

LEADER REFLECTION

You made it to the final session! Thanks for courageously talking about anxiety and helping young people learn to live in an anxious world. As we conclude this week, we will help students imagine not just how to survive, but how to *thrive* as they walk with Jesus through the uncertainty of life.

Thankfully, Jesus doesn't ask for perfection from his disciples. Instead, he asks for us to listen and trust as he works both in us and through us to help others. To experience God's hope and share that hope with others, we can reflect on the reality that we are made in God's image, we can re-center ourselves by spending time with God, and we can reconnect with our circle and our faith community.

Heads up: During your *Look up* large group teaching session this week, you'll need several loaves of bread depending on the size of the group. The idea is that everyone will be able to tear off a piece. Please carefully read the instructions in the final section of the script, "Jesus turns a little into a lot," in advance of your meeting so you can prepare (in particular if you need to accommodate for allergies) and communicate logistics to other leaders. Note that this is not a formal celebration of Communion (or the Lord's Supper, or Eucharist, depending on your tradition), but a remembrance of the miracle of the feeding of the 5,000 and a symbol that God uses us to share bread with one another.

Bonus idea: If you have bread bakers in your congregation or ministry, reach out in advance to see if they would be willing to bake bread for this gathering. You can utilize this symbolism of bread provided by the community to reinforce the idea of a broad circle of care surrounding your students.

Practice for healthy leadership

Hopefully the Daily Replay has been a helpful centering practice for you throughout this series. As we come to a close, consider how you might want to incorporate this prayer into your rhythms moving forward. Here are some prompts for this week:

1. **Become aware of God's presence.** *Where has God been at work in my life today?*
2. **Review the day with gratitude.** *What connections with caring people am I thankful for?*
3. **Pay attention to your emotions.** *Is there anything that is making me feel anxious or sad that I can talk with someone about?*

4. **Forgive, and ask for forgiveness.** *What forgiveness do I need to ask of someone so that I can fully experience the gift of connectedness?*
5. **Look toward tomorrow.** *What do I feel hopeful about?*

Consider closing your Daily Replay with the Lord's Prayer (or Our Father) this week. It will also be utilized in small groups.

How you can help your students grow this week:

- Think about how you'll bring closure to this series and how you want to encourage further sharing and connection around these themes. Maybe through asking questions via social media, sharing stories, or encouraging small groups to continue practicing the Daily Replay together.
- If you use texts or social media with students to encourage participation, give them a preview of the week's topic. We've provided premade social media images in the folder of resources for Session 4.
- Communicate with parents ahead of time about the series and about this week's content. We've provided a parent communication piece that corresponds to each session, and we've also produced podcast episodes you can share with parents via email, social media, or text.
- Listen to this week's [Faith in an Anxious World Parenting Podcast](#) yourself! Find [Episode 4](#) to hear Kevin Doi and Pam King discuss the themes of this session.

Visit fulleryouthinstitute.org/anxiousworld for more information and practical advice on young people and anxiety.

Final prep for this week:

- Read carefully through the script and make any needed adjustments based on your context and timeframe.
- Practice using the slide deck and make any needed changes.
- Watch the video and decide how you'll use it.
- Print enough **Look inside** small group discussion guides for each leader to have one (email it out in advance if possible and ask them to review ahead of time).
- If your students struggle to bring their Bibles to your meetings, print the Bible passage sheets for each small group leader found at the end of each **Look up** session.
- Print enough **Look around** student take-home sheets for each student to have one.
- Check out the "You'll need" list at the start of the **Look up** large group teaching guide and at the top of the **Look inside** small group discussion guide (note they are separate lists).