

1 Youth Ministry

Grades 7-12



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Bible Verse

Galatians 5:20-25

20 idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions 21 and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God.
 22 But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, 23 gentleness and self-control. Against such things there is no law. 24 Those who belong to Christ Jesus have crucified

Living Word Ahwatukee 1 Youth Update for the week of 9/14/14

Hello Chris

This week, we talked about how to handle our stress. We started with a game showing how being too focused on one task can cause us to miss other, sometimes more important, things going on around us. We then reviewed last week's lesson about how God is greater than our stress and we said that it's not a matter of IF we are stressed but how we handle the stress we have.

We said that many people end up trying to "handle" their stress by focusing on harmful behaviors such as drugs or alcohol. We looked at the story of Jesus visiting the home of Mary and Martha in **Luke 10:38-42** to see what Jesus had to say about how we should handle our worries and stress.

Martha and Mary were sisters and while Martha was frantically preparing their home her sister Mary was intent on listening to Jesus. Martha was stressed out and angry that her sister was not helping her. She finally asked Jesus to tell Mary to help her.

Jesus basically told Martha that she was worried about many things but only one thing was needed.

We discussed what Jesus meant by what he told Martha. We used the context that the verse was said in and what we know about Jesus' character plus what we learned last week in **Luke 12:22-31** to determine that Jesus was telling Martha to "seek his Kingdom first" or to make it her priority to put her Focus on God and let the needs of the day fall in line as they may.

We said that Martha was not really wrong for caring about the preparations but she was caring too much about them causing her to be stressed out over it while Mary was at peace being focused on Jesus and what he had to say.

We agreed that while we cannot ignore our daily responsibilities in this world, when we let our tasks and responsibilities become our Focus we can be overwhelmed and become stressed out which makes things even worse which causes even more stress.

When we keep our Focus on God and all he does for us, we will have peace in our hearts, releasing the worries and stress of this world which in turn allows us to better accomplish God's plan for us without being stressed about it.

the flesh with its passions and desires. 25 Since we live by the Spirit, let us keep in step with the Spirit.

Foster Care Gifts

Don't forget to bring in gifts of personal care items for the hundreds of teens who will be without a home this Christmas.

Don't forget:

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

Quote of the week

"We should not allow our situation to interpret the Word of God, but rather let the Word of God interpret our situation."

-Terry Lawson

We finished by discussing various ways to help us keep our Focus on God such as; praying, reading the Bible, attending Church, daily devotionals, inspirational verses, etc. as well as thanking God not only for when good things happen but also thank God for helping you learn and grow as He helps you through the bad times.

Don't miss next Sunday for our 3rd week in our series about **Jesus & Stress** to learn more about how to handle your stress.

Upcoming Events

THIS Saturday, September 20th:

Join us for our monthly community service project helping to clean the kids meeting rooms at Tempe Child Protective Services. We meet at LWA at 9:30am and return after lunch.



THIS Sunday, September 21st - Help us clean up our own LWA Nursery immediately following 2nd service.

Friday, October 3rd - Teen Pizza & Movie Night! Join us at LWA from 6:30pm to 9:30pm for good food, good friends and a great movie ([The Princess Bride](#)).

Zoo Walk for homeless families: We have had to **cancel** our participation in this walk due to lack of interest. However, if you would like to participate on your own, feel free to go to their website. We will look for other possible opportunities in the future.

[UMOM New Day Centers](#) Registration begins at **6:30am**, at the phoenix zoo and the walk begins at 7:30am on September 27th.

Winter Jam dates have been announced!!! We will be going on November 7th to the Glendale, Jobing.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: Luke 10:38-42, Luke 12:22-31

Let us know if you have any questions.

Have a blessed week,

Chris & Michelle Miller
1 Youth Ministry

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