

**Week 3 - March 30-April 1**

Stress caused by an unknown future is something we all experience. The fact that we can't control what's ahead in our lives can leave us feeling overwhelmed and anxious. For middle schoolers, the stress over uncertainty is real, but they may not be able to pinpoint exactly what they're feeling or why they're feeling it. That's simply because their brains just aren't there yet! Since naming the causes of their stress can be a bit abstract, don't be afraid to share an example or two from your own life to help make this life skill a little more tangible. Then, talk through how choosing joy helped (or could have helped) you through the stressful time in your life.

If you could know one thing about your future, what would it be?

What's exciting to you when you think about the future?

What's stressful to you when you think about the future?

Read: Acts 16:25

How does it feel to know that God knows your future?

How is it possible to be stressed and choose joy at the same time?

How might remembering what God has done help us choose joy, both today and for the future?

How might finding things to be thankful for help us choose joy, both today and for the future?

Next Step: Before you close your time together, ask your students fill out the provided journal page to help them process what it looks like to choose joy for themselves.