

SESSION 4: LIFE IN A HOPEFUL WORLD

LOOK AROUND: PARENT GUIDE

All of us—parents, leaders, and students alike—feel anxious sometimes. And when we do, it can feel like a megaphone that amplifies our awareness of our flaws and shortcomings.

That's why it's a relief to remember Jesus doesn't ask for perfection from his followers. As we shared with your student this week, instead Jesus asks us to listen and trust as he works both in us and through us to help others.

Not only can we experience God's hope, we also have the privilege to share that hope with others. In the midst of an anxious world, we can receive hope from God and spread that hope to others as we reflect on the reality that we are made in God's image, re-center ourselves by spending time with God, and reconnect with our circle and our faith community.

This week as we looked at the familiar story of the feeding of the 5,000 in Mark 6:30–44, your child learned that we are made to be connected with God and others. It was the disciples working *together* that enabled them to offer help and hope to those around them. We are at our healthiest—and our most powerful—when we really see each other and begin working with one another.

This week marks the end of our 4-part series, *Faith in an Anxious World*. But hopefully for you and your student, it will be the beginning of many open and caring conversations to come. As a family, be encouraged to continue practicing the Daily Replay, and keep widening your student's circle of care as he or she grows. And as a parent, know that our church community is always here to help when your family needs support.

HERE'S A CONVERSATION TO HAVE WITH YOUR STUDENT THIS WEEK

This week, choose one (or more!) of the options below to dive into deeper discussion with your child.

- Share your testimony, or your story of why you follow Jesus, with your child. Try to highlight how God gave you hope in the midst of the highs and lows of your spiritual journey.
- Discuss how being connected with a church or faith community helps you feel rooted, supported, and hopeful.
- Talk about the practices you do to feel calmer and to stay connected when you're anxious.

HERE'S SOMETHING YOU CAN DO TO HELP YOUR STUDENT AS THEY GROW

This week your student was invited to think about how they can deepen their connection with their church or faith community. To make that even more tangible, help your child think of an adult they trust within the congregation who might be a good person to call on if they ever need someone to talk to. Encourage

your kid to contact that person and ask them if they would be willing to meet for an hour this week, and to be available if they have questions in the future. The student take-home sheet includes some discussion prompts for this meeting.

HERE'S SOMETHING YOU CAN DO TOGETHER AS A FAMILY

Throughout our 4-week journey, students are exploring the Ignatian Prayer of Examen as a tool to help center themselves and seek God when life feels anxious. We're calling it the "Daily Replay."

You can encourage your student to develop this practice by walking through the following five prayer steps together, asking how the practice is helpful or challenging, or using the steps to grow in your own practice of prayer.

HERE ARE SOME PROMPTS TO PRACTICE THE FIVE STEPS THIS WEEK:

1. **Become aware of God's presence.** *Where has God been at work in my life today?*
2. **Review the day with gratitude.** *What connections with caring people am I thankful for?*
3. **Pay attention to your emotions.** *Is there anything that is making me feel anxious or sad that I can talk with someone about?*
4. **Forgive, and ask for forgiveness.** *What forgiveness do I need to ask of someone so that I can fully experience the gift of connectedness?*
5. **Look toward tomorrow.** *What do I feel hopeful about?*

The Daily Replay is based on the Ignatian Prayer of Examen, and adapted for teenagers. Find out more about this prayer practice at www.ignatianspirituality.com.

If you find apps helpful in reminding and guiding you through your own practice of the prayer, search your app store for Ignatian Spirituality's "[Reimagining the Examen](#)," or "[Examen](#)" from FULLER studio.

HERE ARE MORE TOOLS TO HELP YOUR FAMILY DEVELOP FAITH IN AN ANXIOUS WORLD

When it comes to developing faith in an anxious world, the majority of your most important parenting happens behind the scenes as you stay sharp and alert, ready to support your child with what they need:

- Check out the [Faith in an Anxious World Parenting Podcast: Episode 4](#), available wherever you listen to podcasts.
- Visit fulleryouthinstitute.org/anxiousworld for additional practical advice on how young people can best navigate anxiety.
- Seek professional help from a local counselor or therapist (we will cover this in more depth in the coming weeks).
- Reach out with your questions to a crisis hotline ([National Suicide Prevention Lifeline: 1-800-273-8255](#) or suicidepreventionlifeline.org).