PASTORAL CARE

Week 2

Managing Life’s Ups and Downs

1. Name 8 challenges you face each day. These may include family, friends or something about you. (Stress can present itself in positive or negative situations)
2. Stress can be in three forms.

*Challenges* include things like peer pressure, exams dating.

*Changes* can be physical, emotional, spiritual, intellectual or social.

*Crises* are sudden, unexpected, or serious turning points in life such as divorce, illness, or winning the lottery!

Choose three of your answers from number 1 and brainstorm on ways you can cope or prevent these from happening.

1. Look up the following verses and decide of the person is experiencing a moment of change, challenge or crisis.

Jer 1:4-10 (Jermiah)

Matt 4:1-11 (Jesus)

Luke 1:26-38 (Mary)

John 8:2-11 (a woman)

Rom 7:15-25 (Paul)