



FBC STUDENTS

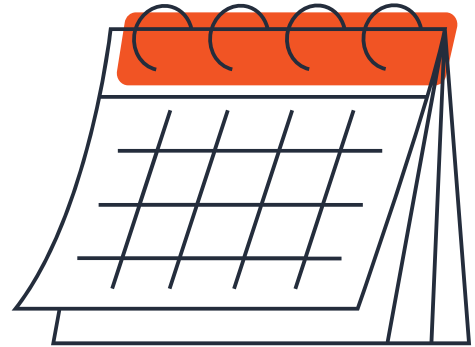
OCTOBER '25 NEWSLETTER

DATES TO REMEMBER

Oct. 17-19: Fall Retreat

Nov. 23 - Wingsgiving

Dec. 7 - Student min. Christmas Party



WEEKLY ACTIVITIES

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HS Girls D-Group - Tuesdays, 7:15 am, Chick-fil-A

HS Boys D-Group - Thursdays, 7:05 am, CFA

MS Boys D-Group - Wednesdays, 6:30-7:30 pm

MS Girls D-Group - Wednesday, 7-8 pm

Sunday school - Sundays, 9 am

Student Night - Sundays, 6:30-8 pm

MS BOYS D-GROUP

Jonathan Ayres has started a middle school boys discipleship group on Wednesday evenings!



This group meets at First Baptist Church from 6:30-7:30 p.m. on Wednesday nights. They read through the Bible together, discuss it, apply it to their lives, and pray for one another.

If you would like your middle school guy to be part of this group, simply bring them on Wednesday night and drop them off here at FBC! If you have any questions, please let us know!

SUNDAY SCHOOL

Sunday school at FBC is one of the best times during the week for Bible study. We are starting a new study through the book of Nehemiah next Sunday morning, October 12th.



Sunday school for our students starts at 9 a.m. each week in the loft. We have food for our students each week, and then all of our students together have an introduction to the lesson for that week. After that intro, we split into middle and high school groups to work through the passage and discuss it together. Encourage your students to bring their Bibles every week, and come prepared to discuss! This is a wonderful time for them to grow in knowledge and faith!

ANXIOUSNESS

It is commonly noted that today's youth are the most anxious in recorded history. There are a myriad of factors that might all work together to explain this, but the reality is that students today are more anxious than in generations past. If we believe this is not a good development, what can we do to help the next generation live with a little bit more freedom and less anxiousness about so many decisions?

The dominant mindset of someone who is anxious about decisions is, "well, what if?" What if I make the wrong college choice, the wrong career choice, the wrong dating choice, the wrong choice on how to spend my time, etc. While thinking on all of these issues is a good and wise thing, when we can't make decisions prayerfully, and trusting the Lord in those decisions, it leads to anxiety. We try to align everything perfectly to eliminate any danger from a bad choice. That is simply impossible. In trying to get rid of anxiety, we actually make it worse by the constant worry about whether the choices we are making are the perfect choices.

The "four o's" of anxiety are common to many young people today:

1. **Overthinking:** Young people struggle to narrow down options. We lock in on the risk of letting go of a good option, and our decisions live in this perpetual state of review.
2. **Overconsulting:** We rely TOO heavily on the opinions of others. We certainly want to get advice from trusted people around us, but over-consulting means we never truly trust ourselves to make a good decision through God, and His Word's, guidance.
3. **Overchecking:** While we should pay attention to our emotions, when we make our emotions as the sole determining factor of whether we made a good decision, we are set up for trouble. Our emotions change often, and may lead us astray in truly being able to make a sound decision, and make us hesitant to make one until we feel perfect about it (which almost never happens!)
4. **Overescaping:** We can't make a decision, so we look to other things to escape having to make it. Young people today have hundreds of things they can use to escape from having to do hard things, make hard decisions, and live in light of them.

How do we help? First, I believe with sound theology and a deeper understanding of who God is. We make decisions and trust the Lord to lead and guide us into better ones. Second, we use wisdom. It is good to think, "is this a wise choice or not? Is there anything that would tell me to avoid this?" Third, we do something. I've heard it said, "go until you get a no." We make, as best we can, wise choices and trust that if the Lord wants us somewhere else, he will close a door and open the one he wants.

Decisions are hard because life is hard! But we have a good God who is with us, who guides and directs us, and we can trust him with our lives as we trust him with our eternity.

Two helpful resources (and where much of this came from): "Just Do Something" by Kevin DeYoung and "Anxious About Decisions" by Michael Gembola.

HELPFUL LINKS

Our hope is to consistently resource and equip you as parents to make disciples in your homes. Below are some recent blogs, etc. we have stumbled across that might be helpful to you and encourage you!

Don't Do Everything for Your Kids:

https://newsletter.oalannoble.com/p/dont-do-everything-for-your-kids?utm_source=post-email-title&publication_id=944214&post_id=172577096&utm_campaign=email-post-title&isFreemail=true&r=4xb7c&triedRedirect=true&utm_medium=email

Do Not Neglect the Gift You Have:

<https://www.desiringgod.org/articles/do-not-neglect-the-gift-you-have>

Social Media Isn't Your Teens' Biggest Problem:

<https://www.thegospelcoalition.org/article/social-media-isnt-your-teens-biggest-problem/>

WAYS TO CONNECT

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[fbcsunterstudentministry](#)



[FBC Sumter Students](#)



We have a message on the GroupME app called, "FBC Student Parents." If you aren't on this message, please email Kevin or Emma to be added!