

2020 - 2021

High School

WEEKLY CUES

YOU GOT THIS!

Theme

More To The Story: A Series on Sex

THINK ABOUT THIS:

- The conversation around sex can be complicated. Teenagers often hear messages from media, their friends, and culture about sex, and it can be difficult for them to know who to trust. With this series we want to introduce the idea that there is more to the story than what they may have heard about sex.

Week One

1 Corinthians 6:12 NIV

When it comes to sex, there's more to the story.

Week Two

Ephesians 5:15 NIV, Proverbs 14:15 NIV

Porn never tells the whole story.

Week Three

Romans 12:2 NIV, Romans 12:9-10 NIV

Sex isn't casual no matter how casually it's treated.

Week Four

John 10:10 NIV

Jesus wants more for your story.

REMEMBER THIS

Be devoted to one another in love. Honor one another above yourselves.
Romans 12:10 NIV

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DAILY CUES



Morning Time

Sometimes, without knowing it, we just expect teens to forget or fail. But, what if you expected to be surprised, impressed, and proud—and then told them? This week be sure to give your teen encouragement. Try saying, “Hey, this past year has, in general, been pretty crazy. You’ve handled it like a champ. I’m so proud of you and love watching you become the person you were made to be. Keep it up.”



Their Time

Teens can often feel like adults don’t really get them. So, practicing being a student of them. Ask questions. Use not knowing and not being afraid to be asking as a way to connect and make them feel like an expert. Let them know you don’t take yourself too seriously. Expressing curiosity around the way their friends think and talk about sex, instead of judgment or disgust, will earn their trust.



Meal Time

Make some time for you and your teen to grab a meal or coffee or smoothie—on you! Take time to ask questions about their friends, their high school experience, pressures they might experience, or just to hear them rant about the latest drama. Remember, you aren’t there to fix their problem, downplay, or correct their thinking. You’re there to listen, sympathize, and make them feel understood.



Bed Time

Sometimes, teens need to have a conversation, but they aren’t always sure how. Before your teen heads to bed, reassure your teen that you’ll always be there for them, that your love for them won’t change, and that your relationship won’t be compromised—no matter what. Nothing they tell you could change that. Be sure that this message, is clear in your words, tone, and body language.

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DAILY CUES



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Do Something: A Series on Injustice

THINK ABOUT THIS:

- The teen years are often a time when exposure to the good and bad of the world begins to be processed in a more personal way. For some, the injustice around the world is overwhelming and difficult to process. Remember, some teens are seeing injustice for the first time while others have experienced it firsthand in their personal lives. Regardless of their previous or current experience, providing a safe place for teens to feel big emotions and think unconventional thoughts is important as teens discover their unique role with injustice.

Week One

Matthew 25:41-46 NIV

Before you do something about injustice, you have to see it.

Week Two

Daniel 3:24-27 NLT

When you experience injustice, you don't have to face it alone.

Week Three

Matthew 9:35-37 NLT, Isaiah 61:8a NLT, & 1 Corinthians 12:27 NLT

God is doing something about injustice.

Week Four

James 2:15-17 NIV

When it comes to injustice, never stop doing something.

REMEMBER THIS

All of you together are Christ's body, and each of you is a part of it.
1 Corinthians 12:27 NLT

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Morning Time

As your teen leaves the house, send them an encouraging and unexpected text. Don't include reminders of something they need to do when they get home or instructions for picking up their younger sibling. Just say something that can lift their spirits. Remind them that you love them, are there for them, and are one of their biggest fans.



Their Time

Sometime after your family meal time where you brought up injustice, follow up with your teen. Do it at a time that is not formal or scheduled, like when out driving, doing stuff around the house, or during a commercial break on TV. Ask them if there is anything in the family that feels "unjust" or "unfair." Listen and be curious about the ideas they might have to make things feel more just in the family.



Meal Time

During your next meal, take some time to talk about injustice and what this word means to your teen. Ask if they have experienced or witnessed it personally. Maybe even be willing to share your own experiences with injustice with your teen. Share what you have learned, and as a family, discuss and plan how as a family, you can fight against the injustice. Then, go out and do it together!



Bed Time

Before your teen heads off to bed, ask them where they are most aware of injustice and how they feel when they notice it. Try not to offer solutions, but be a listening ear and an encouraging presence. Together, pray for the world, asking God for His peace, guidance, and strength. If your teen doesn't want to pray together, share that you will be praying and pray once they leave.

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Theme

Afterlife: A Series on Easter

THINK ABOUT THIS:

- A teen's view of God has been shaped by lots of different factors—what they see on social media or hear from other adults—and there isn't one consistent image. Most of us tend to see God as being more about rules rather than grace. This week, we're talking about what God is really like and that God is love. And that when we see God as a loving God first, our whole perspective on Him can change.

Week One

1 John 4:9-10 NIV, 1 John 4:16a NIV
Because of the resurrection, John knew God is love.

Week Two

John 20:11-19 NIV
Because of the resurrection, Mary knew she mattered.

Week Three

John 21:15-17 NIV
Because of the resurrection, Peter knew he was forgiven.

REMEMBER THIS

For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him.
John 3:16-17 NIV

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Morning Time

Every day, teens are faced with messages telling them they aren't good enough, smart enough, or capable enough; or make them question their worth or capabilities. But, we can be the safe place they will always hear messages of acceptance, belonging, and encouragement. One morning, share how they inspire you and share the potential you see in them. Don't underestimate the power this moment can have.



Meal Time

Dinner is a great time to ask your student about what their thoughts are about God may be. Try asking, then sharing your own thoughts: Who do they think God is, what do they think God is like, do they think God likes them? Make it conversational and not lesson-like! A willingness to share your own thoughts or questions will create an environment where your teen will feel safer to do the same.



Their Time

The next time your teen does something they shouldn't, try sharing a time when you messed up. Let them know you don't expect them to be perfect. Ask about why they may be struggling to do the right thing—not to shame, but staying curious. Try sharing that you want to help them become the best version of themselves. Remind them that you're a safe person to talk to and you love them.



Bed Time

Before going to bed, tell your teen one thing being their parent/guardian has taught you—how you may have changed or become a better person because of who your teenager is. It can be easy to default to messages of frustration and disappointment with our kids, but sharing ways your teenager has influenced you, helped you understand the world differently, or made you see God in a new way can be a powerful moment. Let them see how they have been a teacher to you in a way that maybe you never would have expected.

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I Have Questions - Coping: A Standalone talk on Coping

THINK ABOUT THIS:

- Teens experience stress from so many areas of life: school, relationships, and culture. They can get lost in this world of stress and feel like they are drowning. This week we're talking about ways to cope when life feels overwhelming. This week is all about helping your student evaluate where they are at and how they can lower their stress and anxiety levels through coping in healthy ways.

Week on Coping

Lamentations 3:19-23 NIV

You have to feel to move forward.

REMEMBER THIS

Because of the LORD's great love
we are not consumed, for his
compassions never fail.
Lamentations 3:22 NIV

High School

DAILY CUES



Morning Time

The morning can be a stressful time for your student. They're worried about what they look like, being on time, or just stressing out about whatever is going on in the day ahead. As they're getting ready, try dropping by just to tell them that you believe in them and ask if you can help them with getting ready.



Meal Time

Surprise your student with their favorite meal! This seems like a small gesture but can truly change their mood as they cope with stress. Go all out and theme out the whole meal. If they love alfredo make it an Italian themed or if they love hot dogs, make it sports themed. Make this meal something special, a meal they will never forget.



Their Time

The next time your teen brings up being stressed, listen first. This can make a big difference for your teen—to be heard and not just getting your quick response—shows first that you care. Listen to their whole situation first and then ask: “How can I help?”. Let them tell you what advice or direction they want to hear and be willing to only take it as far as they are willing to go.



Bed Time

Before the end of the night, ask your teen what the best and worst parts of their day were. This is all about listening and being curious. You can also find out why those moments the best and worst parts of the day. The goal is to get to know what makes their day great and what stresses them out. If you have time, let them know about your day too as a way mutually connect on a deeper level.