

Statistics show that about 20% of teens will experience teen depression before they reach adulthood. There are many causes of depression including a traumatic event, illness or ill health, family history, and extreme stress. Taking care of your health by exercising regularly, drinking water, eating lots of vegetables, getting plenty of sleep, and having a relationship with God, will minimize your risk of getting depression, and if you get depression they will help your recovery.

Symptoms of depression

When someone is depressed he may:

- feel hopeless, like there's nothing to look forward to;
- not be interested in anything, because nothing seems fun anymore;
- have no energy;
- cry and not know why he's crying;
- feel lonely or unloved;
- not want to be with other people;
- feel anxious, grumpy or bad tempered;
- feel empty or numb;
- want to do nothing but sleep, or be unable to sleep;
- get headaches or stomach aches;
- not eat and lose weight, or eat much more than usual;
- be reckless or take unnecessary risks;
- use more, or start to use, drugs, including alcohol or tobacco;
- think of death or suicide.

If someone is suffering from five or more of these symptoms for most of the time over 2 weeks or longer, then he is probably 'clinically depressed' (ie. he has a mental illness called depression).

Getting help for depression

There are a number of people who can help someone who is depressed. It can be a good idea to start with the family doctor, a doctor or counsellor in a youth health service, or a counsellor at school.

In Australia you could call the Kids Help Line on 1800 55 1800.

WARNING!

If you feel so depressed that you want to harm yourself (Or you think a friend might feel this way), **it is important to talk to someone straight away. Tell a person you trust or speak to a health care professional.**

For more information see <http://www.youthbeyondblue.com/>

<http://www.cyh.com/HealthTopics/HealthTopicDetails.aspx?p=243&np=293&id=2157#2>

<http://www.teendepression.org/articles5.html>

A Baby brings Peace

Sabbath

Look up these Bible verses, fill in the missing words and solve the crossword.

Isaiah 9:6 NLT, "For a _____ (13d) is born to us, a son is given to us. The government will rest on His shoulders. And He will be called _____

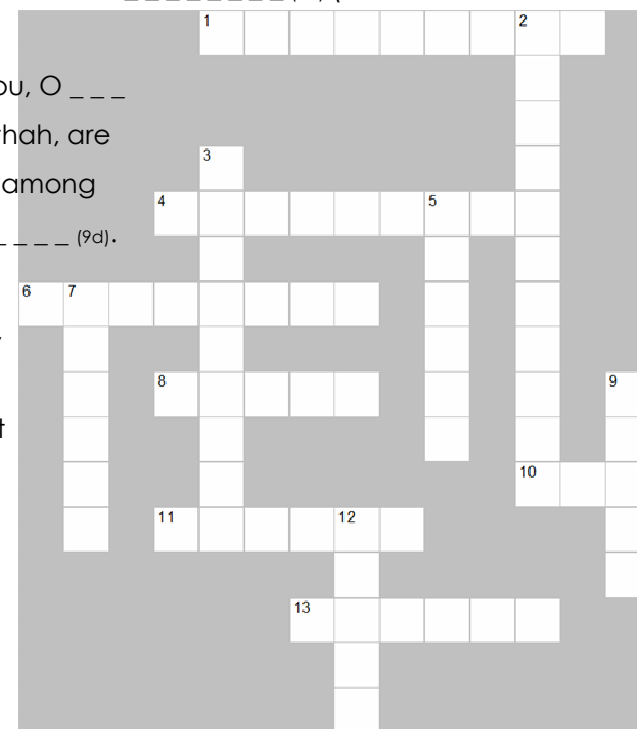
_____ (4a) _____ (3d), _____ (7d) _____ (10a), _____ (2d) _____ (5d), _____ (11a) Of _____ (8a)."

Isaiah 7:14, "The _____ (13a) will conceive a child! She will give birth to a son and we will call Him _____ (6a) (which means 'God is with us')."

Micah 5:2 NLT, "But you, O _____

_____ (1a) Ephrathah, are only a small village among all the people of _____ (9d).

Yet a ruler of Israel will come from you, one whose origins are from the distant past."



Year 2, Quarter 3, Week 2, Level: "Teen"

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Refer: Luke 1:26-40, 2:1-7; Matthew 1:18-25 NLT; The Desire of Ages p43-49; The Bible Story vol7 p9-17, 23-34

Sunday

About 6 months after the angel visited Zechariah in the temple, the angel Gabriel appeared to a virgin named Mary, saying, "Don't be afraid, you will give birth to a son, and you will name him Jesus. He will be the Son of God. And He will be the king of Israel forevermore!"

"But I am a virgin, how can I have a baby?" asked Mary.

The angel replied, "This child will be from the Holy Spirit." Then the angel told Mary about Elizabeth (who was related) was also pregnant. A few days later Mary went to visit Elizabeth; as soon as Elizabeth saw Mary she said, "I am honoured the mother of my Lord visits me!" Mary stayed with Elizabeth three months before returning home.

Mary was about to marry a man named Joseph. But when he found out she was pregnant he prepared to break the engagement. So the angel came to Joseph in a dream and told him, "Joseph, descendant of King David, go ahead and marry Mary. She will have a son. He will be the son of God, and you are to name him Jesus. He will save his people from their sins." So Joseph married Mary as planned.

Joseph and Mary lived in Nazareth, but nine months later, the Roman Emperor, Augustus, ordered that everyone should travel to the town their family came from to be counted for a census. Because Joseph was a descendant of King David, they had to go to Bethlehem in Judea, which had been King David's home town. So Mary and Joseph traveled by donkey from their home in Nazareth to Bethlehem in Judah, as foretold by the Prophet Micah.

When they arrived, they found the town was full of people who had come for the census. There were no rooms left anywhere, and the only place they could find to stay was in a stable with animals! While they were there baby Jesus was born. Mary wrapped him warmly and used the animal's manger for a cot for Him.



Friday

What if you loose your inner peace? Unscramble these words to find some things that might replace your inner peace.

(The answers are at the bottom of the page)

DOPESRESIN

HEAT

FARE

ILTARBRITIY

GRANE

WROYR

AXINETY

STNAW

Have you ever felt that no one else could know how you feel?
Would know what it feels like to have things happen to them?

☐ Yes

☐ No

Jesus experienced many problems when He was on earth. His own neighbours wanted to kill Him! His brothers complained about Him. His friends deserted Him. He experienced physical hunger and pain. His good friend died! **He was happy ☺, sad ☹, tired, scared and angry.** In fact some scholars say that Jesus experienced all of the emotions that we experience – so He knows exactly what it is like to be a human!

Learning about Jesus and the other people in the Bible, helps us know what to do when we face difficult circumstances.

God created us with amazing bodies, we are physical, emotional, mental and spiritual and all these parts are linked together. Poor health in any of these areas will affect the other parts. So taking good care of our body, as well as our mind, will help us get that inner peace.

But most importantly, remember this formula from the verse from yesterday.

Ask + Thanks = Peace

Thursday

Use the code to find the missing letters from Philippians 4:6, 7_{NLT}

God is interested in every part of our lives. The Bible says that He even knows how many hairs we have! God wants you to talk to Him about what you did each day, and how you felt and tell Him what you are worried, or excited about. Tell Him everything.

Satan wants us to be anxious and worried, because when we are worrying, we are not really trusting God.

😊	b	c	d	👉	f	g	h	👂	j	k	l	m
A	B	C	D	E	F	G	H	I	J	K	L	M
n	👁	p	q	r	s	t	💡	v	w	x	y	z
N	O	P	Q	R	S	T	U	V	W	X	Y	Z

Don't worry about 😊nyth 👂ng, instead
pr😊y about 👉vryth 👂ng.

T👉ll G👁d what you need and th😊nk
H👂m for all He has done.

Then you will experience G👁d's
p👉😊👉 which exceeds anything we can
👂nd👉rst😊nd.

His p👉😊👉 will g👉😊rd y👁r
h👉😊rts and minds as you live in
Christ Jesus

Thinking about things we have to be thankful for reminds us that God is in control and that he has given us many good things.

God's peace is the real inner peace; the peace that you can have, even in the middle of a war!

Living in Jesus means living His way; obeying His commandments and following His example. If we always ask ourselves "What would Jesus do?" – And we do it – then we will have no reason to feel guilt, which is a big cause of worry. But even when we do fail, we can remember that Jesus loves us no matter what and that if we ask He will forgive us, and take our sin.

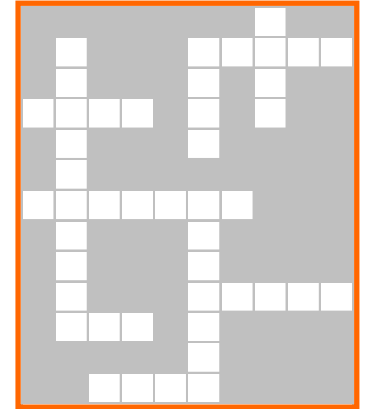
Monday

Fit the following words into the puzzle.

Hint: Start with the groups of words that only have one with that many letters. (The 10 letter word and the 3 letter word) Then work out the words that cross them.

HEADLIGHTS, LANTERN, FIREFLY, FLURO, TORCH, BULB, FIRE, LAMP, MOON, SUN

What do all of the words have in common? What do they give out?



Do you know what peace is?

The online dictionary, www.thefreedictionary.com says peace is:

1. The absence of war or other hostilities.
2. An agreement or a treaty to end hostilities.
3. Freedom from quarrels and disagreement; harmonious relations.
4. Public security and order.
5. Inner contentment; serenity; peace of mind.

As you can see, there are several types of peace; but the most important one is perhaps number 5 - Inner peace - which some people have found even in the midst of war, hostilities or other conflicts. Inner peace comes from God. In John 14:27 Jesus told his disciples: "I am leaving you with a gift—peace of mind and heart. And the peace I give is a gift the world cannot give. So don't be troubled or afraid."

What do we need to stay safe when we are walking in the dark? We need something to let us see where danger might be.

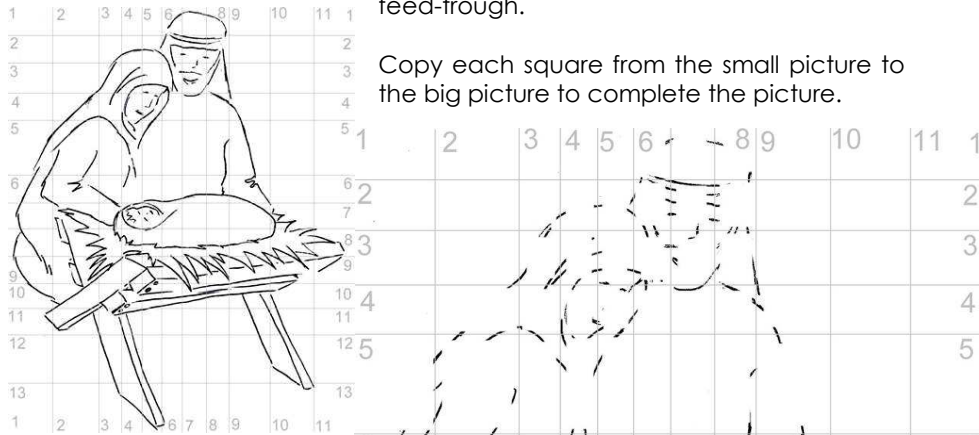
How do we protect our feet from the small sharp stones in the path? Shoes will do this.

With the Armour of God Paul says we should wear the shoes of the peace that comes from the Good News of Jesus. (Ephesians 6:15)

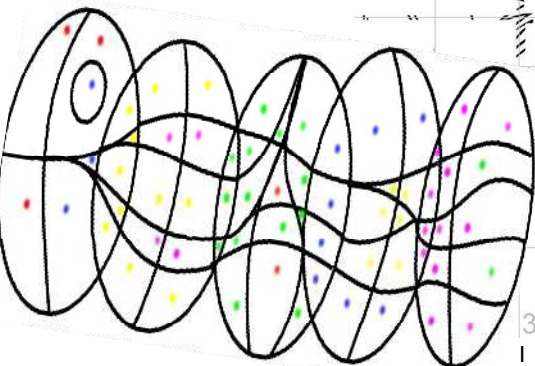
Why did Paul put shoes in the armour of God? Is Satan really trying to stab our feet? Paul isn't really talking about stones; he is talking about little annoying things in life. Things that other people might do that aren't really bad, but that annoy you. Paul is saying, we need to remember the Good News of Jesus, so that we will not be defeated into sinning by these things.

Tuesday

Where would you expect a prince to sleep? Certainly not in an animals feed-trough.



Colour the puzzle to find the word for today.



What do you associate with today's word? Cross out things that would not go with today's word and then find the remaining words which do go with it.

Stormy, calm, loud, noisy, angry, happy, prickly, nice, painful, annoying, serene, pleasant, free, unpleasant, guilty, quiet, still, trouble, worry, anxious, smooth, nervous, tranquil.

I N H N E R P P E A C E F
T R A N Q U I L U L N E S
S F P R U O M E G O F D I
N N P E I R P A E A R C E
F U Y L E N E S E R E N E
S S F R T O M A G O E D I
N N E R P E A N C E F U L
N E S S M O O T H S F R O
M N G T O D I N N E R P E
A I C I E F U L N E S S F
R C A L M O M G O D I N N
E E R L P E A C E F U L N

Wednesday

Here are some verses about peace, fill in the missing words and then complete the crossword.

In Ephesians 6:15^{NLT} Paul tells us, "For shoes, put on the _____ (1a) that comes from the Good News (the Gospel) so that you will be fully prepared."

Colossians 3:15^{NLT}, "And let the _____ (1d) that comes from _____ (7d) rule in your _____ (3d). For as members of one body (church) you are called to live in peace. And always be _____ (8a)."

Romans 12:17-21^{NLT}, "Never pay back evil with more evil. Do things in such a way that everyone can see you are honourable. Do all that you can to _____ (10d) at _____ (11a) with _____ (2d).

Dear friends, never take revenge. Leave that to the righteous anger of _____ (13a). For the Scriptures say, "I will take revenge; I will pay them back," says the _____ (15a). Instead, "If your enemies are hungry, _____ (9d) them. If they are thirsty, give them something to _____ (6a). In doing this, you will heap burning _____ (12a) of shame on their heads. Don't let evil conquer you, but conquer evil by doing _____ (13d)."

John 16:33^{NLT} "I have told you all _____ (7) this so that you may have _____ (14a) in Me. Here on earth you will have many trials and sorrows. But take _____ (5a), because I have _____ (4a) the _____ (16a)."

