

# 8 WAYS THE BIBLE CAN HELP YOUR STRESSED-OUT TEEN

Peer pressure, extreme schedules, cell phones, and social media are just a few things our teens must manage daily. No wonder they are more stressed than any other generation! Discover how reading God's word can calm your anxious teen.

## OPENS THE DOOR FOR CONVERSATIONS:

talking decreases concern so be ready to chat about their discoveries

## HELPS FIND ANSWERS TO THEIR QUESTIONS:

The world is filled with difficult questions and the Bible has relevant answers, even in today's culture

## LOWERS STRESS:

reading is scientifically proven to slow heart rate and ease muscle tension

"HI, GOD!"

## PROVIDES

### a PEACEFUL

### DISTRACTION:

reading allows teens to focus on something outside of their worries

## INSPIRES GOOD CHOICES:

The more time they spend in Scripture, the faster they will see the right decision

## ENCOURAGES PRAYER:

There is no better guidebook to prayer than the Bible

## DEVELOPS REALISTIC EXPECTATIONS:

Human assumptions can cause trouble, but those who trust in Jesus can expect good things in life

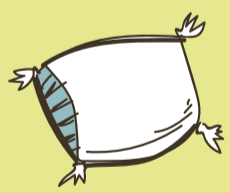
## HELPS FIND BALANCE IN THEIR HECTIC LIVES:

See Ecclesiastes 3:1-8 and Proverbs 11:1

## Model Philippians 4:6-7 (NIV)

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

## OTHER WAYS TO HELP YOUR TEEN REDUCE STRESS



GENTLY PERSUADE THEM TO GET MORE SLEEP



STREAM THEIR FAVORITE MUSIC



OFFER A NICE HOT BEVERAGE

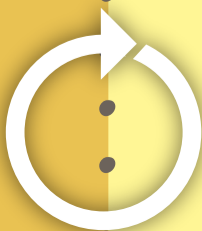


ENCOURAGE TIME WITH FRIENDS — DRIVE THEM TO A MOVIE



INVITE THEM ON YOUR NEXT WALK OR BIKE RIDE

The best-selling **NIV True Images Bible** and **NIV Revolution Bible** give teens a fresh perspective on faith-related issues and provide tools to thrive in a complex world. Trusted for 15 years. Revised to be Relevant Today.



**NIV**™  
Accurate. Readable. Clear.

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