

Middle School

Youth

Reflection Questions

1. Write down 3 things that have caused you to be worried or anxious this week.
2. If you feel comfortable, find a trusted adult, mentor, or parent and read them these three things you wrote down. How did you feel while reading them the list?
3. How does it feel to know that God cares about you and is going to take care of you?
4. Does talking to other people help you feel more or less anxious and why? Does talking to God help?
5. What are you going to do next time you're feeling anxious?

I miss you, I love you, and I hope to see you soon on zoom!!
You are loved!
Pastor Jen

Zoom chats with Pastor Jen- check your email for the link!

- 6th grade- Sunday at 7 PM
- 7th grade -Tuesday at 2 PM
- 8th grade- Thursday at 3 PM

Zoom chats with your mentors- check your email for the link!

- 6th grade girls- Saturday at 1 PM
- 6th grade guys- Thursday at 8 PM
- 7th grade girls- Wednesday at 11 AM
- 7th grade guys- Thursday at 4 PM
- 8th grade girls- Sunday at 4 PM
- 8th grade guys- Sunday at 4 PM

Check this out!!

Something to laugh at:

https://static.boredpanda.com/blog/wp-content/uploads/2020/03/Untitled-1-5e6f4853b20ee_700.gif

Something to worship with:

<https://open.spotify.com/track/5GDtkgG9T1BDknHHyDtghv?si=gdpKosZnQ7Sy1-UTFExRFw>

Something to do:

<https://www.scientificamerican.com/article/make-elephant-toothpaste/>

BOTTOM LINE = God cares about your anxiety