**Chat Friday Week 7 Program**

Welcome to Chat Friday

Welcome: Welcome to regulars and newcomers

Prayer: Let’s open our meeting in prayer.

Tonight is #Stress night.

Video: We will now watch a funny clip from The Office (US), get it on youtube at: https://www.youtube.com/watch?v=mB7z1LzG8qQ

Game: The Human Knot - Instructions on how to play: (1) In your groups, make a circle and then let go of each others hands. (2) Grab someone’s right hand, but not the person next to you (3) Grab someone’s left hand, again, not the person next to you. (4) You have 5 minutes to complete the circle. (5) The First team to complete the circle wins!

Small Group Interaction: (1) Was the game stressful? Why? (2) By stressing, did your chance of winning increase or decrease? (3) Why is it important to control #Stress?

Video: A clip from the Ellen Show, where Ellen Degeneres talks about stress. Get it on youtube at: https://www.youtube.com/watch?v=8L3mPeeiQk0

Small Group Interaction: (1) What do you think we should do to prevent us from stressing? Rejoice in the Lord always. I will say it again: Rejoice!  (Philippians 4:4) (2) In a society where there are so many expectations on teenagers, how does this scripture make you feel? Cast all your anxiety on him because he cares for you. (1 Peter 5:7) (3) What is the cure for #Stress? Come to me, all you who are weary and burdened, and I will give you rest. (Matthew 11:28) (4) Pray for each other to be free from stress.

Three things you can do to prevent yourself from stressing: (1) Slow Down. (2) Do not procrastinate. (3) Remember that God cares.

Announcements: On Sunday mornings we are presenting The Victory Series.

Announcements: Next Friday it is #Sex Night.

Refreshments: It is time for refreshments.