

SHAKEN UP

ALL THE FEELS



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Age 11-14 year olds



Did you know?

LET'S TALK FACTS



SCRIPTURES

Psalms 16:8

"I have set the Lord continually before me; Because He is at my right hand, I will not be shaken."



Hebrews 4:12

"For the word of God is living and active..."



2 Chronicles 16:9

"Certainly the Lord watches the whole earth carefully and is ready to strengthen those who are devoted to him."



A nationwide study was conducted back in 2016 on bible reading. Did you know that it found only 3% of teens read their bible daily? Oops.



According to Smart Social, "American teens, ages 13 to 18, used entertainment screen media (not at school or for homework) for an average of seven hours and 22 minutes each day in 2019."

What if we gave some of that time to God?

WHAT DOES THAT MEAN FOR ME?

Right now, things seem a bit shaken in our world because of COVID-19. In fact, you might even feel shaken up too. I mean let's be honest about it. Life is anything but normal here lately. Yet, we read verses like the one in Psalms 16:8 that teach us God can keep our hearts from feeling overwhelmed by all of this **crazy**. We simply must keep the bible right in front of us at **all** times.

Why? It's powerful. It can **make things happen** in your life because it's **actually** alive. The bible is not just old fashioned words from biblical heroes on a page. When spoken out loud **in faith**, those words begin to move into **action** throughout our life and **fix real problems**.

CHALLENGE

I'd say we have a few problems right now that need fixing, and **it is okay** to feel upset about it. We also need **to do something** about it. Let the word of God become your **action**. Speak it out loud **in faith** and watch. You'll see proof that it's a living, moving thing. How could it not be? The word is actually God breathed. And he is very much alive, looking for somebody he can help. We see that clearly in 2 Chronicles.

However you are feeling about COVID-19, you have every reason to feel that way, and I want you to know that **you are going to be okay**. If you let God's word come alive in you, those feelings about our world right now won't always keep you shaken up.

WHERE DO I START?

Well, how are you feeling?

Afraid?

2 Timothy 1:7
"Do not be anxious about anything. Instead, in every situation, through prayer and petition **with thanksgiving**, tell your requests to God."

Prayer
God, I am feeling afraid a lot here lately. I give that feeling of fear to you right now with a thankful heart. You have brought me this far and I know you have great plans for my life.

Sad?

Psalms 147:3
"He heals the brokenhearted, and bandages their wounds."

Prayer
God, I choose to let your living word move into my heart, right where I feel crushed with everything that's going on. Heal my hurt and bring me joy. Teach my mind to see the good and teach my mouth to speak from a **place of gratitude**.

Angry?

Psalms 37:8
"Do not be angry and frustrated! Do not fret! That only leads to trouble!"

Prayer
God, I feel angry about everything that has happened. None of this was apart of my plans, but this anger just **feels heavy inside my chest**. it makes me say and do things I regret. So, I lift it up to you. Replace this anger with peace.