

**Description:** Life can be overwhelming, hopeless and sometimes downright scary. Is it possible to enjoy life, be loved, and know there is hope? This PowerTrax session considers life, love, depression, and anxiety.

**Key Verses:** Psalm 23:3; 46:10; 2 Corinthians 12:9; Ephesians 5:15-18; Philippians 4:4-8

**Prompt:** Our culture is not short on labels. Whether we describe our social status or racial identity, these labels can prove helpful or harmful. Mental health labels often come with stigma, but there is no doubt we live an age ready to plaster these labels on people, including ourselves. Quiz your students, and see how adept they are at coming up with diagnostic labels before starting Esther's talk.

**Play:** Video of Esther Pacheco, "Out of Control" [www.buildmomentum.org/resources.html](http://www.buildmomentum.org/resources.html)

**Process:** Select from the following questions to help students remember, rekindle and reengage.

- ‹‹ Esther briefly underscored causes of depression and anxiety. **What are these causes?**
- ‹‹ Boundaries have two main purposes: they keep in good things (e.g., hope) and keep out bad things (e.g., despair). **How do boundaries promote freedom, rather than restrict it?**
- ‹‹ Esther used a box named Jordan to illustrate the INSIDE life and OUTSIDE life. **If you were the box, what would be on the OUTSIDE? What would be on the INSIDE?**
- ‹‹ Too often we try to change our OUTSIDE rather than manage the INSIDE. Esther raged against McDonald's to prove her point. **What is the problem with trying to change the OUTSIDE?**
- ‹‹ Reread Ephesians 5:15-18. **What does this passage say about our world - social media, peer pressure, advertising - and how you can control what's INSIDE your box?**
- ‹‹ **How do social media and modern technologies cross boundaries?**
- ‹‹ Esther posed a challenging question: "How do you put space between you and your world when you carry the world in your back pocket?" Then she added, "You control your social media. You can block, unfriend, and unfollow people. You can protect your password." **How does social media affect you? More importantly, what is your philosophy of social media (i.e., what you share, like, and post; whom you follow, friend, or block)?**
- ‹‹ Esther advised three boundaries and a few rules on how to improve social media usage and texting. **What were these boundaries and how might they be helpful?**
- ‹‹ At the end of the PowerTrax, students asked many personal questions. **What question about boundaries or emotional health would you have asked that Esther did not address?**

**Pray:** Break students into small groups. Have them read Philippians 4:4-7. Ask them each to consider three things they can thank God for before requesting His surpassing peace.