

HEART CONNEX

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

STUDENTS PAGE

October 25-27, 2009

God's Plans for You—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): When it is your turn, say: **Thanks for sharing your ranking of the coming Christmas celebration. On a scale of 1-10, with 10 being the best score, I would give my hope for the upcoming Christmas celebration a _____. I say this because . . .**

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

2. Read Scripture: Jeremiah 29:11

Truth

- God has a plan for my life that includes hope and blessings.

Untruths

- God doesn't care about me or have a plan for me.
- The most important plan for my life is the one I develop for myself.
- I don't need God's blessings. I will bless myself.

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

4. Think It Through: Ask: **How would you feel if you lost your best friend and your dog died on the same day?** Say: **I'm sure it would be tough. You might even feel discouraged or extremely sad. You may not want to be encouraged while you are mourning.** Say: **We have a better God than we can even imagine.** Point out that God cares for us so much that He has a plan for us that includes blessings, help, hope, and a future.

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

6. Pray: Say: **Close your eyes and hear this prayer: Father God, I trust Your plan for me and for my future. I have hope because You clearly are in charge.** Continue your prayer.

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

Teen Tip: Go to your parents and ask if they think time passes faster than it did when they were kids. Ask them to explain their answer to the question. Tell them you appreciate their help and the fact that they listen to and care for you.