

HEART CONNEX

Truth Flowing from One Generation to the Next— Through Strong Heart Connections

STUDENTS PAGE

October 11-13, 2009

Freedom from Worry and Fear—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): When it's your turn, say: **Thanks for sharing this. I want to be ready for the crises I will face. When you share things like this, it makes me feel...**

Something from the *Heart Surprise* I want to remember:

2. Read Scripture: Esther 8:5-16

Truth

- God can free believers from their worries and fears.

Untruths

- God doesn't care about the tough situations I face.
- God can't do anything about my worries and fears.
- I've got to rely on myself to get out of tough situations.

3. Explore Scripture: Write what you want to remember about the Scriptures.

4. Think It Through: Encourage family members to think of a situation that is a major worry or fear for them and to identify one word that symbolizes that concern. Starting with the oldest person in your home, allow family members to share their words. Say: **We don't need to know what struggle the word represents. I just want you to know what it means for you.** After everyone has responded, say: **God is able to free you from your worry or fear. Thank God for loving us enough to act on our behalf.**

5. Nail It Down: A parent will lead this step.

6. Pray: Say: **Recall the word that symbolizes your worry or fear. Take a moment for silent prayer and ask God to free you from this fear.** Close with your own prayer asking God to free family members from fear, worry, or major concerns.

7. Blessing: Listen as your parent blesses the family.

Teen Tip: What kinds of goals did you set for this school year? How are you progressing toward those goals so far? If you didn't set any goals, what goals could you set for the remainder of the year? Go to your parents and share your answers to these questions. Take a moment and ask them to pray for the remainder of your fall semester.