



I wonder...

- What the disciples said when Jesus ascended.
- What it feels like to be taken into heaven.
- What the prayers of the disciples were about.

I'm Going to Need More Lemons

Squeezing lemons. Limp like a rag doll. Deep breath in. Long breath out. Repeat.

Joshua is practicing ways to stay calm. Lately he's been having some issues with anxiety. When he's worried, his mind races and he can't sleep. When Joshua's tired the next day, everything seems worse and he feels more anxious, more worried. This cycle was getting to be a serious problem, so Joshua's mom suggested seeing a counselor. Tools for the toolbox of life, she says.

Jason is his counselor. He's teaching Joshua ways to deal with stress, fear, and anxiety. When Joshua feels tension in his body, he knows to squeeze all his muscles and then let them relax. When his mind is racing, he thinks about a happy place and takes slow, deep breaths.

Jason understands what it's like for a kid to see that everything around you is changing. Jason says it's normal to worry about change and the uncertain

future, but that we can't let the worries control us or interfere with the regular, good stuff in life.

So Joshua "squeezes lemons" and then relaxes. He takes deep, slow breaths. He prays too. Joshua knows that God is with him and people like his mom and Jason are there to help him through the tough stuff. Even as things change, it will be okay.

