



You Seem Pretty Sad for a Jesus Follower

In this worship series we will explore feelings - all of them - and their place in our walk with Jesus. Feelings aren't inherently good or bad - Jesus experienced all of the feelings and He was perfect. It's what we do with our feelings that can sometimes get us into trouble. There is also a misconception that just because we are Christians and follow Jesus we should never be sad, or anxious, or mad, or fill in the blank with the emotion of your choice. There are even some that believe that seeking help for mental health struggles makes you less of a believer. In this series we will learn why that is absolutely false. We will explore ways to deal with the emotions we feel. Beginning August 23 I will also have the youth building open at 4 for any students who want to come and just chat. With me or with each other. We will dive deeper into the following themes:

- Week One: Emotions are not the Enemy
 - ◆ Jesus Wept Too - exploring themes of feelings being natural human experiences and how to deal with them
- Week Two: Labels
 - ◆ How to refuse to let the world label us and instead live into the labels God has for us.
- Week Three: Dealing with Anxiety
 - ◆ The number one challenge for teens right now is anxiety. We will devote this week to looking at biblical examples of how to deal with anxiety.
- Week Four: Noise
 - ◆ Teens experience more noise coming at them than ever before. This week we will learn how to avoid crash outs and how to filter out the noises of the world in order to better hear God's voice in our lives.
- Week Five: Finding Joy
 - ◆ We will learn that joy and happiness are not the same and learn how to find joy in God even in less than ideal circumstances.
- Week Six: We will take a field trip to find our own joy in the Dream Park in Ft. Worth. We will also help others find joy by performing acts of kindness when we are there (picking up trash, handing out bottled water and leaving rocks painted with inspirational messages on them)