

Do you feel Overwhelmed by your emotions?

To be a teenager is not easy! You go through many changes, both physically and emotionally. You are getting to know yourself, form a value system, get on track and aren't always too sure if you are making the best decision for that situation. This can be very overwhelming.

At least Jesus didn't leave us without help and guidance. If you aren't too sure of what to do, refer back to the Bible. If you are lonely or scared, don't think it is just you alone! Jesus is always there, if you would only listen.

Here are a few scriptures to help you when you are feeling blue! Make it your own and see if you can't find more scriptures related to your emotions in the Bible. Trust God to help and guide you.

Have the courage to discuss it with your parents, a Christian friend, or a Church youth leader.

<u>You say</u>	<u>JESUS says</u>	<u>BIBLE VERSE</u>
It is impossible!	ALL things are possible	Luke 18:27
I am too tired	I will give you rest	Matthew 11:28-30
Nobody really loves me	I love you	John 3:16 & John 3:34
I can't go on like this	My grace is enough	II Cor 12:9 & Psalm 91:15
I can't figure this out!	I will lead you	Proverbs 3:5-6
I can't do this	You can do anything!	Phil 4:13
I am not capable of doing this	I am capable	II Cor 9:8
It's just not worth it	It will be worth it	Rom 8:28
I will never be able to forgive myself!	I forgive you	I John 1:9 & Rom 8:1
I can't cope	I will look after your needs	Phil 4:19
I am scared	Don't Fear	II Tim 1:7
I am stressed and frustrated	Give me your worries	I Peter 5:7
My faith is too little	Everybody received faith	Rom 12:3
I'm not clever enough	I will give you wisdom	I Cor :30
I feel lonely	I will NEVER leave you alone	Hebrews 13:5

May you experience God's love today. You are very special for Him. He gave His Life to save you!