

SESSION 2: LIFE IN A RELATIONAL WORLD

LOOK AROUND: **STUDENT TAKE-HOME SHEET**

We have many parts in one body, but the parts don't all have the same function. In the same way, though there are many of us, we are one body in Christ, and individually we belong to each other.

—ROMANS 12:4-5

A CONNECTING WAY TO PRAY

We are designed to be connected. Anxiety can make us feel self-conscious and want to push people away—like Simon did when his fishing boat felt like it was sinking. But we can't fight those feelings on our own. Even though relationships are hard work sometimes, we were designed to be our most whole when we are connecting with God and journeying with others.

Try these five steps to help guide you through a simple prayer practice. You can pray quietly in your heart, or write your thoughts down in a journal.

THE DAILY REPLAY

1. **Become aware of God's presence.** *Where has God been at work in my life today?*
2. **Review the day with gratitude.** *Whose friendship or expressions of love am I thankful for?*
3. **Pay attention to your emotions.** *What conversations or moments with others have been emotionally charged this week?*
4. **Forgive, and ask for forgiveness.** *Where can I make the first move towards creating peace?*
5. **Look toward tomorrow.** *What interactions with others can I picture going differently tomorrow?*

The Daily Replay prayer can be done anywhere, at any time—and with anyone. Consider inviting a parent, grandparent, or good friend to pray through the prayer steps this week too.

GROW YOUR CIRCLE

Build a bond with a family member, or someone who is like family

Think of someone in your family, a close family friend, or a trusted adult who seems to handle pressure well, or does a good job of communicating and connecting with others. This week, your challenge is to strengthen your relationship with that person and ask them to share some of their experience and advice.

This person could be a parent—or consider growing your circle even wider and think about connecting with a grandparent, aunt or uncle, or an older brother or sister.

Remember, this person should be a trusted adult. And it's a good idea to talk with your parents about who you will be meeting with beforehand.

Four things to do when you meet

1. Talk with the family member you admire about why you chose them.
2. Ask your trusted adult about what makes them worried or anxious, and what helpful practices they've learned over the years as they listen to and learn from their anxiety.
3. Invite your trusted adult to tell you how, and why, they try to connect with others when they feel anxious.
4. Pray together.
5. Ask your trusted adult if they'd be willing to let you call them if ever you need someone to talk to about how you feel.

I met with _____ [Name] on _____ [Date] at _____ [Location].

Things they said during our meeting that were helpful to me: