



EVERYTHING EVERYWHERE

Week 1 - April 3 or 7

This generation of students has a ton on their plates! It's no wonder they're stressed about things like relationships, family, school, the future, sports, clubs, social media, and even their faith. They're feeling the impact of stress emotionally, physically, and spiritually in very real, often consistent ways. Be careful not to downplay their stress or attempt to fix it for them. This week isn't about finding the solution to stress. Rather, it's about leaning into the truth that God is not only willing but able to carry our stress with us. That's the best option we have in managing life when it just feels like a lot!

On a scale of 1 to 10, how well would you say you deal with stress?

What things in your life tend to cause the most stress?

What does stress typically look or feel like for you? How do you react to it?

How would you describe a healthy reaction to stress and an unhealthy one?

What does it look like to let God carry your stress for you?

Do you think actually giving your worries and stress to God could help? Why or why not?

What's a healthy way you can respond to stress in your life going forward?

Leader Note: One of the biggest ways you can help your students navigate stress is by pointing them toward healthy coping mechanisms.

Next Step: Brainstorm a list of things that may help them manage stress in more helpful ways together. Come up with a list your group can come back to when they need it, and encourage your group to try a few of the ideas listed to discover what helps them individually when it comes to stress.