

# PARENT GUIDE

## Week 24—Mental Health

### What We Covered

Students explored what it means to be created by God with a body, mind, and spirit as well as how our mental and emotional health matters to Him. We talked about:

- How emotions like anxiety, sadness, anger, and hope are real and common
- How Jesus Himself experienced deep emotional pain and understands our struggles
- How confession and absolution offer spiritual healing and relief
- Our identity in the Apostles' Creed: Created by the Father, Redeemed by the Son, Made Holy by the Spirit

Through Scripture and group discussion, students were invited to see their mental health as something worth talking about, caring for, and bringing before God.

### Why We Talked About It

Gen Z is dealing with unprecedented levels of anxiety and stress relative to any other generation. They do not know what to do with those emotions and don't know it's okay to feel what they feel or that their faith can support them in those feelings. This lesson helped normalize emotional struggle, reminded students that God deeply cares about their mental health, and encouraged them to seek support from trusted adults and friends.

### Catechism Connection

- **First Article (Creation):** God made me, including my emotions and mind. I am not a mistake.
- **Second Article (Redemption):** Jesus experienced grief and stress—He understands our struggles and redeems us through His death and resurrection.
- **Third Article (Sanctification):** The Holy Spirit comforts, strengthens, and keeps us connected to God and the Church.
- **Confession and Absolution:** We confess our sins and struggles, and God responds with forgiveness, grace, and peace.
- **1 John 1:9** – “If we confess our sins, He is faithful and just and will forgive us...”

## What You Can Do

- **Normalize Talking About Emotions** – Ask your child how they’re really feeling this week. Use the emoji scale from class (1–10) to start the conversation.
- **Memorize Together** – Learn Psalm 139:14 as a reminder of their worth and identity.
- **Celebrate Confession and Forgiveness** – Share a time when saying something out loud (like a burden or mistake) brought you relief. Help your child see that confession is not just about guilt—it’s about freedom and healing.
- **Reinforce Identity** – Remind your child: “You are created by God, redeemed by Jesus, and made holy by the Spirit.”
- **Encourage Support Systems** – Talk together about who your child can turn to when life feels heavy (you, teachers, pastors, counselors, friends).
- **Revisit the Apostles’ Creed** – Say it as a family or connect it to everyday moments like washing hands—tying it back to baptism and belonging.

## Family Time Prompt

### Wednesday Night:

Have a midweek check in, asking...

1. High—What was something good about your week?
2. Low—What was something difficult or stressful?
3. God Moment—Where did you notice God at work? (Or wish you had?)

Use emojis, numbers, or one-word answers if that helps the conversation.

Then:

Read aloud the memorization verse: Psalm 139:14. One person pray aloud

“God we confess that we sometimes carry heavy things, and we lay them at your feet...forgive us when we didn’t give them to you”

Pause silently:

“Jesus has carried our burdens to the cross. In the power and name of Jesus, We are Forgiven, We are loved. We are not alone!”