

# FAITH IN AN ANXIOUS WORLD

## SUGGESTED STUDENT AND PARENT COMMUNICATION PLAN

In addition to the weekly parent communication drafts and **Look around** student take-home sheets provided with this curriculum, here are some reminders and tips you can send to students and their parents each week via your preferred social media or text platform.

### WEEK 1:

When we start to feel anxious, we can look up, seek God's wisdom through the Bible, and talk with others who are walking in faith.

- Image: **Look up**, seek God's wisdom through the Bible, and talk with others who are walking in faith.

What's anxiety trying to tell you this week about your schedule and the pressure you're under? Don't forget to try the Daily Replay and take some time to reflect.

- Image: What is my anxiety trying to tell me?

Talk to a trusted adult about what's making you feel anxious. Ask what helpful habits they've learned over the years as they listen to and learn from their anxiety.

- Image: Grow your circle

### WEEK 2:

When we start to feel anxious, we can look inside, and reflect on where God is at work in us.

- Image: **Look inside** and ask, "Where is God working in me?"

What's anxiety trying to tell you this week about friendships, family, and relationships? Don't forget to try the Daily Replay and take some time to reflect.

- Image: What is my anxiety trying to tell me?

Talk to a family member (or someone who's like family) this week. Ask what helpful practices they've learned over the years as they listen to and learn from their anxiety.

- Image: Grow your circle

## WEEK 3:

When we start to feel anxious, we can look around to determine when to ask for help so that we can make positive changes.

- Image: **Look around.** Determine when to ask for help so that you can make positive changes.

What's anxiety trying to tell you this week about reaching out and asking for help? Don't forget to try the Daily Replay and take some time to reflect.

- Image: What is my anxiety trying to tell me?

Talk to a parent or trusted adult this week about how you'll work together if you ever feel like you're dealing with more than you can handle.

- Image: Grow your circle

## WEEK 4:

When we start to feel anxious, we can reflect, re-center, and reconnect to discover God at work.

- Image: When you feel anxious, reflect, re-center, and reconnect.

What's anxiety trying to tell you this week about being part of a caring community? Don't forget to try the Daily Replay and take some time to reflect.

- Image: What is my anxiety trying to tell me?

Talk to someone whose faith gives you hope this week, and ask them about how they reflect, re-center, and reconnect when they feel anxious.

- Image: Grow your circle

## LEADER TIP

Your curriculum includes an additional video, titled *The Daily Replay*. Use it to inspire and encourage both young people and their parents to try this helpful prayer practice.