



### **Part Three: What About My Kids?**

Dealing with stress as an adult is one thing. But what about your kids? More and more teens seem to struggle with stress, worry, anxiety and depression than ever before. In this message, Carey not only looks at scripture, he interviews Dr. Rob Meeder, a pediatrician who specializes in treating teens and children for depression and anxiety. Together, they'll share practical ways to help de-stress your kids and help them deal with anxiety.

**Scripture:** Matthew 18: 1-6 and 1 Peter 5:6-7

**Bottom Line:** Don't let the stress of a parent ruin the trust of a child.

### **Discussion Questions**

1. Were you raised in an environment where it was easy to trust as a child? What impact did that have on you, positively or negatively?
2. Everyone worries about their kids at some level. How much do you worry about your kids? Any idea why?
3. Take some time to explore Jesus' teaching in Matthew 18: 1-6. In this passage, how does Jesus both affirm the need to protect children but also nurture their sense of trust and wonder?
4. What insights did you glean as a parent (or possible future parent) from Carey's conversation with Dr. Rob Meeder?
5. Is there any way in which your stress is negatively impacting your kids' trust? If so, what can you do about it?
6. What would it take for you as a parent to fully trust God with your anxiety as Peter outlines in 1 Peter 5:7?

### **Moving Forward**

This week, have at least three technology free dinners together as a family. No phones. No TV. And just talk.

No kids? Just ditch the phone and TV and have a meaningful dinner or two with the one you love or a great friend.

### **Changing Your Mind**

"Cast all your anxiety on him because he cares for you." 1 Peter 5:7