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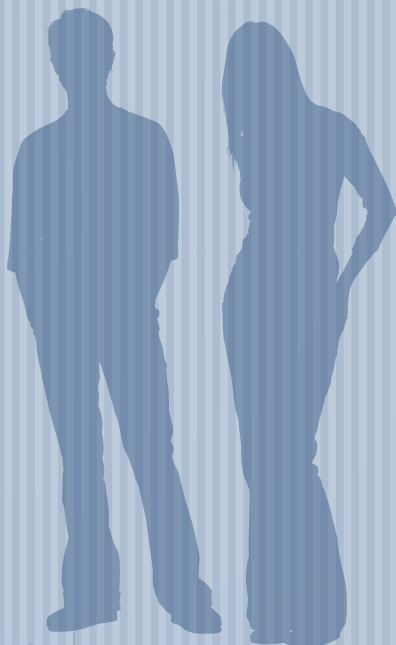


TAKING

FAITH

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DISCIPLESHIP  
FOR  
**16 TO 19-YEAR-OLDS**



**EVEN IF YOUR CHILD IS GROWING UP AND LOOKING MORE AND MORE LIKE AN ADULT, HE/SHE STILL NEEDS YOU. TEENAGERS ARE TRYING TO FIND WAYS TO GROW UP AND BE INDEPENDENT. THEY OFTEN HAVE MANY QUESTIONS. TRY TO FIND TIME IN YOUR BUSY SCHEDULE TO DISCUSS QUESTIONS THAT ARISE.**

When teenagers reach their late teens, they are faced with a number of decisions concerning the future. God says in the Bible that he has a plan for everyone. Try to be there for your teenager and guide him or her in the decisions that need to be made.

This pamphlet will give you some thoughts and ideas on what to do to prepare your teenager for the future. We hope they will prove helpful as you and your teenager together meet the challenges of becoming a mature disciple of Jesus.



## **PRACTICAL TIPS**

### **FOR MENTORING OLDER TEENAGERS:**

#### **RELATIONSHIP WITH GOD**

- Encourage your teenager to spend time alone with God on a daily basis. Remember to be a good role model.
- Help your teenager to find a good Bible translation and Bible reading plan. Don't forget to have conversations about the Bible and any questions that your teenager might have.
- Encourage your teenager to keep a prayer journal.
- Allow your young adult to discover and appreciate Christian music.
- Remember, we are all different. Your young adults will relate to God in different ways. Make space for that at home.

#### **BE A PART OF THE CHURCH**

- Show up and participate in the local church. Invite your teenager to join you.
- Help your teenager find out what they can do to be involved in church. Ask leaders in the church to offer your teenager a task at church.



- Encourage your teenager to be a part of a teen or youth group. If there is no such group at your church, find a way to arrange for such a group.
- There are a number of activities arranged for teenagers at a national and international level. Help your teenager to register, travel, and pay for such activities. This will help them stay connected with their Christian friends and the church.

### BECOME A MENTOR FOR A YOUNGER PERSON IN THE CHURCH

- Talk to your teenager about being a role model and mentor for another young person.
- Encourage your teenager to learn the names of the younger children at church and say hi to them when they meet.
- Help your young adult to get involved in pathfinder leadership or be a Sabbath School teacher. Your teenager can be a role model for younger kids through these responsibilities.

### PRACTISE AN ADVENTIST LIFE STYLE

- Practice empathic listening. It is important that your young adults feel heard and understood.
- Try to keep a good and calm dialogue going about difficult decisions. Your teenager needs calm advice in applying Christian principles to their everyday life. Make sure that your teenager knows that the choice of lifestyle is theirs to make.
- When your teenager asks questions about, for example, sex and drugs, have the courage to discuss these issues with your teenager. If you do not know the answer, make sure that you are open and honest enough to say so. Look for answers together with your teenager.
- Model an Adventist lifestyle by taking care of your own body, mind, and soul.
- Do not be judgmental about other people's lifestyle choices. Use them as discussion starters and opportunities to help your teenager make decisions about his/her own life.
- Pray for your young adult as he / she move towards adulthood and independence.

## **RESOURCES:**

### **Sabbath School for teens:**

Real Time Faith: [www.realtimefaith.net](http://www.realtimefaith.net)

### **Devotionals:**

Teen: Time Out, Steve Case

I Choose Life, by Céleste Perrino-Walker

Life After Eden, by Seth and Heather Day

### **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





# A BLESSING

**TO SAY OVER YOUR 16 TO 19-YEAR-OLD:**

(Name of teenager), the Lord is faithful;  
he will strengthen you and guard you  
from the evil one.

**2 THESS 3,3**