

START WHERE YOUR EYES LAND!

don't just answer questions

help each other share

• stories • thoughts • feelings • experiences

Listen! Ask! Wonder!

NRSV

7,– A Samaritan woman came to draw water, and Jesus said to her, “Give me a drink.”...

10 – Jesus answered her, “If you knew the gift of God, and who it is that is saying to you, ‘Give me a drink,’ you would have asked him, and he would have given you living water.”

–John 4

STRESS

—DEEP—

- Describe an **AVERAGE SCHOOL DAY**.
 - The light, fun, easy manageable side.
 - The heavy, demanding, oppressive, challenging parts.
- **MY CALM!** Place... Time... Person... Activity... Escape...

—DEEPER—

- **STRESSORS** teenagers encounter...
- **NORMAL** stress vs. **OVER THE TOP** stress?
- What are “**WARNING SIGNS**” that life-stressors are over the top?
- **BEST** methods and **WORST** methods people handle stress are...
- **COUNSELORS?** What are the stigmas? Fears? Experiences?
- **WHEN** should a counselor be sought?
- **FAITH?** Helpful? How? Some people claim it is a cure-all. Is it?

—DEEPEST—

- Imagine **SITTING WITH JESUS**. What would he ask? How would it feel? What would you say?
- **PERSONAL PRAYERS?** When? For what? How?
- How do you **HELP FRIENDS** destress?
- I **TALK** about my stress with... I **AVOID** the topic with...
- A gift **I NEED FROM GOD** to better cope with life stressors is...
 - Share a prayer, or blessing reflecting these needs.