

a home this Christmas.

Teenagers in the foster care system often go unnoticed. Let's let them know that somebody really does care about them this Christmas and give them each a little something that they really need.

Don't forget:

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

Don't miss these great lessons that you can immediately apply to your own every day life.

Youth Band

Youth Band had an awesome rehearsal this past Sunday. Everyone sounded really great!

Please work on your songs on your own and watch for the next group rehearsal announcement.

We all took turns reading and discussing various Bible verses having to do with the Holy Spirit, learning more about who He is and what He does. We then took a few moments for silent meditation and prayer, applying the tools that we have learned over the course of this series to something specific that is currently causing us to be stressed.

Afterward, we noticed how making the conscious choice to give our stress to God and to let the Holy Spirit guide us and comfort us immediately begins to bring us true peace and comfort in our heart.

We ended the way that we started, with math. The first week we said that 'God > Stress'. This week we added 'No Worry + Prayer=True Peace' which means, no matter what the situation is, don't be anxious or worry about it. Then, with a thankful heart, pray to God for the help and comfort that you need. And you will have true peace in your heart.

Our world can be very stressful at times but life has really always been stressful which is why Jesus has provided the tools for us to handle our stress and to have true peace in our hearts so that our worry and fear do not distract us from the amazing life that God has planned for us.

If you missed any lessons in the "**Jesus and Stress**" series or if you would just like a review then don't miss this Sunday at 9:15 or 11:00 for a review of the whole series.

Upcoming Events

THIS 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, fun movie ([The Princess Bride](#)).



October 25 - LWA Harvest Night - We need volunteers to help man our Youth Booth selling items as well as running our "Dunk Tank". We also need plenty of help setting up. Specific times will be announced and a sign-up sheet will be available in the Youth room soon.

November 7th - Winter Jam!!! We will be going on Friday, November 7th to the Glendale, Jobing.com arena to see 10 bands for 10 bucks! You don't want to miss this event!

So far it seems that leaving from LWA by 4:30 may work. Let us know if you can make it. Cost is \$10 cash to get in plus whatever you want for food, drinks and souvenirs.

Adults: Please let us know if you would like to chaperone and/or help provide transportation for this event.

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

Bible verses referenced in this week's lesson: John 14-23-27, Matthew 28:19-20, Acts 1:8, Acts 2:38, Romans 5:5, Romans 15:13, Galatians 5:22-23, Ephesians 4:3, Philippians 4:6-7

Let us know if you have any questions.

Have a blessed week,

Chris & Michelle Miller
1 Youth Ministry

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