

**PRESS RELEASE**

# **FAITH IN AN ANXIOUS WORLD**

**A 4-WEEK HIGH SCHOOL CURRICULUM**

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**KARA POWELL AND BRAD GRIFFIN**



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# FAITH IN AN ANXIOUS WORLD

## A NEW 4-WEEK HIGH SCHOOL CURRICULUM

Pasadena, CA – (November 1, 2019)

We don't need to look far to see that our teenagers are hurting. The terms "stressed," "anxious," and "depressed" increasingly dominate the way today's young people talk about their generation. While adults in their lives are becoming more aware of these problems, we often don't know how to respond. Parents, ministry leaders, and other caring adults need practical, accessible, and trusted resources that bring greater freedom and health to the teenagers they care about most.



The Fuller Youth Institute team has brought together experienced ministry practitioners and mental health professionals to create a new research-based resource for everyday leaders and parents, *Faith in an Anxious World* (Fuller Youth Institute, January 6, 2020).

As curriculum co-author Kara Powell explains, "We don't go a day without hearing from a parent or a youth leader wondering how to help a teenager who's anxious or stressed. We have created a resource to help the church become the best place for anxious young people to turn for help and hope."

While parents want and need to have more open conversations about mental health concerns, youth ministry leaders are often uniquely positioned to be the most open and ready to talk about mental health with students. Therefore, the Fuller Youth Institute has created a curriculum to help both leaders and parents make mental health an integrated component of discipleship.

This 4-week curriculum series empowers ministry leaders with language and tools to respond to young people, linking anxiety and depression with conversations about discipleship and faithful living. Together, groups will reflect on New Testament stories, watch Jesus enter into anxious situations with his disciples, and explore:

- **Life in an anxious world.** Seeing and naming the pressure that builds in and around us.
- **Life in a relational world.** Building a circle of support for both good times and bad.
- **Life in a hurting world.** Knowing when our feelings become more than we can handle on our own.
- **Life in a hopeful world.** Recognizing God at work in our anxious world.

Each teaching session includes a daily prayer practice to help students take home and apply all they're learning together. The weekly curriculum includes:

- Comprehensive teaching script
- Presentation slides
- Video discussion starter
- Small group leader guide
- Printable handouts for parents and students
- Leader reflection and tips for handling tough subjects
- Copy-and-paste promotional materials
- Social media graphics to promote your series

Alongside the launch of the curriculum, the Fuller Youth Institute team is releasing a collection of practical **podcast episodes** featuring interviews and advice from mental health experts to equip families and leaders to talk more freely about anxiety and depression—including tips on what to say and not to say to teenagers. Set to coincide with curriculum themes, the podcast will be a weekly resource for parents as their students journey through *Faith in an Anxious World*, equipping families for better conversations at home.

*Faith in an Anxious World* launches with a large-scale publicity and marketing campaign, including a dedicated landing page, [www.fulleryouthinstitute.org/anxiousworld](http://www.fulleryouthinstitute.org/anxiousworld). Ministry leaders and parents can sign up there to receive an exclusive first look at the curriculum, free content, and future resources. Fuller Youth Institute directors Kara Powell and Brad Griffin will be available for media interviews for key radio, podcasts and print outlets.



**Kara Powell** is the Executive Director of the Fuller Youth Institute (FYI) and a faculty member at Fuller Theological Seminary. Named by *Christianity Today* as one of “50 Women to Watch,” Kara serves as a youth and family strategist for Orange, and also speaks regularly at parenting and leadership conferences. Kara is the author or coauthor of a number of books, including *Growing With, Growing Young, The Sticky Faith Guide for Your Family, Sticky Faith Curriculum, Can I Ask That?, Deep Justice Journeys, Essential Leadership, Deep Justice in a Broken World, Deep Ministry in a Shallow World,* and the *Good Sex Youth Ministry Curriculum*. She and her husband, Dave, are regularly inspired by all the learning and laughter that comes from growing with their three teenage and young adult children.



**Brad M. Griffin** is the Senior Director of Content for the Fuller Youth Institute, where he develops research-based training for youth workers and parents. A speaker, writer, and volunteer youth pastor, Brad is the coauthor of *Growing Young*, several *Sticky Faith* books, *Every Parent’s Guide to Navigating Our Digital World*, and the series *Can I Ask That?: 8 Hard Questions about God and Faith*, and has authored a number of youth ministry book chapters and journal articles. Brad and his wife Missy live in Southern California with their three middle and high school kids, and he leads the youth ministry at Mountainside Communion.

## CONTACT:

**For interviews with Kara Powell or Brad Griffin, contact:**  
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### ***Faith in an Anxious World: A 4-week High School Curriculum***

Kara Powell, Brad Griffin, Fuller Youth Institute Team

[www.fulleryouthinstitute.org/anxiousworld](http://www.fulleryouthinstitute.org/anxiousworld)

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**US Retail \$49.99**



# FAITH IN AN ANXIOUS WORLD

A 4-WEEK HIGH SCHOOL CURRICULUM FROM THE FULLER YOUTH INSTITUTE

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## PARENT AUDIENCE INTERVIEW QUESTIONS

FOR KARA POWELL OR BRAD GRIFFIN

1. Why are we hearing so much about stress and anxiety in young people these days?
2. Many schools are being more proactive about teaching young people how to respond to stress and anxiety. Why do we need to talk about it at church and home?
3. What mistakes do well-intentioned parents make in the way they respond to their kids' stress and anxiety?
4. So how do we know the difference between a bad day and something worse? When should we be worried?
5. Why doesn't simply talking to our kids about Phil 4:6-7 and being "anxious about nothing" work today?
6. If you were talking directly with a 16-year-old who was dealing with anxiety, what would you say?
7. What else do you wish parents of teenagers would do when their child is dealing with anxiety?
8. Is there a specific resource or hotline you recommend for parents with kids who are particularly depressed?
9. What final word would you give parents who care about teenagers?
10. Where can parents go to find out more about the Faith in an Anxious World curriculum?





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## LEADER AUDIENCE INTERVIEW QUESTIONS

FOR KARA POWELL OR BRAD GRIFFIN

1. Why are we hearing so much about stress and anxiety in young people these days?
2. Many schools are being more proactive about teaching young people how to respond to stress and anxiety. Why do we need to talk about it at church?
3. What mistakes do well-intentioned leaders make in the way they respond to young people's stress and anxiety?
4. So how do we know the difference between a bad day and something worse? When should we be worried?
5. Why doesn't simply teaching a young person to try to live out Philippians 4:6-7 and "be anxious about nothing" work today?
6. If you were talking directly with a 16-year-old who was dealing with anxiety, what would you say?
7. You're a parent of teenagers. Can parents actually make anxiety worse?
8. What do you wish parents of teenagers would do when their child is dealing with anxiety?
9. Is there a specific resource or hotline you recommend for leaders or parents who need to take a next step to help?
10. What final word would you give leaders and other adults who care about teenagers?
11. Where can ministry leaders go to find out more about the Faith in an Anxious World curriculum?

# CURRICULUM OVERVIEW

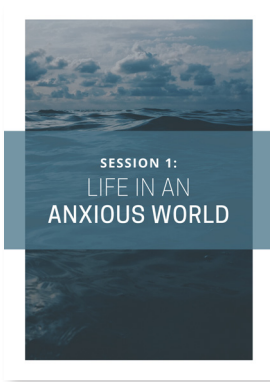
We don't need to look far to see that our teenagers are hurting. Anxiety and depression are on the rise, dominating the ways young people talk about their generation. This 4-week multimedia curriculum will equip you with the tools you need to guide young people in your care, linking anxiety and depression with conversations about discipleship and faithful living. Together you'll reflect on New Testament stories, watch Jesus enter into anxious situations with his disciples, and explore life in an anxious but hope-filled world.

***Faith in an Anxious World* releases January 6, 2020.**



## EVERY SESSION INCLUDES:

- Leader reflection and tips for handling tough subjects
- Comprehensive teaching script
- Presentation slides
- Video discussion starter
- Small group leader guide
- Printable handouts for parents and students
- Social media graphics to promote your series



## SESSION 1: LIFE IN AN ANXIOUS WORLD

**Mark 4:35-41 and 6:45-51**

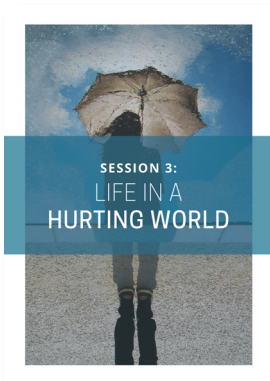
Anxiety is something that exists in and around us, and often we don't recognize its symptoms. Culture, technology, academic achievement, competition, self-comparison—all of these add to the pressure that builds around us and inside of us. When life starts to feel unsteady, we can look up, look inside, and look around to see God at work in the midst of our anxiety.



## SESSION 2: LIFE IN A RELATIONAL WORLD

**Luke 5:1-11**

Relationships can be frustrating at times—but God designed us to be part of groups and families, and to build a circle of care we can ask to be with us no matter what we're going through. In this session, students will identify the pressures they feel as members of families, cultures, and peer groups.



## SESSION 3: LIFE IN A HURTING WORLD

**Luke 8:40-56**

Sometimes our feelings of pressure and anxiety become more than we can handle on our own. God designed us to be in groups and families who care, and at times to expand our circle to professional helpers. Reaching out to God and sharing honestly with others can keep us from facing anxiety alone.



## SESSION 4: LIFE IN A HOPEFUL WORLD

**Mark 6:30-44**

Jesus doesn't ask for perfection from his disciples, he asks for us to listen and trust as he works both in us and through us to help others. To experience God's hope and share that hope with others, we can reflect on the reality that we are made in God's image, we can re-center by spending time with God, and we can reconnect with our circle and our faith community.





## BONUS FEATURES:

Check out [fulleryouthinstitute.org/anxiousworld](https://fulleryouthinstitute.org/anxiousworld) for podcast episodes featuring interviews and advice from mental health experts which will equip families and leaders to make anxiety and depression part of the discipleship conversation. These episodes coincide with curriculum themes so you can send them to parents each week and set them up for better conversations at home.

## CONTACT:

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**Fuller Youth Institute**

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