



Hello parents!

This morning I would like to share a 4-part message series called, [Winning the War in Your Mind](#). This is a series from Craig Groeschel who pastors Life Church. While this is a message series geared towards an adult audience, I think it would be a great series to watch with your student, in order to facilitate conversations around the topic of anxiety and negative thoughts. This message series also has a wonderful 7-day [Bible Plan](#) as well as a [Book](#) that corresponds with his talks.

I hope that you find this resource to be useful and encouraging!

Jeanni Miles