

PROBLEMS PLUS

1. If you could change **one thing** about your life, what would you change?

2. Below is a list of possible teenage problems. Check the three that you think are the most common.

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| <input type="checkbox"/> Having no job | <input type="checkbox"/> Facing their parents' divorce |
| <input type="checkbox"/> Being spiritually down | <input type="checkbox"/> Being sexually active |
| <input type="checkbox"/> Being pressured to date | <input type="checkbox"/> Being in trouble with the law |
| <input type="checkbox"/> Having health problems | <input type="checkbox"/> Becoming depressed |
| <input type="checkbox"/> Getting bad grades | <input type="checkbox"/> Having no car |
| <input type="checkbox"/> Having low self-esteem | <input type="checkbox"/> Having overly strict parents or guardians |
| <input type="checkbox"/> Doing drugs | <input type="checkbox"/> Other— |
| <input type="checkbox"/> Having no friends | |
| <input type="checkbox"/> Being bored | |

3. What do you think? Circle the answer that best fits you. Compared to most people my age, I have (**more, less, or about the same**) problems.

4. Read the statements and decide if they're **T (true)** or **F (false)**.

- ___ Problems are normal and to be expected.
- ___ Most of the problems I have will solve themselves.
- ___ What I do today will determine what happens tomorrow.
- ___ Many times it's useless to try and make things better.
- ___ God cares about every problem I have.
- ___ It's difficult to decide what to do when I have big problems.
- ___ When bad things happen, there's nothing I can do about them.
- ___ Christians have fewer problems than non-Christians.
- ___ I feel far away from God when I'm having problems.
- ___ Talking to someone about my problems isn't easy for me.



5. Pick one of the passages below to rewrite in your own words.

Proverbs 19:20-21

Romans 5:3-5

2 Corinthians 1:3-5

1 Thessalonians 5:18