

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)



HAVE SOME FUN!!



ENJOY YOUR FAVORITE THINGS!

A recent study found that one of the best ways to fight off depression and improve our mental wellness is to enjoy our favorite things. What do you enjoy doing—big or small? What makes you happy? It could be as simple as bike riding, listening to the birds, arts & crafts, baking, playing soccer or talking with a good friend.

Yahshua reminds us to think on good things. (Philippians 4:8)

WRITE A LIST OF 7 OF YOUR FAVORITE THINGS

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Try & do at least one a week. Ask Yahshua to help you & have fun!

EXPLORE NEW FAVORITE THINGS!

(What new things would you like to try?)

1. _____
2. _____
3. _____
4. _____
5. _____



VISUALIZE- Think back throughout your life on happy memories. Times that you were very happy. It could be a vacation or good times with some special people. Think on these things.

SMILE 😊 and ask Yahshua to bring more of these moments in your life!

HAVE _____!
UFN

*CHECK OUT ALL EDITIONS OF YAHSHUA'S JEWELS:
<http://assemblyofyahweh.com/youth>
REMEMBER TO PASS IT ON TO YOUR YOUNG PEOPLE.*