

CURRICULUM OVERVIEW



**FAITH
IN AN
ANXIOUS
WORLD**

A 4-WEEK HIGH SCHOOL CURRICULUM

**KARA POWELL AND BRAD GRIFFIN,
WITH RACHEL DODD AND AARON ROSALES**

CURRICULUM OVERVIEW

We don't need to look far to see that our teenagers are hurting. Anxiety and depression are on the rise, dominating the ways young people talk about their generation. This 4-week multimedia curriculum will equip you with the tools you need to guide young people in your care, linking anxiety and depression with conversations about discipleship and faithful living. Together you'll reflect on New Testament stories, watch Jesus enter into anxious situations with his disciples, and explore life in an anxious but hope-filled world.

***Faith in an Anxious World* releases January 6, 2020.**



EVERY SESSION INCLUDES:

- Leader reflection and tips for handling tough subjects
- Comprehensive teaching script
- Presentation slides
- Video discussion starter
- Small group leader guide
- Printable handouts for parents and students
- Social media graphics to promote your series



SESSION 1: LIFE IN AN ANXIOUS WORLD

Mark 4:35-41 and 6:45-51

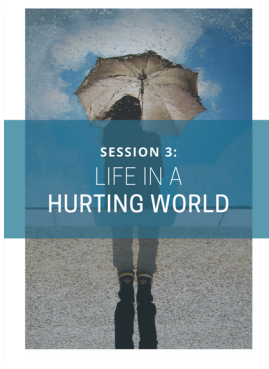
Anxiety is something that exists in and around us, and often we don't recognize its symptoms. Culture, technology, academic achievement, competition, self-comparison—all of these add to the pressure that builds around us and inside of us. When life starts to feel unsteady, we can look up, look inside, and look around to see God at work in the midst of our anxiety.



SESSION 2: LIFE IN A RELATIONAL WORLD

Luke 5:1-11

Relationships can be frustrating at times—but God designed us to be part of groups and families, and to build a circle of care we can ask to be with us no matter what we're going through. In this session, students will identify the pressures they feel as members of families, cultures, and peer groups.



SESSION 3: LIFE IN A HURTING WORLD

Luke 8:40-56

Sometimes our feelings of pressure and anxiety become more than we can handle on our own. God designed us to be in groups and families who care, and at times to expand our circle to professional helpers. Reaching out to God and sharing honestly with others can keep us from facing anxiety alone.



SESSION 4: LIFE IN A HOPEFUL WORLD

Mark 6:30-44

Jesus doesn't ask for perfection from his disciples, he asks for us to listen and trust as he works both in us and through us to help others. To experience God's hope and share that hope with others, we can reflect on the reality that we are made in God's image, we can re-center by spending time with God, and we can reconnect with our circle and our faith community.



BONUS FEATURES:

Check out fulleryouthinstitute.org/anxiousworld for podcast episodes featuring interviews and advice from mental health experts which will equip families and leaders to make anxiety and depression part of the discipleship conversation. These episodes coincide with curriculum themes so you can send them to parents each week and set them up for better conversations at home.

CONTACT:

For interviews with Kara Powell or Brad Griffin, contact:
Jana Muntsinger, jana@mmpublicrelations.com, 832-247-9308



Fuller Youth Institute

Faith in an Anxious World: A 4-week High School Curriculum

Kara Powell, Brad Griffin, Fuller Youth Institute Team

www.fulleryouthinstitute.org/anxiousworld

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