

both male and female teens are being collected 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.

Bible verse of the week

Philippians 4:6-7

⁶ Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.



Dealing with Stress

This past Sunday, we talked about Stress, what it is, and what we can do about it. We said that stress was defined as strong feelings of worry or anxiety. We talked about what stress does to us physically and mentally such as causing high blood pressure, depression, ulcers, and sleep disorders.

We looked at **Luke 12:25-26** for a sample of what Jesus had to say about being stressed or worrying and wondered why Jesus was so concerned about us not being stressed and found that not only is stress not good for us physically and mentally, it is also not good for us spiritually because it takes our focus off of God.

We reviewed some other stories both where being stressed takes our focus off of God and where taking our focus off of God causes us to be stressed.

We asked, if worrying and being stressed all the time is not good for us, why do we do it. We found the answer in **Luke 12:28** where Jesus tells us our real problem is **Lack of Faith**.

We said that the real cause of stress is **FEAR**, fear of the unknown, of what might happen, maybe, possibly, some time in the future, or not, and that fear is caused, as Jesus told us, by Lack of Faith.

We said that a lack of faith can cause us to doubt God's word and His promises. It can make us feel like we are alone and our life is out of control and we have to fix our situation ourselves somehow and that's really scary.

We looked at the stories of David & Goliath and when Peter walked on water for examples of **fear vs faith**.

We then looked at **John 14:27** for an example of what strong faith can do for us. Jesus tells us that He gives us His peace and tells us to not be afraid (repeated throughout the Bible). Having His peace allows us to go through tough, seemingly impossible situations while feeling calm and at peace in our heart, having the faith that God will be with us and will help us through whatever it is.

We said that obviously our stress, worry, fear, etc. is nothing new, and is even expected. Because of that, Jesus gave us tools to handle it when it happens.

We finished by handing out bookmarks (a tool) to remind us that whenever we are thinking **WHAT IF**, such as 'what if' the storm hits here. Change it to **EVEN IF**, such as 'even if' the storm hits here, I will trust in the Lord to help me, He will give me what I need to get through it and He will bring His peace into my life. The bookmark also included **Philippians 4:6-7** to help us in stressful situations

WHAT IF creates fear while EVEN IF creates faith.

Upcoming Events

First Friday Youth Movie Night

Join us at LWA on Friday, Sept 3rd, at 6:30pm for Youth Movie Night!

The movie will be the 2014 movie, "**Mom's Night Out**". All youth, grades 7-12, their friends and families are invited.

Rated PG



"Friends, Sondra, and Izzy desperately need a short break from parenting duties and want to have a girls night together. However, in order for them to enjoy dressing up, adult conversation and dining on food served on real plates instead of in paper bags, they have to rely on their husbands to watch the children for just three hours. Naturally, everything that can go wrong, does, resulting in an unforgettable night for all involved.

[See Trailer Here](#)

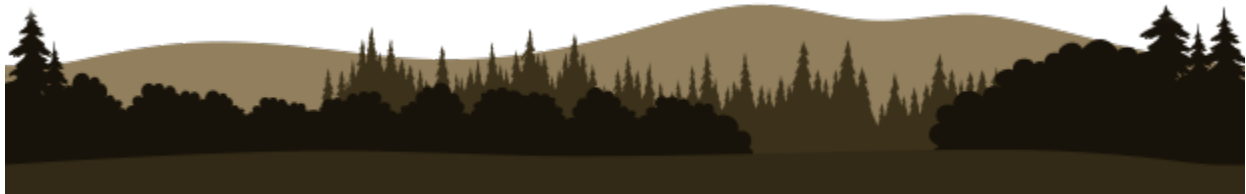




Back To School Pool Party! Saturday, Sept 4th

Come to the Youth Room to get directions to our **1 Youth Back To School Pool Party!** For all Youth in grades 7-12 & their

friends!



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