

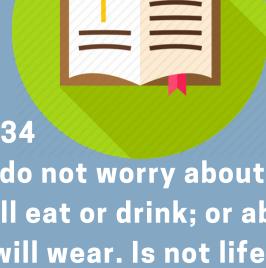
# SHAKEN UP

AND STRESSED OUT



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Age College and Career



## SCRIPTURES

**Matthew 6:25-37;33-34**

**"Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? Can any one of you by worrying add a single hour to your life?**

**But seek first his kingdom and his righteousness, and all these things will be given to you as well. Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.**

## Did you know?

### LET'S TALK FACTS

March 12, 2020 the majority of college campuses across the USA initiated a chain reaction of school closures due to COVID-19. Classes would resume online.

In China, roughly 5 million lost their job or job hours, igniting a wave of economic fallout and all due to the Coronavirus (CNBC.com).

We are seeing the beginnings of economic distress in America as well enough to motivate US Congress to pass legislation of 2 trillion funds to support American workers.

## WHAT DOES THAT MEAN FOR ME?

You are in a unique position right now concerning the present phase in your life and the timing of COVID-19. There have been numerous responses to the virus, ranging from **panic** to **hilarious memes** shared via social networks. Regardless of where you stand in all of it, your routines have been altered. If you are currently enrolled in face-to-face college courses, you have been unwillingly placed into spontaneous online substitutes. For some that arrangement works, for others you **thrive** on the **interpersonal relationship** between your peers and professors in order to manage academic success. What does all that mean? It equates to **one basic truth**; this is a stressful time for more reason than one. Furthermore, most of you are actively in the workforce, depending on your employment to cover **financial responsibilities**. Given social-distancing and shelter in place regulations, working has also become challenging to many Americans.

Stop and **take a deep breath** right now. Anxiety and stress might be present. **Real** and **dangerous** alike, they are both works of the enemy in your life meant to cause you to freeze up in your endeavors. These two elements working together will birth immobility and stunt your personal growth. To be **anxious** is to focus on a problem rather than a solution. To **stress** is to worry. As a child of God, you do not have to do either. In fact, You don't need the answer of what's next in order to keep moving. Faith means meditating on passages such as Matthew 6 and waiting on the Lord to shine his light on your next move, knowing that he is your provision for all things. The same God who feeds the birds will supply your needs.

## CHALLENGE

Admittatley, **none** of this is desirable. However, in order for you to have personal testimonies in your life, you must have hardships that require the **help from an all-powerful God**. This is an uncomfortable time, but it is also an opportunity for God to work out the miraculous in your situation.

I challenge you to write down what is stressing you and what causes you anxiety. Then, take those words and turn them into a powerful prayer. Once you have it written down, wait on the Lord **in faith**. Once he has moved (and **he will**) on your behalf, come back and document the testimony.

## WHERE DO I START?

Well, what is causing you anxiety? Use scripture to take a stand against it.

### What am I anxious about?

I feel **overwhelmed** with my Chemistry course. I am also anxious about finances, and I am worried about this virus and how it could impact my family or friends.

**Turn it into a prayer with the word applied.**

God, you said in Matthew 6 that I didn't have to worry about tomorrow. That it would take care of itself. You said that worrying about it couldn't help the situation at all. I believe in your word, and I trust that you meant it when you said that I was **valuable** and **special** to you. You said that if I

put **your kingdom first**, all of these things would work out for me. I am asking you to teach me

how to put your kingdom first in all things. Help me understand what that looks like in my life. I

want to please you, and I need your **peace** through all of this. **Protect** my family, my friends, and my future.