



W. F. M. YOUTH

Wednesday Night Recap:

Last evening we talked about stressors and time consumers and how in the midst of all these things we find peace in our hearts with Jesus. Erin, Katy, Philip and Christian shared about stressors in their lives and how they find peace in those moments.

Some key takeaways were:

- ◇ Don't try and do it all on your own.
- ◇ Engage in Spiritual Disciplines.
- ◇ Don't throw in the towel if you mess up.
- ◇ Everyone finds peace in different ways.

For some more practical help check out the article below:

<https://www.lifespan.org/lifespan-living/teens-stress-and-how-parents-can-help>

In this issue:

- Wed Recap
- Shout Out
- Parental Feature
- Links
- Encouraging Verse
- Prayer for Parents
- Table Talk



Shout Out!!

Thanks to Sarah, Erin, Thad, Ruth, Renee, Christian, and Todd who sacrificed their time to join us on the Fall Retreat!

New TikTok feature!

<https://newsroom.tiktok.com/en-us/tiktok-introduces-family-pairing>

Click on the link above to check out some new parenting control features that TikTok is using! I am sure there are many perspectives on social media, but I think it is always worth checking out the options we have to keep things balanced!

John 14:23 Jesus replied, "Anyone who loves me will obey my teaching. My Father will love them, and we will come to them and make our home with them. **24** Anyone who does not love me will not obey my teaching. These words you hear are not my own; they belong to the Father who sent me.

25 "All this I have spoken while still with you. **26** But the Advocate, the Holy Spirit, whom the Father will send in my name, will teach you all things and will remind you of everything I have said to you. **27 Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.**

28 "You heard me say, 'I am going away and I am coming back to you.' If you loved me, you would be glad that I am going to the Father, for the Father is greater than I. **29** I have told you now before it happens, so that when it does happen you will believe. **30** I will not say much more to you, for the prince of this world is coming. He has no hold over me, **31** but he comes so that the world may learn that I love the Father and do exactly what my Father has commanded me.

Links:

[Prayer Breakfast Driver Sign Up:](#)

[Prayer Breakfast Sign Up:](#)

[Afterglow Sign Up:](#)

[WFMY Photos](#)

New Photos!!

30 Day Prayer for Parents

The link above provides resources for parents to help them engage in prayer for their children. There is a sign up to get a daily email with a prayer for your family, printable prayer cards, and even a prayer workbook you can purchase. There are also other recourses on the main page (mostly for adult women) to foster spiritual growth and that could be used also for outreach.

Table Talk:

After reading the above Wednesday night recap...Talk at home about stressors and finding peace and balance. Take time together to set goals and discuss values and even prioritize the time consumers in your and your youth's lives!