

STAY Guide



Foundation BIBLE VERSE:

Jeremiah 29:11 "For I know the plans I have for you," declares the LORD, "plans to prosper you and not to harm you, plans to give you hope and a future.

If we believe this, we can remember to STAY because HE has a future for us.

#1 We begin with **'S' - Stop Negativity**. How can we combat the negativity that surrounds us? Let's explore this together. Negative thoughts can be overwhelming, making it difficult to see the purpose and love God has for us. To understand how to stop negativity, let's turn to the Bible."

Each one of you is fearfully and wonderfully made by God. Your existence is intentional and purposeful. When negativity creeps in, remember that God designed you with love and care. Now, let's tackle negativity head-on. In Philippians 4:8, Paul gives us a guide: "Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things."

BIBLE VERSE: Psalm 139:13-16 (NIV)

"For you created my inmost being you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful; I know that full well."

1. How does negativity affect us?
 2. How can we apply Philippians 4:8 in the bible to stop negativity in our lives?"
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#2 Now let's talk about the **'T' - Talk to Someone**. Life can be challenging, and God doesn't want us to face our struggles alone. Let's explore the importance of opening up and seeking support in Christ. God created us for community and connection. In Ecclesiastes 4:9-10, it says, "Two are better than one because they have a good return for their labor. If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up."

1. Why do you think God emphasizes community?
2. How does talking to someone make us feel better when we are down or depressed?

BIBLE VERSE: Proverbs 11:14 (NIV)

"For lack of guidance, a nation falls, but victory is won through many advisers."

Seeking advice and sharing our burdens with others is biblical. God designed us to lean on each other for support and wisdom. If you're going through a tough time, don't hesitate to talk to someone you trust, whether a friend, family member, or a mentor. In Philippians 4:6-7, Paul encourages us: "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."

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#3 Next, we focus on 'A' - Accept Help.

When life becomes overwhelming, it's easy to feel lost. But God has a plan, and it begins with accepting His help. In Psalm 34:17-18, we read, "The righteous cry out, and the Lord hears them; He delivers them from all their troubles. The Lord is close to the brokenhearted and saves those who are crushed in spirit."

1. Why is it sometimes challenging to accept help?
2. How does knowing that the Lord is close to the brokenhearted impact our struggles?"

Now, let's talk about the most important way we can accept help from our Savior, Jesus.

BIBLE VERSE: John 3:16 (NIV)

"For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life."

Accepting help means embracing the extraordinary love God has for us. He sent His Son, Jesus, to die on the cross for our sins. Through Him, we find forgiveness from sin, peace, and the promise of eternal life. Accepting help also means talking to someone about your thoughts and struggles. Whether it is your parent, a pastor, school counselor, etc.

How does accepting Jesus as your Lord and Savior provide the ultimate help we need in our struggles?"

#4 Now focus on 'Y' - You Matter. Let's dive into the profound truth that each one of you matters to God. You are uniquely created with a purpose that only you can fulfill.

In a world that can sometimes make us feel insignificant, it's crucial to understand that to God, each of you matters deeply. Psalm 139:13-16 beautifully captures this truth: "For you created my inmost being; you knit me together in my mother's womb."

1. How does it feel to know that God made you exactly who you are?
2. Why is it important to understand that you matter to God?"

BIBLE VERSE: Jeremiah 1:5 (NIV)

"Before I formed you in the womb, I knew you, before you were born, I set you apart; I appointed you as a prophet to the nations."

God knew you before you were even born. He set you apart for a unique purpose. Your existence is not accidental; it is intentional. You have a role in this world that only you can fulfill."

Now, let's explore the idea that You Matter to God. In Ephesians 2:10, it says, "For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do."

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Take a minute and reflect on this question:

How does understanding that you are God's handiwork impact your view of yourself and your purpose?

Take Action:

Download or screenshot the STAY logo from the webpage

- Put this on your phone, tablet or anywhere you can see it every day to remind you, You matter!
- If you have any questions or need someone to talk to the thehopeline.com has many videos and 24-hour chat available.

Remember to STAY!

Stop Negativity

Talk to Someone

Accept Help

You Matter and don't ever forget

Have a blessed day!