



**FSM**

Our Fellowship Student Ministries (FSM) team values partnering well with families because we know that families are the greatest spiritual influence on the life of a child. We also know that it can be difficult to know how to connect with your child as they enter into their teen years. With that, we wanted to provide a resource for you to engage with your children confidently amidst changing relationships in a changing culture. We hope and pray this book will be a resource that deepens relationships with your children and with the Lord.

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Fellowship Student Ministry

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# Introduction

One of the greatest gifts that a parent has is the opportunity to connect with the heart of their child as they grow up. It's also one of the most challenging parts of parenting. Children long to be loved and cared for, but the pressures of our world often push them to look for that love and affirmation outside of their parents.

We want to do everything we can to equip parents to have spiritual influence in their children's lives! We want to see students "Know Jesus and Make Jesus Known," and we know that the greatest influencers in their lives are you: their parents. As our team prayed and processed how we can do our jobs better, the idea of this book began to take shape.

As you go through these last few years with your kids in your home, we hope that this resource makes connecting with them and pointing them to Jesus that much richer. Remember that their salvation is not in your hands; it's in God's. At the same time, He's given you the privilege and responsibility to shepherd them for the most formative years of their lives. We are praying diligently for kids throughout Northwest Arkansas to seek the Lord, find community, feel loved, and experience the life that comes in a relationship with Jesus!

## How to Use This Book

The goal of this book is to give you an avenue and content to connect with your son/daughter. We provide questions and a few key verses, but the rest is up to you. You'll find a wide range of questions including those regarding theology, friendships, finances, relationships, family, and many more topics. Think of this as a menu more than a manual. Don't worry about going page by page through this until you're done; pick and choose questions as needed for your child in their situation.

Use these questions in the car, at the dinner table, or whenever you have time. Ideally, a weekly or bi-weekly “breakfast date” would provide consistency and intentionality that children crave (whether they realize it or not). We understand that may be a lot for you to commit to with schedules and other activities, but it’s worth it to carve out time with them!

Here are a few reminders as you meet with your child:

1. Don’t just ask questions. Always share and answer the questions yourself.
2. This is not a time to rebuke, correct, or corral. Just listen and give them a safe place to share/process.
3. It may take them a long time to feel comfortable opening up. That’s okay!
4. Follow through and follow up. If you decide to do something, then do it.
5. Use Scripture, talk about Scripture, emphasize Scripture, but don’t over spiritualize everything.
6. Peel back the layers, and don’t rush through it. These questions are tools to go deeper. You are here to be together, not to finish.
7. Have fun!

Are you ready? Let’s be honest, you’ll never be fully “ready” to lead and develop your child. None of us will, but you just have to start and trust the Lord through the process. Make the effort, think of this as a marathon rather than a sprint, and pray daily! Ready... Set... Go.



# TOPICS

# GOD & THEOLOGY

*And this is  
ETERNAL LIFE,  
that they know you,  
the only true God,  
and Jesus Christ  
whom You have sent.*

**JOHN 17:3** ESV

## Questions

If you could ask God any question right now, what would it be?  
What's one thing you don't understand about God?

---

What is your favorite Bible story and why?  
Let's read it and talk about it!

---

What are you learning about God right now?  
How is that changing you and the way you live?

---

What's your favorite thing to pray for?  
What's the hardest thing to pray for? Why?

---

Who's the one person in your life you want to know Jesus?  
How could we share the love and truth of Christ with them?

---

What's the last verse you memorized?  
Why is memorizing God's Word important?

---

If Jesus were to talk to you today, what would He say?

A series of 20 horizontal dotted lines spanning the width of the page, providing a template for writing.

## Scriptures

*Oh, the depth of riches and wisdom and knowledge of God! How unsearchable are his judgments and how inscrutable are his ways! <sup>34</sup>“For who has known the mind of the Lord, or who has been his counselor?” <sup>35</sup>Or who has given a gift to him that he might be repaid?” <sup>36</sup>For from him and through him and to him are all things. To him be the glory forever. Amen.*

**ROMANS 11:33-36 ESV**

*But I say to you, Love your enemies  
and pray for those who persecute you,*

**MATTHEW 5:44 ESV**

*praying at all times in the Spirit, with all prayer  
and supplication. To that end, keep alert with all  
perseverance, making supplication for all the saints,*

**EPHESIANS 6:18 ESV**

*Now the eleven disciples went to Galilee, to the mountain to which Jesus had directed them. <sup>17</sup>And when they saw him they worshiped him, but some doubted. <sup>18</sup>And Jesus came and said to them, “All authority in heaven and on earth has been given to me. <sup>19</sup>Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, <sup>20</sup>teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.”*

**MATTHEW 28:16-20 ESV**

*How can a young man keep his way pure? By guarding it according to your word. <sup>10</sup>With my whole heart I seek you; let me not wander from your commandments! <sup>11</sup>I have stored up your word in my heart, that I might not sin against you.*

**PSALM 119:9-11 ESV**

# FORGIVENESS

*Let*

ALL BITTERNESS  
AND WRATH  
AND ANGER  
AND CLAMOR  
AND SLANDER

*be put away from you,  
along with  
ALL MALICE.*

*Be*

KIND TO ONE ANOTHER,  
TENDERHEARTED,  
FORGIVING ONE ANOTHER,

*as God in Christ  
forgave you.*

**EPHESIANS 4:31-34** *ESV*

## Questions

Who was the last person to make you upset?  
Did you forgive them? Was it hard?

---

Why does Christ call us to forgive?

---

What if that person hurts your feelings again? What do you do?

---

Who have you hurt recently?  
Have you asked for forgiveness from that person?

---

When have you had to ask for forgiveness before? How did that go?  
Was it hard to ask for forgiveness?

---

The world says that time heals all wounds. Do you think that's true?  
Why or why not?



## Scriptures

*He does not deal with us according to our sins,  
nor repay us according to our iniquities.*

<sup>11</sup>*For as high as the heavens are above the earth,  
so great is his steadfast love toward those who fear him;*

<sup>12</sup>*as far as the east is from the west,  
so far does he remove our transgressions from us.*

**PSALM 103:10-12 ESV**

Spend some time reading and discussing  
The Parable of the Unforgiving Servant together.

**MATTHEW 18:21-35 ESV**

# EMOTIONS

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.*

**PHILIPPIANS 4:6-7** ESV

## Questions

What comes to your mind when you think of the word emotion?

---

What has made you feel down recently?  
What has made you feel happy?

---

What brings you the most encouragement? The most anxiety?

---

How can I help you through the difficult situations in life?  
How can I encourage you more?

---

What emotion have you been feeling a lot lately?  
Why do you think that is?

---

What is something that you don't understand about yourself?



## Scriptures

*Delight yourself in the Lord, and  
he will give you the desires of your heart.*

**PSALM 37:4 ESV**

*Love the Lord, all you his saints!  
The Lord preserves the faithful but abundantly  
repays the one who acts in pride.*

**PSALM 31:23 ESV**

*But the fruit of the Spirit is love, joy, peace, patience,  
kindness, goodness, faithfulness, <sup>23</sup>gentleness,  
self-control; against such things there is no law.*

**GALATIANS 5:22-23 ESV**

# TECHNOLOGY & SOCIAL MEDIA

*I appeal to you therefore, brothers,  
by the mercies of God, to present  
your bodies as a living sacrifice,  
holy and acceptable to God,  
which is your spiritual worship.*

*Do not be conformed to this world,  
but be transformed by the renewal  
of your mind, that by testing you may  
discern what is the will of God,*

WHAT IS GOOD  
AND ACCEPTABLE  
AND PERFECT.

**ROMANS 12:1-2 ESV**

## Questions

What are some of the “popular” social media apps right now? How do they work?

---

What are some of the positives that come from them?  
What are some of the negatives that you’ve seen with them?  
Let them know they are safe to share.

---

How has God used social media or technology to encourage you or push you closer to Him over the last few weeks?

---

How has it been a temptation or struggle for you?

---

What do you think are healthy boundaries for social media/technology in your life right now?

How can I help you with that?

Can I share some of my thoughts as well?



## Scriptures

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear.*

**EPHESIANS 4:29** ESV

*And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*

**COLOSSIANS 3:17** ESV

*But far be it from me to boast except in the cross of our Lord Jesus Christ, by which the world has been crucified to me, and I to the world.*

**GALATIANS 6:14** ESV

# STRENGTHS & WEAKNESSES

*But he said to me,*  
“MY GRACE IS SUFFICIENT FOR YOU,  
FOR MY POWER IS MADE PERFECT IN WEAKNESS.”

*Therefore, I will boast all the more  
gladly of my weaknesses,  
so that the power of Christ  
may rest upon me.*

**2 CORINTHIANS 12:9**

## Questions

What motivates you on a day-to-day basis?

---

Is it hard to see others brag about themselves? Why or why not?

---

What's one time you felt really strong in a situation?  
A time when you felt weak?

---

What helps you feel strong in certain situations?  
Makes you feel weak?

---

What are some things that really come easy for you in life?  
How can you use those gifts for the Lord?



## Scriptures

*Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go.*

**JOSHUA 1:9 ESV**

*He gives power to the faint, and to him who has no might he increases strength. <sup>30</sup>Even youths shall faint and be weary, and young men shall fall exhausted; <sup>31</sup>but they who wait for the Lord shall renew their strength; they shall mount up with wings like eagles; they shall run and not be weary; they shall walk and not faint.*

**ISAIAH 40:29-31 ESV**

*And you shall love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.*

**MARK 12:30 ESV**

*He must increase, but I must decrease.*

**JOHN 3:30 ESV**

# FAMILY

*Children,*  
OBEY YOUR PARENTS IN EVERYTHING,  
*for this pleases the Lord.*

**COLOSSIANS 3:20** ESV

## Questions

What is the hardest rule to obey at home? Why?

---

What's your favorite thing about your sibling(s)? What's the hardest thing?

---

What's the one thing I/our family does that really bugs you?

Ask them to forgive you and let them practice forgiving others.

---

What areas do you think I could improve in as a parent?

What areas could our family improve in?

---

What makes you feel the most loved?

---

How does it feel when I discipline you?

Answer the question:

how does it make you feel when you discipline your child(ren)?

---

What areas do you want to grow in?

Tell your child how you want to see them grow.

---

If we had a whole Saturday to plan whatever you wanted to do with our family, what would you do?

This is an amazing opportunity to follow through and execute their family day.



## Scriptures

*Children, obey your parents in the Lord,  
for this is right. <sup>2</sup>“Honor your father and mother”  
(this is the first commandment with a promise),*

**EPHESIANS 6:1-2 ESV**

*Beloved, let us love one another, for love is from God, and  
whoever loves has been born of God and knows God. <sup>8</sup>Anyone  
who does not love does not know God, because God is love.  
<sup>9</sup>In this the love of God was made manifest among us, that God  
sent his only Son into the world, so that we might live through  
him. <sup>10</sup>In this is love, not that we have loved God but that he  
loved us and sent his Son to be the propitiation for our sins.  
<sup>11</sup>Beloved, if God so loved us, we also ought to love one another.  
<sup>12</sup>No one has ever seen God; if we love one another, God  
abides in us and his love is perfected in us.*

**1 JOHN 4:7-12 ESV**

*A new commandment I give to you, that you love one another:  
just as I have loved you, you also are to love one another.*

**JOHN 13:34 ESV**

*Hatred stirs up strife, but love covers all offenses.*

**PROVERBS 10:12 ESV**

ADDITIONAL SCRIPTURES:

**JAMES 1:19 ESV**

**HEBREWS 10:24-25 ESV**

**HEBREWS 12:1 ESV**

**1 THESSALONIANS 5:11 ESV**

**PROVERBS 27:17 ESV**

**1 CORINTHIANS 13:4-7 ESV**

# SCHOOL

*And whatever you do,  
in word or deed,  
DO EVERYTHING IN THE  
NAME OF THE LORD JESUS,  
giving thanks to God  
the Father through him.*

**COLOSSIANS 3:17** ESV

## Questions

What's your favorite thing about school? Why?

---

Who has been your favorite teacher? Why?

---

What has been your favorite year of school? Why?

---

What area in school do you find challenging?

---

In what area are you struggling? (friends, temptations, grades, etc.)



## Scriptures

*Commit your work to the Lord,  
and your plans will be established.*

**PROVERBS 16:3** ESV

*The saying is trustworthy, and I want you to insist on these things, so that those who have believed in God may be careful to devote themselves to good works. These things are excellent and profitable for people.*

**TITUS 3:8** ESV

*Whatever your hand finds to do, do it with your might...*

**ECCLESIASTES 9:10a** ESV

*But as you excel in everything—in faith, in speech, in knowledge, in all earnestness, and in our love for you—see that you excel in this act of grace also.*

**2 CORINTHIANS 8:7** ESV

# FRIENDSHIP

IRON SHARPENS IRON,  
*and one man sharpens another.*

**PROVERBS 27:17** ESV

## Questions

Who are your best friends? Why are they your best friends?

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How have your friends helped you when things are hard in your life?  
What qualities do you most appreciate about them?

---

What makes a good friend?  
Would your friends say that you're a good friend?

---

What do you do when your friends start  
talking about others in a negative way?

---

How can I be a better friend to you?



## Scriptures

*Whoever walks with the wise becomes wise,  
but the companion of fools will suffer harm.*

**PROVERBS 13:20** ESV

*And let us consider how to stir up one another to love  
and good works, <sup>25</sup>not neglecting to meet together, as is  
the habit of some, but encouraging one another, and all  
the more as you see the Day drawing near.*

**HEBREWS 10:24-25** ESV

*Greater love has no one than this,  
that someone lay down his life for his friends.*

**JOHN 15:13**ESV

*Faithful are the wounds of a friend;  
profuse are the kisses of an enemy.*

**PROVERBS 27:6** ESV

*Let no corrupting talk come out of your mouths,  
but only such as is good for building up, as fits the  
occasion, that it may give grace to those who hear.*

**EPHESIANS 4:29** ESV

# RELATIONSHIPS & PURITY

*Do nothing from selfish ambition or  
conceit, but in humility count others  
more significant than yourselves.*

LET EACH OF YOU LOOK NOT  
ONLY TO HIS OWN INTERESTS,  
*but also to the interests of others.*

**PHILIPPIANS 2:3-4 ESV**

## Questions

What does dating look like at your school?  
How do relationships start?

---

Are you bothered by the way people start dating?  
Do you think it's right? How do you wish it happened?

---

When do you feel like it is appropriate for people to start dating?

---

How do you think the media has influenced  
what you're looking for in a relationship?

---

What is the perception of pornography at your school?  
Among your friends? In media?

---

What would your friends say is too far in a relationship?  
Physically? Emotionally?

---

Do you see your friends struggle with boundaries in relationships?  
If so, what do you think is the cause of this?  
What do you feel are appropriate boundaries?



## Scriptures

*And whatever you do, in word or deed, do everything in the name of the Lord Jesus, giving thanks to God the Father through him.*

**COLOSSIANS 3:17** ESV

*Flee from sexual immorality. Every other sin a person commits is outside the body, but the sexually immoral person sins against his own body. <sup>19</sup>Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, <sup>20</sup>for you were bought with a price. So glorify God in your body.*

**1 CORINTHIANS 6:18-20** ESV

# DESIRES

KEEP YOUR HEART

*with all vigilance,  
for from it flow  
the springs of life.*

**PROVERBS 4:23** ESV

## Questions

What do you want to do when you grow up?  
Who is someone that you want to be like?

---

What is most exciting for you right now?

---

If you could be the best at anything, what would it be and why?

---

Describe your ideal self in your senior year of high school.

---

What is the most exciting thing in life for you right now?

---

What desires do you have that you fear will never come true?



## Scriptures

*Whatever you do, work heartily,  
as for the Lord and not for men,*

**COLOSSIANS 3:23** ESV

*Create in me a clean heart, O God,  
and renew a right spirit within me.*

**PSALM 51:10** ESV

# GENEROSITY & FINANCES

For where your treasure is,  
THERE YOUR HEART  
WILL BE ALSO.

**MATTHEW 6:21** ESV

## Questions

If you had one hundred dollars today, what would you spend it on?

---

What do you save for? Why?

---

What is the point of having a job?  
Why do you think mom and/or dad work?

---

One morning, buy someone else's breakfast.  
Then ask: why do we give?  
Why is generosity a good thing?



## Scriptures

*And he said to them, “Take care, and be on your guard against all covetousness, for one’s life does not consist in the abundance of his possessions.”*

**LUKE 12:15** ESV

*Incline my heart to your testimonies,  
and not to selfish gain!*

**PSALM 119:36** ESV

# HOBBIES & INTERESTS

*So, whether you eat or drink,  
or whatever you do, do all  
TO THE GLORY OF GOD.*

**1 CORINTHIANS 10:31 ESV**

## Questions

What do you do with your gifts and talents?  
(Time, Talent, Treasure, Truth)

---

What's your favorite type of music? Why?

---

What are some of your favorite hobbies? Why?

---

If you could go back in time, when would you travel back to? Why?

---

If you could hang out with anyone alive or dead, who would it be?

---

What's something you can teach me?



## Scriptures

*For as in one body we have many members, and the members do not all have the same function, <sup>5</sup>so we, though many, are one body in Christ, and individually members one of another. <sup>6</sup>Having gifts that differ according to the grace given to us, let us use them...*

**ROMANS 12:4-6a ESV**

*Do not be conformed to this world, but be transformed by the renewal of your mind, that by testing you may discern what is the will of God, what is good and acceptable and perfect.*

**ROMANS 12:2 ESV**

*Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things. <sup>9</sup>What you have learned and received and heard and seen in me—practice these things, and the God of peace will be with you.*

**PHILIPPIANS 4:8-9 ESV**

*Whatever your hand finds to do, do with your might...*

**ECCLESIASTES 9:10a ESV**

# SELF-IMAGE

FOR WE ARE HIS WORKMANSHIP,  
*created in Christ Jesus for good works,  
which God prepared beforehand,  
that we should walk in them.*

**EPHESIANS 2:10 ESV**

## Questions

If you could change one thing about yourself,  
what would it be and why?

---

What do you like most about yourself?

---

How would your friends describe you in five words?

---

What makes you unique? Describe yourself in five words.

---

If there's one thing you could change about  
how you look, what would it be and why?



## Scriptures

*what is man that you are mindful of him, and the son of man that you care for him? <sup>5</sup>Yet you have made him a little lower than the heavenly beings and crowned him with glory and honor. <sup>6</sup>You have given him dominion over the works of your hands; you have put all things under his feet,*

**PSALM 8:4-6 ESV**

*And we all, with unveiled face, beholding the glory of the Lord, are being transformed into the same image from one degree of glory to another. For this comes from the Lord who is the Spirit.*

**2 CORINTHIANS 3:18 ESV**

*For you formed my inward parts; you knitted me together in my mother's womb. <sup>14</sup>I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.*

**PSALM 139:13-14 ESV**

Spend some time reading and discussing:

**MATTHEW 6:26-34 ESV**



# SITUATIONS

# WANTING TO KNOW JESUS MORE

*And this is eternal life,  
that they know you,  
THE ONLY TRUE GOD,  
AND JESUS CHRIST  
whom you have sent.*

**JOHN 17:3 ESV**

## Questions

What do you think it means to “know” Jesus?

---

If you could sit down with Jesus today,  
what would you want to ask Him or talk to Him about?

---

How do you typically get to know your friends?  
How could you grow in knowing Jesus in the same way?

---

What is the hardest part about seeking Jesus for you?  
What is the hardest part about following Jesus for you?



## Scriptures

*Indeed, I count everything as loss because of the surpassing value of knowing Christ Jesus my Lord. For his sake I suffered the loss of all things and count them as rubbish, in order that I may gain Christ*

**PHILIPPIANS 3:8 ESV**

*Thus says the Lord: “Let not the wise man boast in his wisdom, let not the mighty man boast in his might, let not the rich man boast in his riches, <sup>24</sup>but let him who boasts boast in this, that he understands and knows me, that I am the LORD who practices steadfast love, justice, and righteousness in the earth. For in these things I delight, declares the LORD.”*

**JEREMIAH 9:23-24 ESV**

*I love those who love me, and those who seek me diligently find me.*

**PROVERBS 8:17 ESV**

# BAPTISM

HAVING BEEN BURIED  
WITH HIM IN BAPTISM,  
*in which you were also raised with him  
through faith in the powerful working of God,  
who raised him from the dead.*

**COLOSSIANS 2:12** ESV

## Questions

How would you describe baptism?

(The big thing here is for them to see that baptism is not a requirement for salvation, but an outward sign of an inward heart change.)

---

Why do we get baptized?

---

Do you want to be baptized? Why?

When did you place your faith in Jesus?

How are you currently growing in your faith in Jesus?

---

Email [fsmnwa@fellowshipnwa.org](mailto:fsmnwa@fellowshipnwa.org) to set up a meeting with a staff member to talk more about baptism.



## Scriptures

*Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit,<sup>20</sup> teaching them to observe all that I have commanded you. And behold, I am with you always, to the end of the age.*

**MATTHEW 28:19-20 ESV**

*Do you not know that all of us who have been baptized into Christ Jesus were baptized into his death? <sup>4</sup>We were buried therefore with him by baptism into death, in order that, just as Christ was raised from the dead by the glory of the Father, we too might walk in newness of life.*

**ROMANS 6:3-4 ESV**

*For by grace you have been saved through faith. And this is not your own doing; it is the gift of God,*

**EPHESIANS 2:8 ESV**

*And when he came up out of the water, immediately he saw the heavens being torn open and the Spirit descending on him like a dove.*

**MARK 1:10 ESV**

Jesus Himself was baptized.

# STARTING TO LIKE A BOY OR GIRL

*And whatever you do,  
in word or deed,  
DO EVERYTHING  
IN THE NAME OF  
THE LORD JESUS,  
giving thanks to God the Father  
through him.*

**COLOSSIANS 3:17** ESV

## Questions

What do you like about them?

---

Are they a follower of Jesus? How do they show you Jesus?

---

What do your friends think about them?

---

What do you think about dating?  
What do people around you think about dating?

---

Take time to talk about the purpose of dating  
and how your family desires to approach dating.



## Scriptures

*Do not be unequally yoked with unbelievers. For what partnership has righteousness with lawlessness? Or what fellowship has light with darkness? <sup>15</sup>What accord has Christ with Belial? Or what portion does a believer share with an unbeliever? <sup>16</sup>What agreement has the temple of God with idols? For we are the temple of the living God; as God said, “I will make my dwelling among them and walk among them, and I will be their God, and they shall be my people.”*

**2 CORINTHIANS 6:14-16 ESV**

*Love one another with brotherly affection.  
Outdo one another in showing honor.*

**ROMANS 12:10 ESV**

*For you formed my inward parts; you knitted me together in my mother’s womb. <sup>14</sup>I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.*

**PSALM 139:13-14 ESV**

# BREAKUPS

THE LORD IS NEAR TO  
THE BROKENHEARTED  
*and saves the crushed in spirit.*

**PSALM 34:18** ESV

## Questions

What's hard about your breakup?

---

How do you feel when you see them?  
(Either in person or on social media)

---

What do you believe is true about yourself? About them?  
The goal here is to get them to remember how  
the Lord sees them and the other person.

---

Who are the people that encourage you right now?

\*You may only ask one of these questions or more than these,  
but the main thing is listen to them and not try to fix the situation.



## Scriptures

*Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, <sup>4</sup>who comforts us in all our affliction, so that we may be able to comfort those who are in any affliction, with the comfort with which we ourselves are comforted by God.*

**2 CORINTHIANS 1:3-4 ESV**

*O LORD my God, I cried to you for help, and you have healed me.*

**PSALM 30:2 ESV**

*Put on then, as God's chosen ones, holy and beloved, compassionate hearts, kindness, humility, meekness, and patience, <sup>13</sup>bearing with one another and, if one has a complaint against another, forgiving each other; as the Lord has forgiven you, so you also must forgive.*

**COLOSSIANS 3:12-13 ESV**

# DEATH

*“He will wipe away every tear from their eyes, and  
DEATH SHALL BE NO MORE,  
NEITHER SHALL THERE BE MOURNING,  
NOR CRYING,  
NOR PAIN ANYMORE,  
for the former things have passed away.”*

**REVELATION 21:4** ESV

## Questions

Which emotions are you feeling the most right now  
(sad, angry, or confused)?

---

What do you think God thinks or feels about this?

---

What are some of your favorite memories with this person?

---

Does this make you fearful in any way? How so?



## Scriptures

*He heals the brokenhearted and binds up their wounds.*

**PSALM 147:3 ESV**

*For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, <sup>39</sup>nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord.*

**ROMANS 8:38-39 ESV**

*But our citizenship is in heaven, and from it we await a Savior, the Lord Jesus Christ, <sup>21</sup>who will transform our lowly body to be like his glorious body, by the power that enables him even to subject all things to himself.*

**PHILIPPIANS 3:20-21 ESV**

*And he said, "Where have you laid him?"  
They said to him, "Lord, come and see."  
<sup>35</sup>Jesus wept.*

**JOHN 11:34-35 ESV**

Jesus weeps over the death of His friend, Lazarus.  
We also can be sad when lose someone we love.

# THEY DIDN'T MAKE THE TEAM

*The LORD is  
MY STRENGTH AND MY SHIELD;  
in him my heart trusts, and I am helped;  
my heart exults, and with my song  
I give thanks to him.*

**PSALM 28:7 ESV**

## Questions

What do you need from me?

---

Are you worried about how this will affect your friendships?

---

What do you want this semester to look like now?  
Do you have other things you want to try to pursue?

---

What are you nervous or worried about now?



## Scriptures

*You are good and do good; teach me your statutes.*

**PSALM 119:68 ESV**

*The Lord has made everything for its purpose,  
even the wicked for the day of trouble.*

**PROVERBS 16:4 ESV**

*When I am afraid, I put my trust in you. <sup>4</sup>In God,  
whose word I praise, in God I trust; I shall not be afraid.  
What can flesh do to me?*

**PSALM 56:3-4 ESV**

# APPLYING TO COLLEGE

*The heart of man  
plans his way,*  
BUT THE LORD  
ESTABLISHES HIS STEPS.

**PROVERBS 16:9** ESV

## Questions

What are your hopes or expectations for college?

---

Would you say you are feeling excited or nervous or both when you think about college? Why?

---

What are your dreams for after college?

---

How is everyone at school feeling right now?  
How does that affect you?

---

What can I help you with?

Take this time to encourage your son or daughter and remind them that the Lord is trustworthy and He knows what's best.



## Scriptures

*And he said to him, “You shall love the Lord your God with all your heart and with all your soul and with all your mind.  
38This is the great and first commandment. 39And a second is like it: You shall love your neighbor as yourself.”*

**MATTHEW 22:37-39 ESV**

*Trust in the Lord with all your heart, and do not lean on your own understanding. 6In all your ways acknowledge him, and he will make straight your paths.*

**PROVERBS 3:5-6 ESV**

# GETTING A CELL PHONE FOR THE FIRST TIME

*So, whether you eat or drink,  
or whatever you do,*  
DO ALL TO THE GLORY OF GOD.

**1 CORINTHIANS 10:31 ESV**

## Questions

Why do you want to have a phone?

---

What boundaries do you think you should have with your phone?

Take time to talk about what healthy phone use looks like.

---

What are some of the ways a phone will help you in life?

---

What are some ways a phone could hurt you in life?

How can we help prevent that?



## Scriptures

*“All things are lawful for me,” but not all things are helpful. “All things are lawful for me,” but I will not be dominated by anything.*

**1 CORINTHIANS 6:12** ESV

*All things were made through him, and without him was not any thing made that was made.*

**JOHN 1:3** ESV

*A gentle response diverts anger, but a harsh statement incites fury. <sup>2</sup>The wise speak, presenting knowledge appropriately, but fools spout foolishness. <sup>3</sup>The eyes of the LORD are in every place, observing both the evil and the good.*

**PROVERBS 15:1-3** ISV

# EXPERIENCING ANXIETY OR DEPRESSION

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.*

FOR MY YOKE IS EASY,  
AND MY BURDEN IS LIGHT.

**MATTHEW 11:28-30 ESV**

## Questions

What do you feel anxious about right now?

---

On a scale of 1 to 10, how much energy do you feel like you have?  
Why that number?

---

What makes you feel the most rested or excited right now?

---

How can I help you?



## Scriptures

*casting all your anxieties on him, because he cares for you.*

**1 PETER 5:7** ESV

*do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. <sup>7</sup>And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. <sup>8</sup>Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable, if there is any excellence, if there is anything worthy of praise, think about these things.*

**PHILIPPIANS 4:6-8** ESV

*Anxiety in a man's heart weighs him down,  
but a good word makes him glad.*

**PROVERBS 12:25** ESV

*“Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble.”*

**MATTHEW 6:34** ESV

*Why are you cast down, O my soul, and why are you in turmoil within me? Hope in God; for I shall again praise him, my salvation and my God.*

**PSALM 42:11** ESV

# DIVORCE

*Blessed be the God and Father  
of our Lord Jesus Christ,  
the Father of mercies  
and God of all comfort,  
WHO COMFORTS US  
IN ALL OUR AFFLICTION,  
SO THAT WE MAY BE ABLE TO  
COMFORT THOSE WHO  
ARE IN ANY AFFLICTION,  
with the comfort with which we  
ourselves are comforted by God.*

**2 CORINTHIANS 1:3-4 ESV**

## Questions

What fears do you have about our family?

---

What are some hard things for you in our family?

---

How does this change your view of our family or marriage?

---

Who is a safe person you can talk about this with?



## Scriptures

*My insides are burning and my body is unhealthy. <sup>8</sup>I am weak and utterly crushed; I cry out in distress because of my heart's anguish.*

**PSALM 38:7-8 ISV**

*When you pass through the waters, I'll be with you; and through the rivers, they won't sweep over you. when you walk through fire you won't be scorched, and the flame won't set you ablaze.*

**ISAIAH 43:2 ISV**

*a bruised reed he will not break, and a faintly burning wick he will not quench; he will faithfully bring forth justice. <sup>4</sup>He will not grow faint or be discouraged till he has established justice in the earth; and the coastlands wait for his law. <sup>5</sup>Thus says God, the LORD, who created the heavens and stretched them out, who spread out the earth and what comes from it, who gives breath to the people on it and spirit to those who walk in it:*

**ISAIAH 42:3-5 ESV**

*For you did not receive the spirit of slavery to fall back into fear, but you have received the Spirit of adoption as sons, by whom we cry, "Abba! Father!" <sup>16</sup>The Spirit himself bears witness with our spirit that we are children of God, <sup>17</sup>and if children, then heirs—heirs of God and fellow heirs with Christ, provided we suffer with him in order that we may also be glorified with him.*

**ROMANS 8:15-17 ESV**

# BULLYING

REPAY NO ONE EVIL FOR EVIL,  
*but give thought to do what  
is honorable in the sight of all.  
If possible, so far as it depends on you,  
live peaceably with all.*

*Beloved, never avenge yourselves,  
but leave it to the wrath of God,  
for it is written, "Vengeance is mine,  
I will repay, says the Lord."*

*To the contrary,*

“IF YOUR ENEMY IS HUNGRY, FEED HIM;  
IF HE IS THIRSTY, GIVE HIM SOMETHING TO DRINK;  
*for by so doing you will heap burning coals on his head.”*

DO NOT BE OVERCOME BY EVIL,  
BUT OVERCOME EVIL WITH GOOD.

**ROMANS 12:17-21** ESV

## Questions

Have you experienced or seen any bullying at school?  
Outside of school?

---

How do you feel when you're bullied?  
How do you feel when you see others being bullied?

---

What do you want to do if it happens again? How can I help?



## Scriptures

*And let us not grow weary of doing good, for in due season we will reap, if we do not give up. <sup>10</sup>So then, as we have opportunity, let us do good to everyone, and especially to those who are of the household of faith.*

**GALATIANS 6:9-10** ESV

*He heals the brokenhearted and binds up their wounds.*

**PSALM 147:3** ESV

*Do nothing from rivalry or conceit, but in humility count others more significant than yourselves.*

**PHILIPPIANS 2:3** ESVUK

*“But I say to you who hear, Love your enemies,  
do good to those who hate you,”*

**LUKE 6:27** ESV

As followers of Jesus, bullying is not something we are called to do and we can trust the Lord will heal our hurts if we have been bullied.

# FRIENDSHIPS CHANGING OR ENDING

*A new commandment I give to you,  
THAT YOU LOVE ONE ANOTHER:  
JUST AS I HAVE LOVED YOU,  
you also are to love one another.  
By this all people will know  
that you are my disciples,  
if you have love for one another.”*

**JOHN 13:34-35 ESV**

## Questions

Can I ask what happened between you and that friend?

---

How are other people responding? What are they saying?

---

What do you want your relationship with  
that friend to look like moving forward?

---

How can you honor God in this situation?

---

What did you learn about yourself or about friendship through this?

---

What does forgiveness look like for you and that friend?



## Scriptures

*Let no corrupting talk come out of your mouths, but only such as is good for building up, as fits the occasion, that it may give grace to those who hear. <sup>30</sup>And do not grieve the Holy Spirit of God, by whom you were sealed for the day of redemption. <sup>31</sup>Let all bitterness and wrath and anger and clamor and slander be put away from you, along with all malice. <sup>32</sup>Be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you.*

**EPHESIANS 4:29-32** ESV

*So if you are offering your gift at the altar and there remember that your brother has something against you, <sup>24</sup>leave your gift there before the altar and go. First be reconciled to your brother, and then come and offer your gift.*

**MATTHEW 5:23-24** ESV

# SIBLING RELATIONSHIP

*Above all,*  
KEEP LOVING ONE ANOTHER EARNESTLY,  
*since love covers a multitude of sins.*

**1 PETER 4:8** ESV

## Questions

How do you want your sibling(s) to treat you?

---

How do you think you should treat your sibling(s)? Why?

---

What conflicts have you had recently and how were they handled?  
What would you want to change next time?

---

What do you love most about your sibling(s)?



## Scriptures

*Honor everyone. Love the brotherhood.  
Fear God. Honor the emperor.*

**1 PETER 2:17** ESV

*See that no one repays anyone evil for evil, but  
always seek to do good to one another and to everyone.*

**1 THESSALONIANS 5:15** ESV

*A soft answer turns away wrath,  
but a harsh word stirs up anger.*

**PROVERBS 15:1** ESV

*“even as the Son of Man came not to be served but to serve,  
and to give his life as a ransom for many.”*

**MATTHEW 20:28** ESV

# TALKING POLITICS

*First of all, then, I urge that*  
SUPPLICATIONS,  
PRAYERS,  
INTERCESSIONS,  
AND THANKSGIVINGS  
*be made for all people,*  
FOR KINGS AND ALL  
WHO ARE IN HIGH POSITIONS,  
*that we may lead a peaceful and quiet life,*  
*godly and dignified in every way.*

*This is good, and it is pleasing*  
*in the sight of God our Savior,*  
WHO DESIRES ALL PEOPLE TO BE SAVED  
*and to come to the knowledge of the truth.*

**1 TIMOTHY 2:1-4 ESV**

## Questions

What do you think and feel about politics?

---

What do you learn from your teachers,  
friends, and coaches about politics?

---

What questions do you have about politics, culture, or the world?

---

What do you want to learn about politics?  
How do you want to do that?

---

What can we pray together for our nation and its leaders?



## Scriptures

*Let every person be subject to the governing authorities. For there is no authority except from God, and those that exist have been instituted by God. <sup>2</sup>Therefore whoever resists the authorities resists what God has appointed, and those who resist will incur judgment. <sup>3</sup>For rulers are not a terror to good conduct, but to bad. Would you have no fear of the one who is in authority? Then do what is good, and you will receive his approval,*

**ROMANS 13:1-3 ESV**

*For the LORD is our judge; the LORD is our lawgiver; the LORD is our king; he will save us.*

**ISAIAH 33:22 ESV**

*For because of this you also pay taxes, for the authorities are ministers of God, attending to this very thing. <sup>7</sup>Pay to all what is owed to them: taxes to whom taxes are owed, revenue to whom revenue is owed, respect to whom respect is owed, honor to whom honor is owed.*

**ROMANS 13:6-7 ESV**

*if my people who are called by my name humble themselves, and pray and seek my face and turn from their wicked ways, then I will hear from heaven and will forgive their sin and heal their land.*

**2 CHRONICLES 7:14 ESV**

# HONORING AUTHORITY

*Remind them to be submissive  
to rulers and authorities,  
TO BE OBEDIENT,  
TO BE READY  
for every good work,*

**TITUS 3:1 ESV**

## Questions

What do you think about your coaches, teachers, and leaders?  
What do your friends think about them?

---

When is it hard to obey? When is it easiest for you?

---

What are you learning from your coaches,  
teachers, or even from us as parents?

---

What do you want your relationship with coaches,  
teachers, and parents to look like?

---

If you could change something in one of those relationships,  
what would you change?



## Scriptures

*Children, obey your parents in the Lord, for this is right. <sup>2</sup>“Honor your father and mother” (this is the first commandment with a promise), <sup>3</sup>“that it may go well with you and that you may live long in the land.”*

**EPHESIANS 6:1-3 ESV**

*Whoever heeds instruction is on the path to life, but he who rejects reproof leads others astray.*

**PROVERBS 10:17 ESV**

*Obey your leaders and submit to them, for they are keeping watch over your souls, as those who will have to give an account. Let them do this with joy and not with groaning, for that would be of no advantage to you.*

**HEBREWS 13:17 ESV**

This is referring to leaders and authorities who are following Jesus.

# NEGATIVE CONSEQUENCES

*And have you forgotten the exhortation  
that addresses you as sons?*

*“My son, do not regard lightly  
the discipline of the Lord,  
nor be weary when reproved by him.*

**FOR THE LORD DISCIPLINES  
THE ONE HE LOVES,  
and chastises every son  
whom he receives.”**

**HEBREWS 12:5-6 ESV**

## Questions

This set of questions is meant to be fun and to highlight what grace looks like in situations that deserve negative consequences.

- Give them a scenario where there would need to be disciplined. Then ask them:
  - ✓ What do you think grace would look like in this situation?
  - ✓ What do you think we, as your parents, would say grace looks like in this situation?
- Give them another scenario or a recent conflict that has been resolved. Then ask:
  - ✓ What do you think the consequences should have been?
  - ✓ What's the balance of discipline and grace in this situation?
- Do you lean more towards giving grace or giving discipline in situations? Why? What do you think happens if you only practice one and neglect the other?



## Scriptures

*Whoever loves discipline loves knowledge,  
but he who hates reproof is stupid.*

**PROVERBS 12:1** ESV

*Listen to advice and accept instruction,  
that you may gain wisdom in the future.*

**PROVERBS 19:20** ESV

*The LORD is merciful and gracious, slow to anger and  
abounding in steadfast love. <sup>9</sup>He will not always chide, nor  
will he keep his anger forever. <sup>10</sup>He does not deal with us  
according to our sins, nor repay us according to our iniquities.  
<sup>11</sup>For as high as the heavens are above the earth, so great is  
his steadfast love toward those who fear him;*

**PSALM 103:8-11** ESV

# GAME PLAN FOR SUMMER OR SCHOOL

*Without counsel plans fail, but*  
WITH MANY ADVISERS  
THEY SUCCEED.

**PROVERBS 15:22** *ESV*

## Questions

What are your goals for summer/the school year?

---

How do you want to grow? What do you want to learn?

---

How do you want to pursue the Lord?  
What do you need to do to make that possible?

---

What do you want to have learned at the end of the summer/  
school year? How do you want to have used your time?  
Based on your answer, what is one step you can take to get there?



## Scriptures

*His divine power has granted to us all things that pertain to life and godliness, through the knowledge of him who called us to his own glory and excellence, <sup>4</sup>by which he has granted to us his precious and very great promises, so that through them you may become partakers of the divine nature, having escaped from the corruption that is in the world because of sinful desire. <sup>5</sup>For this very reason, make every effort to supplement your faith with virtue, and virtue with knowledge, <sup>6</sup>and knowledge with self-control, and self-control with steadfastness, and steadfastness with godliness, and godliness with brotherly affection, <sup>7</sup>and brotherly affection with love. <sup>8</sup>For if these qualities are yours and are increasing, they keep you from being ineffective or unfruitful in the knowledge of our Lord Jesus Christ.*

**2 PETER 1:3-8 ESV**

*If then you have been raised with Christ, seek the things that are above, where Christ is, seated at the right hand of God. <sup>2</sup>Set your minds on things that are above, not on things that are on earth. <sup>3</sup>For you have died, and your life is hidden with Christ in God.*

**COLOSSIANS 3:1-3 ESV**

*Prepare your work outside; get everything ready for yourself in the field, and after that build your house.*

**PROVERBS 24:27 ESV**

We pray that this book has served as a tool to usher you and your child into deeper conversation and connection, but more than that we pray it has opened the door for deeper intimacy with the Lord. May this tool spur you on to further conversation and growth.

*Now to him who is able to keep you from stumbling and to present you blameless before the presence of his glory with great joy,<sup>25</sup> to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all time and now and forever. Amen.*

**JUDE 1:24-25 ESV**