

CONFIRMATION YEAR 1

ASSIGNMENT #24

Date Assigned: May 29, 2021 & Date Due: June 5, 2021

Psalm 27: 1-3 “The LORD is my light and my salvation; whom should I fear? The LORD is my life’s refuge; of whom should I be afraid? When evildoers come at me to devour my flesh, these my enemies and foes themselves stumble and fall. Though an army encamp against me, my heart does not fear; though war be waged against me, even then do I trust.”

Hello Students and Families,

We hope you all are having a good week so far! For this assignment, we want to talk about something very common in all of us: Stress. We all experience and go through stress very differently, whether it would be school, work, or our personal life. We also handle the weight of stress in various ways but how can we become the person that God wants us to be? This all has to do with how we react, respond, and how we let stress affect our daily life.

Tasks for this Assignment:

Watch this video from Father Mike about stress:

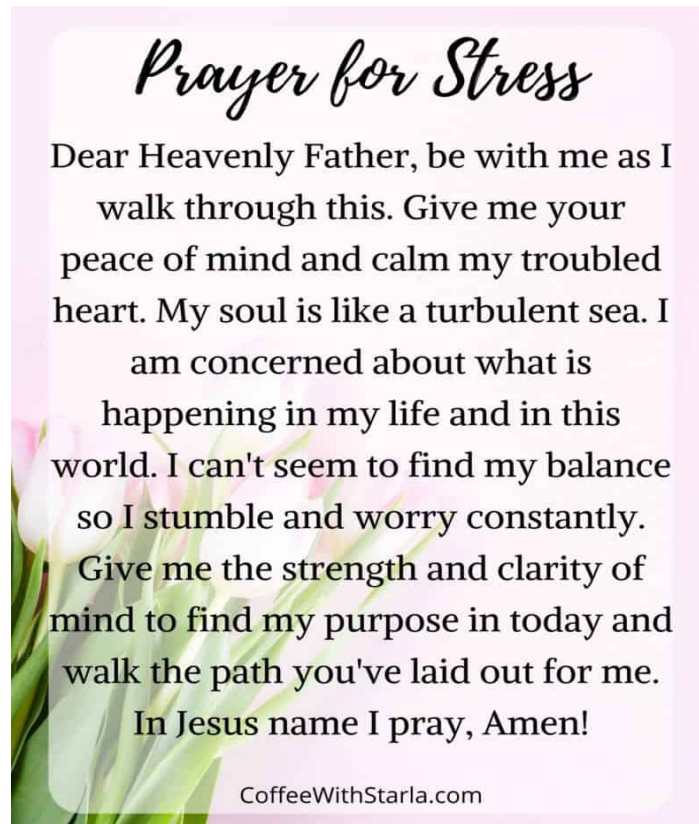
[Stress: Is It Healthy or Dangerous?](#)

(<https://www.youtube.com/watch?v=ZVSNU56pAyg>)

After watching the video, we would like you to reflect during the week and jot down every time you felt stress and what you did to

handle the stress of that situation. How did you implement God by doing that? It doesn't have to be very specific, for example:

School work/ homework - I divided the load of the work evenly before the due date so I wouldn't overwhelm myself. This helped me stay on track and it helped me manage my time. Lastly, instead of worrying, I prayed to help relieve my stress.



✓ Make sure to do your best with spelling, punctuation and capitalization.

✓ Finally, email your document in a word document, pdf. or jpg format by May 29, 2021 at 9AM!

→**Email the Assignment to:**

rfststephencn1@yahoo.com

→**In the Subject Line of the Email include the following:**

First Name and Last Name, Assignment #24, and

Confirmation Year 1

Thank You! -Marla, Jenna & Confirmation 1 Team