

## Youth Group at Home Session 5

After watching the sermon, answer the following questions to help process what you learned. Write down your name and answers on a piece of paper and take a picture of it and email it to me at [dmvsqz1@gmail.com](mailto:dmvsqz1@gmail.com)

1. How much of what Andy talked about tonight resonated with you? Would you say that you identify with his description of teenagers who are stressed, anxious, and depressed?
2. List three things in your life that cause you to feel anxious.
3. Be honest: How well are you coping with your emotions? Would you say that you're healthy in how you cope? Or is dealing with your emotions something you could use some help with?
4. Philippians 4:6–7 says: [6] Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. [7] And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus."
  - a. Supplication means that we ask God for help. So, here, Paul is saying that one of the ways we can overcome our anxiousness is to pray to God, and with a thankful spirit, ask Him to help us.
  - b. What does Paul say happens as a result?
  - c. What role does being thankful for the good things in your life play in helping you deal with the bad things?
5. If I asked you to come up with three or four ways you can (healthily) deal with your stress and anxiety, how would you respond?
6. How have you felt Jesus restoring and healing you as you deal with challenges?