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**PRAYER FOR ADOLESCENT  
PHYSICAL CHALLENGES**

# EFFECTS OF PHYSICAL CHALLENGES..HEALTH /EDU

- Adolescent girls who worry about their **weight and appearance** can develop disorders like anorexia or bulimia.
- **Academic pressure** to excel in their studies can be a significant source of stress for teenagers, often leading to moodiness.....

# PHYSICAL CHALLENGES

- Young people will LOOK AFTER THEIR HEALTH ....to stay long in the service of the Lord.
- Adolescents will not pick up the values of the world IN LOOKS ETC
- Young people will enjoy studies and NOT BE STRESSED .....do their very best and trust God for their future.
- The joyful and contented living will challenge many.....

# EFFECTS ON SEXUAL HEALTH / RELATIONSHIPS

- Attraction to the opposite sex can manifest in **many unhealthy ways**.
- **Experimentation with their bodies**, sexually active before they are ready, unwanted pregnancy , breakups all real today.
- Can have **wrong role models** at home or outside, and even at church

# TEEN SEXUAL HEALTH / RELATIONSHIPS

- That the church will WAKE UP TO the new world of adolescents .
- Young people will have SELF control.....in a world that has very little.
- New freedoms must not LEAD TO experimentation sexually.
- Young people will BE PROUD OF THE identity God gives.
- Will find good role models for living PURE LIVES.
- Will find right mentors to give answers to their questions.....