



THIS MATTERS

4-week series: We want to dive deep into the difficult topics that high schoolers deal with frequently. This year has a sub theme of emotions as they connect to these hard topics: anxiety and technology, toxic shame and sex, resentment and relationships, depression and coping mechanisms.

Our hope is to share a biblical world view of these emotions and topics, while providing handles for them to practically navigate these difficult areas of life.

MEMORY VERSE

“Above all else, guard your heart, for everything you do flows from it.” Proverbs 4:23

ENGAGE IN EVERYDAY MOMENTS TOGETHER

Morning Time

Ask how they’re feeling emotionally. Be specific with sentence stems like: Anything stressing you out today? Is something causing you anxiety? Anything causing you to feel down?

Their Time

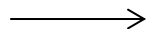
Encourage them journal or process what’s happening in their lives. It could be through music, writing something down, vlogging, or something that gets them active.

Meal Time

Ask them if there’s a topic that they would never want to talk about with you. It could lead you to eventually them opening up.

Bed Time

This is a great time to remind them how much you care about them and how much you love them. Remind them of your unconditional love, and remind them you’re not perfect either. Everyone is in need of a savior.



SPRING
2026

High School



Week One

Psalm 34:1-4, 17-20 NLT

Run to Jesus with your anxiety, and let His presence replace your fear

Week Three

**Genesis 4:2b-8, Ephesians 4:31-32
NLT**

Release resentment from your life to pursue restoration

Week Two

**John 8:3-11, 1 Corinthians 6:15-20
NLT**

The enemy uses toxic shame to trap you -
Jesus uses grace to set you free

Week Four

Psalm 143 NLT

Coping does not solve your depression,
rather trusting in God's affection
