

**Youth Culture Lesson**  
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**Relaxation in a Can**

New 'Anti-Energy' Drinks Finding Market

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**What Happened:**

We're living in an over-stimulated society. We can't get away, it seems, from our overwhelming schedules and ever-present distractions. To keep up with it all, we ingest stimulants – caffeine, mostly – in our coffee, Red Bull and Mountain Dew.

Now, there's a slew of new beverages coming to market that promise to relax you instead. They have names such as Slow Cow, Ex Chill and Mary Jane's Relaxing Soda. Most contain the ingredient kava, a root from the South Pacific that's said to be a natural relaxant.

These anti-energy drinks already have taken a mellow hold on Los Angeles; and makers hope to make inroads in other markets, too – when they get around to it.

The drinks (which are also reported to help users concentrate better) have no age limitations on them: 6-year-olds can drink them legally, if they wish and their mothers let them; but some experts say kava can cause liver problems.

**Talk About It:**

Do you ever have a hard time relaxing? Would you drink a product such as Slow Cow? Do you think these drinks should be sold to kids?

Why do you think these anti-energy drinks are getting to be popular? Do they say anything about where we are as a society? If so, what?

Are there other ways to relax today than drinking something that makes you relax? What do you do to relax? Do you think down time is important?

In our spiritual lives, it's important to spend time being still, when we're able to listen to what God might have to say for us. Do you ever take time just to listen to God? When?

**What the Bible Says:**

“Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls” (Matt. 11:28-29).

“The Lord is at hand; do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus” (Phil. 4:5-7).