

MARCH
2024

STUDENT MINISTRY

PARENT CUE CARD

SERIES
OVERVIEW

Theme

EVERYTHING EVERYWHERE

A SERIES ABOUT WHAT TO DO
WHEN LIFE JUST FEELS LIKE A LOT

Do you know what it feels like to feel like everything is everywhere? Overwhelming, stressful, just a lot. Well, today's teenagers may know that feeling more than any generation that's gone before them. In our 3-week series about stress, students will be reminded that God cares for them, God uses other people to help them, and that joy is always a choice.

By the end of these 3 weeks, students will have a healthy, helpful, and encouraging framework for what to do when life just feels like a lot.

MARCH 6

1 Peter 5:7 NLT

When you're carrying a lot, remember that God cares a lot.

MARCH 13

Acts 16:25-30 NLT

When everything is everywhere, joy is always a choice.

MARCH 20

John 19:25-27 NLT, Proverbs 29:25 NLT, Galatians 6:2 NIV

God uses other people to help us when we're stressed.

MARCH 27

NO STUMIN PROGRAMMING |
SPRING BREAK

THEME VERSE

Give all your worries
and cares to God,
for he cares about you.

1 Peter 5:7 NLT

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**MORNING TIME**

As your teen starts their day, ask them: “Is there someone you know going through something stressful?”

Then, help them brainstorm some ways they can encourage and show kindness to the person they identified.

**THEIR TIME**

This month, challenge your teen to spend intentional time with friends by setting aside their stress and doing something fun together.

Encourage them to let themselves simply enjoy all that God is already doing in their everyday life!

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**MEAL TIME**

At meal times this month, have everyone answer these questions:

“What is something going on in your life right now that feels overwhelming or heavy? How can we help you?”

“What is something hard you had to trust in someone else (or even God) to help you with?”

**BED TIME**

Pray that you and your kid(s) will trust God even (especially!) when life feels scary or uncertain.

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