

## Teen Topics Handling Stress

### **The Issue:**

Stress seems to be a fact of life for most teens! Never ending homework projects, extra-curricular activities, various obligations, drama within our friendships, problems that arise at home, pressure to excel in sports or in academics (etc.) all add to stress! Stress can make life seem overwhelming at times, and it can even have harmful effects on our health! Let's see what God says about handling stress in our lives.

### **What does the Bible say?**

Note what advice these verses give for handling stress:

- > **Ex. 18:17-23** – Ask for help, don't carry your burdens alone.
- > **Deut. 20:1-4** – Recognize the Lord gives victory and relief.
- > **Ps. 18:6** – Take any and all burdens to the Lord in prayer.
- > **Eph. 5:15-17** – Seek the Lord's will in using time wisely.

### **What should I do?**

Being busy is not a bad thing, for God wants us to be productive and get things done. However, God does not want us to be overcome with stress to the point we are miserable. Looking at the above verses, consider these thoughts:

1. Are you willing to share your burdens with a friend, parent or youth leader? Opening up and praying with someone goes a long way in relieving stress!
2. God calls us to work and study hard, but He also calls us to give the pressure of success over to Him. Do your part and give the rest over to God. He can handle it!
3. What adjustments do you need to make in your life? Consider what schedule changes or relationship changes you need to make to free up unneeded stress!

Handling stress correctly is critical if we desire to be used by God. It is essential for us to turn our stress over to Him!