

# YAHSHUA'S JEWELS



## Yahshua's Young People

*"Let no man despise thy youth; but be thou an example of the believers, in conversation, in charity, in spirit, in faith, in purity." (1 Tim. 4:12)*



Are you stressed? There are pressures at school, work and in the home. Social media is also becoming an addiction and a stressor. Young people today face many challenges, more than in the past.

### HOW DO YOU COPE?

1. **FIND YAHSHUA:** (John 14:27 - Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid.)
2. **STAY AWAY FROM NEGATIVE FRIENDS:** Good friends build you up, not break you down.
3. **THINK POSITIVE:** No matter how bad your day, think of at least 3 amazing things Yahshua has done in your life. Don't let Satan trick you. Yahshua has done amazing things in all our lives.
4. **RELAX → REST:** The greatest being, Father Yahweh rested. So, rest is even more necessary for us.
5. **HAVE FUN:** Do something you enjoy! Whatsoever has virtue (is positive), (Philippians 4:8). Remember, Yahshua came to give you life more abundantly (John 10:10b).

**Don't let the stress of this life crush you. Take a break and ask Yahshua for help. He will always be there for you!**



# ***THE RELAX GAME !!!***



**RELAX** → Each time you find this word, breathe in (inhale) and out (exhale) for 3 times very slowly. The word appears 4 times. (The word can appear backwards or in any direction.)

**Remember to stop and do the breathing exercise each time you find the word.**

WIWIBTXALERFQZLGI XJXE JEA  
MZCIWI IWIQJNIAEIWIXTETAT  
GQETYULYESNEUI SFVA AIRCAE  
RAAERTYUERTUIOPPPYYTUIOPT  
E IWIBV XYQLFQZLGI XJXE JEA  
L AAERTYUERTUIOPPPYYTUIOPT  
A QETYULYESNEUI SFVA AIRCAE  
X AAERTYUERTUIOPPPYYTUIOPT  
R ELAXRTYUERTUIOPPPYYTUIOP  
GQETYULYESNEUI SFVA AIRCAE  
MZCIWI IWIQJWIAEIWIXALERE