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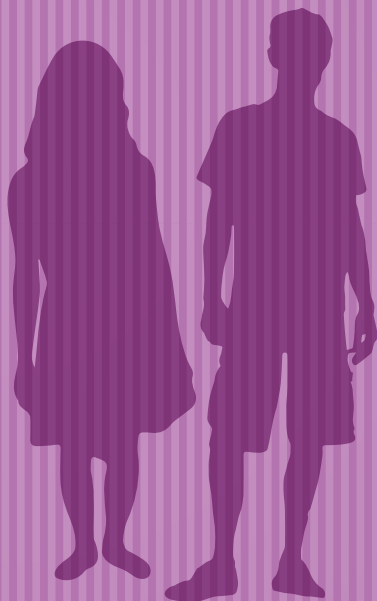


TAKING

FAITH

home

DISCIPLESHIP
FOR YOUR
13 TO 16-YEAR-OLD



MANY PEOPLE THINK THAT PARENTS HAVE LITTLE INFLUENCE ON TEENAGERS AS FRIENDS AND MEDIA BECOME AN EVER-INCREASING PART OF THEIR LIVES. BUT THAT IS NOT THE CASE. PARENTS ARE STILL THE MOST IMPORTANT INFLUENCE IN A TEENAGER'S LIFE. AS PARENTS WHO BELIEVE WE ARE LOVED BY GOD, WE WANT TO DO ALL WE CAN TO HELP OUR TEENAGERS RECEIVE THAT SAME LOVE THROUGH A RELATIONSHIP WITH GOD THAT LEADS TO A SPIRIT FILLED LIFE OF SERVICE AND FAITH.

In a time where our children are navigating many changes in their brains and bodies, they need our help to navigate. This is also the case in the spiritual realm where they are starting to ask deep questions about who they are, where they belong, and what their role is in the world around them.

This pamphlet is a brief guide and idea resource for you as a parent as to how you can mentor your teenager as he/she develops and encounters a variety of cultural voices. This list is by no means exhaustive, but we hope that you will gain some simple ideas that might prove helpful as you and your teen meet the challenges of this developmental phase.



PRACTICAL TIPS FOR SPIRITUALLY MENTORING TEENS:

HELP THEM TO FIND THEIR OWN IDENTITY AS CHRISTIANS

- Accept that they need to make some decisions about how they live out their faith. The important thing is that they have thought about it. So keep having conversations about faith. And remember to listen.
- Have conversations about values. Values are abstract and it is only now young people begin to grasp abstract concepts. It is important that you try to help them apply values in their lives.
- Don't avoid talking about at-risk-behaviour.
- Work with them to agree some ground rules around media consumption. Most teens will come with good suggestions if they are given the opportunity.



- Do what you can to help them take part in church activities. This may mean some extra time and driving, but it will be worth it. This develops a sense of belonging, and it shows that you take their connection with church seriously.
- Make sure there is a teen group at your church that meets regularly.

PERSONAL FAITH:

- Keep on encouraging your teen to read the Bible and to spend personal time with God. Find a Bible reading plan that is manageable and hold each other accountable for following it.
- Continue with family worships and traditions. Encourage them to lead out sometimes.
- Buy them a journal and an age appropriate devotional.

SHARING FAITH IN AND OUT OF CHURCH

- Look for opportunities for your teen to participate in service for others.
- Work with your local church leadership to find opportunities for you teen to contribute in church. Perhaps they can assist with pathfinders or children's Sabbath school becoming a mentor for younger people.
- Help your teen to find ways to talk to his/her friends about faith. Support and pray for your teen to be a witness.

RESOURCES:

Sabbath School for teens:

Real Time Faith: www.realtimefaith.net

Suggestion for age appropriate Bible:

The Clear Word for Kids, by Jack J. Blanco

Devotionals:

Teen: Time Out, Steve Case

I Choose Life, by Céleste Perinno-Walker

Reading:

What We Believe for Teens, by Seth J. Pierce

Prophecies of Revelation for Teens, by Seth J. Pierce

Prophecies of Daniel for Teens, by Seth J. Pierce

Ellen White for Teens, by Seth J. Pierce

Condensed Conflict Set, Ellen White

Guide Magazine (www.guidemagazine.org)

Christian Parenting:

10 Christian Values Every Kid Should Know, by Donna J. Habenicht

52 Sabbath Activities for Teens, by Don Pate

Face Time, by General Conference Youth Department



A BLESSING

TO SAY OVER YOUR 13 TO 16-YEAR-OLD:

The Lord himself watches over you, (name of teenager)!
The Lord stands beside you as your protective shade.

PS 121,5