

- I. You are AMAZING! Yes, you really are.
 - A. God created you **individually** and **intentionally**.
 1. Individually- Jeremiah 1:5, “Before I formed you in the womb I knew you, before you were born I dedicated you...” God created you because he wanted you to be exactly who you are.
 2. Intentionally- He created you on purpose. You are not an accident. You are wanted, you are loved, you are AMAZING (yes, you really are).
 - B. You **can** do anything you want in life, **but** we need the support of other people to help us succeed.
 1. We need God, first, and the support of those around us (family, church, etc).
 2. It’s important to surround yourself with good friends.
 - a) A good friend will help you accomplish your goals, but will not help you make excuses.
 - b) A good friend is someone who will help build you up, but will not help tear you down.
 - c) A good friend will help you succeed, not look for shortcuts.
 - d) A good friend is someone who will help you to do the things you should do, instead of help you get away with the things you should not do.
 - e) Good friends help you overcome all the obstacles life throws in your path.
 3. You are awesome, even when you don’t feel awesome.
- II. It’s ok to not feel ok. Anxiety is a natural part of life.
 - A. You are not alone.
 1. You have people around you (church, family, friends) who care for you. You don’t have to feel isolated.
 2. (Usually) someone else you know in your inner circle are going through the exact same things (worries, fears, anxieties, bad days). Noone sits alone on the struggle bus.
 - B. Don’t suffer in silence.
 1. Find someone, trust someone, tell someone.
 - a) Find someone you can trust, who you can talk to, who you can lean on when you need to.
 - b) Find someone truly trustworthy (family, church, close friend).
 - c) Tell someone when you’re struggling. Don’t suffer in silence.
 - d) God is real. Prayer works. Make time to talk to God. Tell him what you’re going through. Tell him how you feel.

2. Only compare yourself to how you were yesterday, never to how someone else is (or appears) today.
 - a) When you're vulnerable, anxious, or in pain, other people seem like they're doing better than you are. Most times, they're not.
 - b) When you compare yourself to how much you've grown since last year, you'll see that you're making progress and that's all that matters.
3. God loves us so much he created this big, beautiful world filled with big, beautiful moments.
 - a) Dolphins and sunsets. God reveals himself to us in beauty.
 - b) Find your WOW moments. They're rare, but when you find them, it's like seeing God wave at you, letting you know he's there.

III. Life is a gift. Life is a gift, but it's so much better when we have someone to share it with.

- A. Loss is a part of life. It sucks, but it helps us appreciate the people in our lives so much more.
 1. Don't take your loved ones for granted.
 2. Never pass up the chance to hug your grandmother.
- B. As humans, we need love to survive.
 1. We need to **receive love**, but we also need to **give love**.
 2. Never get tired of saying, "Thank you," "I appreciate you," or, "You don't suck (I love you)."
- C. 50 % of friendship is **BEING** a friend.
 1. We need to receive love, but we also need to give love.
 2. When you see someone who's struggling, even if they're not one of your friends, check on them, see how they're doing. Give love.
- D. Love is a word that often gets confused and is often abused.
 1. Love will **NEVER**:
 - a) Love will never, never, never, tell you to do something that you can't tell your parents.
 - b) Love will never ask you to do something you don't want to do, or that you'd be embarrassed if anyone found out about it.
 - c) Love, true love, will never say these words: "Don't tell anyone about this."
 - d) Love will never make you feel bad about yourself...
 2. ...And when you do feel bad about yourself, don't beat yourself up.
 - a) We're all flawed. We all make mistakes.

- b) God **NEVER** gets tired of forgiving us. “God never gets tired of forgiving us; we are the ones who tire of seeking his mercy” (Pope Francis, *Evangelii Gaudium [The Joy of the Gospel]*, 3).

IV. Make time for God.

- A. God really does exist and he really does love us.
 - 1. God is existence (*Ecce est Subsistence*).
 - 2. God is love. Love comes from God (and nowhere else).
- B. God has a way of revealing himself to us, of drawing us to him, which you will discover in your life.
 - 1. Sometimes it’s dolphins and sunsets.
 - 2. Sometimes it’s the love you feel for an infant, a love which is so much bigger than you.
 - 3. Sometimes it’s the feelings you feel after going to Confession and knowing that the worst things you’ve done in your life are forgiven.
- C. Make Time for God every day.
 - 1. Your relationship with God is the same as your relationship with anyone else.
 - a) If you go 20 years without speaking to someone, you’re not they’re friend.
 - b) Make time every day to talk to God.
 - 2. Making time for God means taking time to unplug. We have to disconnect.
 - a) Set 30 minutes a day as a goal to unplug and make time for God.
 - b) In that 30 minutes, have a conversation with God.
 - (1) Tell him what you’re going through.
 - (2) Conversations go both ways... Make time to **listen to God in silence.**

V. Conclusion

- A. Even when you don’t feel like you’re awesome, you really are amazing.
- B. True friends, family, church, and love are essential.
- C. Love will NEVER hurt you.
- D. When you do hurt, tell someone.
- E. Always remember to make time for God every single day.
- F. Remember these things and you’ll be ok, and when you’re not ok, tell someone.
- G. Find someone, trust someone, tell someone.
- H. Never let a moment go by where you don’t hug your grandmother.