1 Youth Ministry

Grades 7-12



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Previous Lessons

Bible Verse

Matthew 15:17-20

17 "Don't you see that whatever enters the mouth goes into the stomach and then out of the body? 18 But the things that come out of a person's mouth come from the heart, and these defile them. 19 For out of the heart come evil thoughts-murder, adultery, sexual immorality, theft, false testimony, slander. 20 These are what defile a person; but eating with unwashed hands does not defile them."

Life Skills Class

Our Wednesday night Youth Life Skills dasses with Tom are back! Come check it out every Wednesday night at LWA starting at 7:00pm.

Living Word Ahwatukee 1 Youth Update for the week of 8/13/17

Greetings!



This past week we discussed stress. We found that 82% of teens surveyed said that they experienced extreme to moderate stress over the past year. We talked about sources of stress and about what stress does to

our bodies, both physically and mentally.

We started in **Luke 12** where we find Jesus explaining to His Disciples, who were likely stressed about where they would eat and sleep, how much God cares for them and how God will always provide for them. We saw that not only will our worry not help our situation, it actually makes things worse by causing even more stress. Jesus points out the Disciples lack of faith.

We said that rather than the list of things that we gave that we feel cause us to be stressed, we see that it is actually our lack of faith and trust in God that He will provide and care for us that causes us to worry. If we have true faith in God, our worry and stress go away even if our problems don't.

We then looked in **Luke 10** to see what happens when we focus on our worldly tasks and troubles. While Martha is all stressed about preparing dinner for their guest, Jesus, her sister Mary is at peace listening to what Jesus had to say.

We saw that when we focus on our troubles, we lose sight of Jesus. While we can't just ignore the things we need to do on Earth, if we keep our focus on Jesus instead of our troubles we can find the true peace that will calm our anxious hearts.

Finally, we looked at the stress we can have when we need to make a difficult choice. We looked in **Luke 1** where Mary was visited by an Angel of God and was told that she has been chosen by God to give birth to the Son of God, the Messiah who her people had been awaiting for generations.

Learn practical, Biblical principals to help you in your every day life.

Watch for Tom teaching on Sunday October 29th.

Community Service

The LWA Youth, along with several adult volunteers provide an ongoing monthly community service project with the Department of Child Services (DCS).

On the 3rd Saturday of each month we meet at 10:00 am at the DCS offices located at 1201 South Alma School Road (on the SE corner of Alma School and Southern Ave.

We typically spend about an hour or so deaning the family visitation rooms and the toys that the children play with while they are there.

Please join us and be a part of this blessing we bring to these children, to their families and to the tireless workers at DCS. We talked about Mary's stress level and how she could have chosen to just freak out and run away but instead she chose to have faith and trust in God, even though she didn't understand it, and her stress turned to peace knowing that God had it all figured out and understanding that nothing is impossible with God.

We saw the same thing with Jesus in the garden of Gethsemane under more stress than we could ever imagine and with Satan right there encouraging His doubt that He could actually go through with God's plan. We saw when Jesus surrendered to God's will instead of His own it brought peace to His heart and it took away Satan's power to influence His doubt.

We finished up talking about how Americans spend more than \$11 Billion per year on services and products to help relieve stress. We said that not only is faith in Jesus absolutely free, all those other things provide only temporary relief and can be taken away at any time while the peace that Jesus brings is true permanent peace and comfort that can never be taken away.

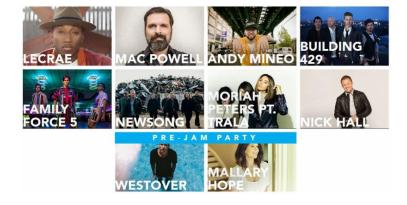
We looked in **John 14:27** to see that the peace Jesus gives is not like the peace the world gives but is to have calm and peace in your heart no matter what your circumstances are.

Jesus tells us that we don't have to be stressed by the situations we face in this life when we have the peace of Jesus in our hearts.

Don't allow the world's stress to distract you from the amazing life that God has planned for you. Stay focused on Jesus, turn your worries over to God, and live with true peace in your heart no matter what the world throws at you.

Upcoming Events!

Winter Jam is coming up Friday, November 10th. See the line-up below. The cost will be \$35 for a VIP ticket that gets us in early for the best seats and for a Q & A session with the artists. We plan to leave together as a group from LWA at 2:00pm and typically return around midnight.



Let Chris or Michelle know soon if you want to join us so we know how many tickets to get.



Michelle is on the radio!

Listen for Michelle's new Uplifting & Encouraging Christian Talk Show live every Tuesday night at her new time from 6:00-7:00pm only at www.centralgityradio.com/walking-in-grace

You can also find podcasts of Michelle's previous shows at the same address. For those on Facebook, look for her page: walking in grace for inspirational messages throughout the week.

Contact Michelle at 602-684-1665 if you have a topic you would like her to talk about or if would like to be a guest on her show!

Personal Care Items Drive:

1 Youth is now continuing to collect "Personal Care Items" for the teens in foster care throughout the year. Items for both male and female teens are being collected in the two bins just outside our youth room. These items will be sorted into personal bags and given to DCS to be distributed to teens who may not even have their own tooth brush or comb.

Whenever you're out shopping for your own personal care items such as soap, deodorant, tooth paste, feminine hygiene items or when you see the "travel size" shampoo, mouthwash, etc., pick up a few extra items

Bible verses referenced in this lesson: Luke 12:224-28, Luke 10:39-42, Luke 1:30-33, Luke 1:38, John 14:27
Let us know if you have any questions.
Have a blessed Week,
Chris & Michelle Miller
1 Youth Ministry