

STRESS ATTACK

Use the number and letter combinations to discover how you can get relief from stress.

	1	2	3	4	5	6	7	8	9
A	S	N	T	S	U	S	O	S	T
B	L	B	T	R	O	C	A	I	C
C	N	U	I	V	T	W	F	S	Y
D	T	C	N	G	E	O	S	I	O
E	D	O	O	H	P	R	O	T	E
F	O	D	W	D	J	I	A	R	U
G	P	L	T	E	F	E	K	H	G

A3 B7 G2 G7 C5 E2 F5 G4 A1 F9 A6

F7 B2 E2 F9 G3 C9 D6 C2 B4

A8 G3 E6 D5 A1 D7

G8 D5 D2 F7 E6 D5 A1 G5 E3 B4

C9 E2 F9

I PETER 5:7

Lesson #205



Stress? What's that !?!

Circle the things that are giving you stress in your life now. Put a check mark next to the things that give you stress once in a while.

Drugs at school _____

Gangs _____

No peace at home _____

Unsaved family members _____

Enemies _____

Schoolwork _____

Sickness _____

Death in the family _____

Moving _____

New school _____

Divorce in the family _____

Not enough money _____

Peer pressure _____



Next to each thing you circled, write how God can be a "very present help" in your life.

In our story about Elijah today (I Kings 18: 17 - 46), what did God do to show the people that He was "very present"? _____

How did Baal (Satan) show his followers that he was present? _____

Look up Philippians 4:6 - 8, and read what God says He will do for us, and what we should do when we're having stress. Write what you like best about these verses. _____

Activity -- Rappin' Memory Verse

Using "God is our refuge and strength, a very present help in trouble" as the chorus, have students write "verses" which can be rapped or sung. For example:

*When I'm all alone, Jesus calms my fear. He says,
"Be not afraid, I am always near."*

*If you need a friend and you're feelin' blue,
Just pray to God -- He will come to you.*

Opener

Examine the memory verse very closely.

<i>What is a refuge?</i>	A safe place to hide.
<i>Strength is . . .</i>	The opposite of weakness and fear.
<i>Very Present means . . .</i>	Never gone/ always there.
<i>Help is . . .</i>	Assistance; someone to lean on; someone sharing the load

Opener -- Collage

Needed: clipped advertisements from magazines and newspapers
(or write these words on posterboard) for:

stress reduction
stress clinics
relaxation techniques

counseling
drug rehabilitation
suicide intervention

As an introduction, display the collage and ask how the world deals with stress. Points to include:

- some turn to drugs or even suicide
- some “drop out” and live on the streets
- some turn to Eastern Mysticism, Scientology, or other cults

Have students read Isaiah 26:3, Phillipians 4:6-7, Matthew 6:25 and I Peter 5:7 and comment on what God will do for us. Include that:


- prayer releases tension by giving our troubles to God
- a Christian trusts God that “all things work together for good”
- we can learn from the testimonies of past and present Christians, and from Bible personalities who endured stress and came through victorious because of prayer and trust in God.


Intro into the Elijah story -- I Kings 18: 17 - 46

STRESS CONTROL


If you are a Christian you will have less stress in your life. How can that be? At times, Christians seem to have just as many problems as anyone else, but they know that God is in control of their lives, and He will take care of them.

Fill in the missing words from the key verse below. It is from Psalm 46:1.



 is our and ,
a present in .



Following is a list of things that might cause stress in the life of any young person. Check off the ones that might create stress in your life.



Your best friend is moving to another city. *(God is in control.)*
 You didn't get your homework done on time.
 Your favorite pet died.
 You flunked an important test. *(God loves you.)*
 You are taking your driver's license test.
 You are being pressured to do something you know is wrong.
 You had an argument with your brother or sister. *(God cares.)*
 You have no money.
 Other _____



Don't forget, Jesus is your best Stress Controller.

STRESSED OUT!

What are some ways that stress can enter your life? How about these?

1. Someone is angry at you.
2. Other people expect more from you than you think you can give.
3. You seem to be standing alone on an important issue.
4. You have been waiting a long time for something that still hasn't happened.

What can you do about things like that which come into your life? Read through the following Bible verses and underline the words that tell what God wants us to do.

Psalm 55:22 — *“Cast thy burden upon the LORD, and he shall sustain thee: he shall never suffer the righteous to be moved.”*

Philippians 4:6-7 — *“Be careful for nothing; but in every thing by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passeth all understanding, shall keep your hearts and minds through Christ Jesus.”*

Proverbs 3:5-6 — *“Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths.”*

Matthew 6:33-34 — *“But seek ye first the kingdom of God, and his righteousness; and all these things shall be added unto you. Take therefore no thought for the morrow: for the morrow shall take thought for the things of itself. Sufficient unto the day is the evil thereof.”*

1 Peter 5:7 — *“Casting all your care upon him; for he careth for you.”*

The following situations could be real “stress producers” for young people. Read through them and decide which of the previous verses would best help you to deal with the stress in each case.

- Moving to another city. _____
- Hearing your parents fight and argue. _____
- Resisting peer pressure. _____
- Arriving home after curfew. _____
- Studying late at night for a test. _____
- Taking your driver' license test. _____
- Being pressured to date. _____
- Going out on your first date. _____
- Having a pet die. _____
- Getting a really bad haircut. _____
- Not passing an important test. _____
- Being told that our country is going to war. _____
- Arguing with your sister or brother. _____