waiver form (signed by parent if under 18) to participate. You can [download the waiver form](#) or pick one up in the Youth Room.

Winter Jam dates have been announced!!! We will be going on November 7th to the Glendale, Jobbing.com arena to see 10 bands for 10 bucks! You don't want to miss this event!

[Check out the promo video here.](#)

Bible verses referenced in this week's lesson:

2 Corinthians 6:14-16, Matthew 5:16, 2 Timothy 2:24-26, 1 Samuel 20, Proverbs 27:17, 1 Corinthians 13:4-7, Proverbs, 31, Proverbs 4:23

Let us know if you have any questions.

Have a blessed week,

Chris & Michelle Miller
1 Youth Ministry

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