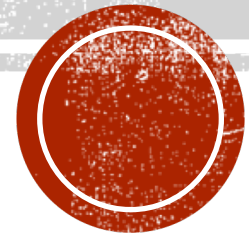


OUR REACTIONS TO STRESS AND WORRY:



FIGHT?, FLIGHT?, OR FREEZE?

BIG GROUP: GET – TO – KNOW – YOU QUESTIONS

- **WHAT IS THE BEST THING ABOUT QUARANTINE?**
- **WHAT IS THE WORST THING ABOUT QUARANTINE?**



MEGA SYNONYMS FOR FREAKING OUT!

- **Problem** – something that causes trouble or difficulty
- **Difficulty** – something that is hard or you have trouble doing
- **Trouble** – problems, worries, anxieties
- **Anxiety** – a feeling of worry, nervousness, or unease about something with an uncertain outcome
- **Worry** – the state of being anxious and troubled over actual or potential problems
- **Issue** – a problem that needs to be considered or addressed
- **Hardship** – something that makes your life more difficult or unpleasant
- **Burden** - a negative feeling that is difficult to deal with and that you cannot get rid of
- **Stress** – a feeling of worry that things are not going easily



POLL THE GROUP:

WWW.MENTI.COM

ACCESS CODE:

XX XX XX

**WHAT ARE TEENS' BIGGEST TROUBLES
TODAY? (NOT RELATED TO CORONAVIRUS)**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



DISCUSSION IN GROUPS: 4 Q'S (POST IN CHAT)

1. When people face difficulties, they react in one of 3 ways:
 - a) FIGHT
 - b) FLIGHT (flee, run away)
 - c) FREEZE

Which have you been like this week?!

2. Why are some things a problem for one person and not a problem for another?
3. What things do people need to overcome problems?
4. Can difficulties be an opportunity for something better? How?



IDIOMS IN GROUPS

1. **“In a pickle”**
2. **“Elephant in the room”**
3. **“Brush it under the rug”**
4. **“Scratch the surface”**
5. **“Tip of the iceberg”**
6. **“See the light at the end of the tunnel”**
7. **“To get your underwear in a bundle”**

1. Explanation: You are in a difficult situation and need help.
 - a) Example: *My car won't start, but I need to get to work, so I'm _____.*
2. Explanation: You see signs of hope for the future after a long period of difficulty.
 - a) Example: *Sales dropped heavily last year, but we're beginning to _____.*
3. Explanation: You get worried and uptight (serious and irritated) about something.
 - a) Example: *Every time my father doesn't wash his dishes, my mother _____.*
4. Explanation: You avoid talking about the real situation.
 - a) Example: *When I asked him about the results of his doctor's appointment, he just _____ and said he's fine.*
5. Explanation: A problem that no one wants to discuss, but it is so obvious that it cannot be ignored.
 - a) Example: *Let's face it, his work is terrible. It's the _____ that we need to discuss.*
6. Explanation: You deal with only a small part of a problem.
 - a) Example: *Some countries are only _____ of their Coronavirus problems.*
7. Explanation: Only small part of the problem; biggest part is hidden.
 - a) Example: *Their arguing about where to go on vacation was only the _____; they have bigger problems in _____ their relationship.*

"So I tell you, don't worry about everyday life—whether you have enough food, drink, and clothes. Doesn't life consist of more than food and clothing?

Look at the birds. They don't need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are. Can all your worries add a single moment to your life? Of course not. "And why worry about your clothes? Look at the lilies and how they grow. They don't work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won't he more surely care for you? You have so little faith!

"So don't worry about having enough food or drink or clothing. Why be like the pagans who are so deeply concerned about these things? Your heavenly Father already knows all your needs! So make the Kingdom of God and his righteousness your primary concern and all these things will be given to you as well. "So don't worry about tomorrow, for tomorrow will bring its own worries. Today's trouble is enough for today."

~ *JESUS (Matthew 6:25-34)*



МАТВІЯ 6:25-34

25 Тому кажу вам: не журіться про життя ваше, що вам їсти чи що пити; ні про тіло ваше, в що одягатися. Чи ж життя не більше від їжі, а тіло — від одяжі?

26 Погляньте на птаство небесне: воно не сіє і не жне, і не збирає в клуні, а Отець ваш Небесний годує їх. Чи ж ви не багато вартніші від них? 27 Хто з вас, коли журиться, зможе додати собі зросту хоч на один лікоть? 28 І про одяг чого піклуєтесь?

Погляньте на лілії польові, як вони ростуть: не працюють і не прядуть; 29 але кажу вам, що і Соломон в усій славі своїй не одягався так, як одна з них. 30 Коли ж траву польову, яка сьогодні є, а завтра кидають її в піч, Бог так одягає, то чи ж не краще буде одягати вас, маловіри?

31 Отже, не журіться, кажучи: 'Що нам їсти?' Або: 'Що нам пити?' Чи: 'В що одягатись?' 32 Бо про все те язичники клопочуться, але Отець ваш Небесний знає, що вам все це потрібне. 33 Шукайте ж перш за все Царства Божого і правди Його, а все це додасться вам. 34 Тому не журіться про завтрашній день, бо завтра само про себе поклопочеться; кожний день має досить своїх турбот».



KARAOKE, ZOOM STYLE!

- DON'T WORRY ABOUT YOUR LIFE
 - A SONG IN RESPONSE TO MATTHEW 6, BY REBECCA ST. JAMES
 - But first: SONG VOCAB!
 1. On the corner of Fifth and Broadway
 2. grocery store on Third
 3. A man up on a box – (to get on your soapbox)
 4. To be unorthodox – (to be untraditional_
 5. A dollar fifty – (\$50 or \$1.50??)
 - <https://www.karaoke-lyrics.net/lyrics/rebecca-st-james-19254>

- Ending Question: What does Jesus' text tell us to do with our problems and worries?



IDEAS FOR THE WEEK

#ENGLISHSPEAKINGCLUBECK

1. Physical: Week-long challenge!
2. Relational: A Legend per Day
3. Mental: Be smart. Be healthy. Want this to end? Stay away from people!
4. Emotional: SEEKApp
5. Spiritual: YouVersion App



What you can do:

