



SERIES OVERVIEW

Everything Everywhere

What to do when life just feels like a lot

Do you know what it feels like to feel like everything is everywhere? Overwhelming, stressful, just a lot. Well, today's teenagers may know that feeling more than any generation that's gone before them. In our new 3-week series about stress students will be reminded that God cares for them, God uses other people to help them, and that joy is always a choice. By the end of these 3-weeks, students will have a healthy, helpful, and encouraging view of what to do when life just feels like a lot.

TOPIC	RELATIONSHIP	CORE THEOLOGICAL INSIGHT	RESPONSE
Stress	God Self Others	Connection, Faith, Transformation, Restoration, Compassion	Authentic Faith Ultimate Authority

WEEK ONE

SCRIPTURE

1 Peter 5:7 NLT

BOTTOM LINE

When you're carrying a lot, remember that God cares a lot.

WEEK TWO

SCRIPTURE

John 19:25-27 NLT
Proverbs 29:25 NLT

BOTTOM LINE

God uses other people to help us when we're stressed.

WEEK THREE

SCRIPTURE

Acts 16:25 NLT

BOTTOM LINE

When everything is everywhere, joy is always a choice.

REMEMBER THIS

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.

PHILIPPIANS 4:6 NLT