

in the bin 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 and drop them in the bin.

Help share God's love by letting these teens know that somebody really does care about them.

Bible verse of the week

Ephesians 4:31-32

31 Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. 32 Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

words repeated about us or to us, traumatic or fearful events, etc. can all become "baggage" that we carry with us through our life.

We said that when these things occur in our life we typically have some emotional response to them at the time. But, then we end up holding onto those feelings as we hold onto the memory of the event that caused them.

We continue to have the same response as if the event just happened, again, and again, over, and over. We keep replaying the past event in our minds and continue to have the same response. These feelings can become even worse over time and eventually control our thoughts and our actions in the present keeping us from living out God's amazing plan for our life.

We compared these feelings to carrying a lot of heavy baggage through an airport. It slows us down, wears us out, and makes it difficult to get to where we are going, maybe even stopping us completely.

We talked about a couple of some pretty heavy pieces of baggage that most of us carry with us, sometimes through our entire life, **Anger** and **Guilt**.

We said that **Anger** - offense, Bitterness, Hate, etc. is one of the most common negative emotions that we carry with us and it is also one of the more destructive. We looked at **Ephesians 4:26** where Paul is telling the Church in Ephesus to not **STAY** angry.

We said that forgiveness is one of the hardest things we are called to do but it is also one of the most important. Jesus talks about forgiveness all throughout His ministry.

We also talked about **Guilt** - self blame, shame, etc. and how it is really **Anger** directed at ourselves and it is even harder to forgive and can be even more destructive.

We looked at the story of Jesus and the woman caught in adultery and found that Jesus not only did not condemn the woman, He told her to '**go**' and leave her life of sin.

We said that if Jesus does not condemn us then we should have no reason to continue to condemn ourselves. We should '**go**' and continue moving forward in our lives instead of being held back by our past sins. We said that if Jesus forgives us then we should **BE** forgiven and live the life God has planned for us.

Jesus tells us, in **Matthew 11:28**, to come to Him when we are weary and burdened and He will give us rest. We said that we need to bring all of our "baggage" to Jesus, let it go, and leave it all with Him so that we can stop letting it hold us back from receiving God's promises.

We finished up by privately writing down any "baggage" we were carrying, praying for Jesus to take it all from us, then shredding the cards so that we didn't have to carry it any longer and could start fresh in 2021 and start living the amazing life God created for

us to live.

Upcoming Youth Events

More details to come

Every Wednesday - Join us for fellowship and prayer along with lessons applying Biblical principles to your life today and get answers to all your questions. Wednesdays from 7-8pm. Our current topic is knowing your Identity in Christ.

March 2021 - Save A Life Conference at LWA
Watch for details!

All 1 Youth Students and their friends in Grades 7-12 are invited to all events.

See you there!

Let us know if you have any questions.

Have a blessed day,

Chris & Michelle Miller
1 Youth Ministry

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