



# TRENDING

## WEEK ONE

PSALM 56:3

God gives us the tools  
to handle anxiety.



## REMEMBER THIS:

"Truly he is my rock and my  
salvation; he is my fortress,  
I will not be shaken."

PSALM 62:6 NIV

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## THINK ABOUT THIS:

*Trending* is a stand-alone message that focuses on the feelings and impact of anxiety on middle schoolers' lives. This is such an important conversation for students in this phase! The pressure, stress, and anxiety middle schoolers are dealing with can be totally overwhelming, and the need for support and guidance on how to respond to those feelings is great. The goal of this message is to not only provide middle schoolers with that encouragement and help, but to also give them access to the many tools God has provided us with to handle anxiety.

We know approaching conversations about anxiety with your middle schooler can be tough, so our partners at Parent Cue created a conversation guide to help you navigate this topic with your kid. Find the conversation guide and more at [theparentcue.org/resources](https://theparentcue.org/resources).

 DO THIS:**MORNING TIME**

Take some time to do a little self-reflection as a parent. Is there anything you might be doing or saying that's causing anxiety in your kid? Is there something that might be happening in your home that could be adding to their stress? Think honestly about how you or your home environment may be impacting your kid and do what you can to positively shift the tone going forward.

**MEAL TIME**

Instead of asking your kid to talk directly about their feelings, give them a chance to share what they're feeling in a more indirect way. Print out a picture of each status icon from Facebook and post them on your fridge alongside the names of each person in your family. When someone in your family is feeling something that they aren't sure how to express or talk about yet, they can put their name next to the status icon that best describes what they're feeling.

**DRIVE TIME**

Let your kid know it's okay to struggle with stress and anxiety by sharing with them what those feelings look like for you. Talk about things that have made you anxious, how that anxiety felt, and how you handled it in your own life. Open the door for conversation if they want to share their own experiences with anxiety as well.

**BED TIME**

Ask your middle schooler if there's anyone in their life—a friend, teammate, classmate, member of their Small Group—who struggles with anxiety. Let them share what anxiety looks like in that particular person and how being around them when they're anxious impacts your kid. Then, talk about what your kid can do to support their friend through their anxiety.