



HIGH SCHOOL

Anthem
YOUTH

HIGH SCHOOL

MAY
2022

YOU
GOT
THIS!

PARENT CUE

OVERVIEW:

Joy. Sadness. Anger. Compassion. God has given each of us the capacity to feel deeply. And when we can better process our powerful emotions, we can start to understand how He will use them for His good. We are emotionally healthy when we are in control of our emotions instead of our emotions controlling us.

"Jesus wept." It's the shortest verse in the Bible, but it reveals so much about who Jesus was. He was not aloof, or distant from the people he met. He was present. He wept. He felt...deeply. The Bible shows us many examples of Jesus's emotions: love, compassion, righteous anger, sadness, and more. In this series, we'll look at how Jesus processed emotions and how following His example can help us see how our own emotions can be used to fulfill God's purpose in our lives.

WEEK 1: "Where is God When We Hurt?"

- Luke 7:11-16 NIV
- God sees you and He cares

WEEK 2: "Experience Joy Again"

- Scripture: Luke 15: 11:31 NIV
- 3 Ways You Can Experience Joy With Jesus
 - Take one step toward your Father.
 - Enjoy a relationship instead of just following rules.
 - Bring someone with you

WEEK 3: Interview with Sean Walsh, CEO of Meadows Behavioral Health

- Main topics: Q+A, emotional/mental/behavioral health, how to handle emotions in a gospel centered way.

Remember this:

- "The Lord is near to the brokenhearted and saves the crushed in spirit." - **Psalm 34:18**

CONVERSATION STARTERS

When it comes to emotions it is usually hard to understand exactly what is going on and get to the root of the issue. A great question to ask your teen is "How do you feel about that?" or "What do you think about that?"

Instead of being quick to jump in and fix a problem, look for opportunities to help them understand the emotions behind the problem.

We often think about the parts of a person being what they KNOW, what they FEEL, and what they DO. Ask them who some of their heroes or role models are (*not you*) and ask what they know about these parts of these people. Specifically, ask "How do the people you look up to feel about...?" "What does that make them do about it?" "How does that make you feel about it?"