

SESSION 1: GOD'S PLAN FOR TEENS

- **What's our role?** Teens' lives may feel messy and changeable, but parents and carers remain the primary disciplers of their teens – our role is to journey alongside them.
- **God-smart and God-connected.** We can help them be 'God-connected' not just 'God-smart'. This means helping them experience God's love, power and communication in their everyday life, not just knowing information about him.
- **Creating windows.** 'Windows' give teens a close-up look at what a real relationship with God looks like to give them ideas for their own relationship with God.

THINGS TO THINK OR CHAT ABOUT

- What are your hopes and dreams for your teen or tween? What would you like to see in ten years?
- Is it important to create windows into things you struggle with or have got wrong?
- How do you connect with God? What difference does being God-connected, not just God-smart, make to you?
- When have you seen glimpses of other people's lives with God that have influenced you?
- What's your big 'take away' from this session?
- What's the next step for your teen? How can you help them take it?

IDEAS TO TRY

- Create a window into something for your teen this week, e.g. reading your Bible when they are there, asking their opinion or sharing a story.
- What stories about you and God do you think your teen would love to hear?
- What would you like them to know about God? How could you create a window into that?
- Chat to God about your teen. What is their next step and how can you help them take it?

FIND OUT MORE



See chapters 1 and 2 of the book.

Articles to search for on parentingforfaith.org:

- [Creating windows](#)
- [Creating windows and additional needs FAQs](#)
- [Disengaged or disinterested](#)
- [Creating windows into every aspect of our lives](#)

SESSION 2: TRUTH AND EXPERIENCE

- **A framework for life.** Teens need a framework to help them understand who God is when they are unsure, and make sense of the world with him in it.
- **Four ways to frame life with God.** Explain the ‘why’, tie in their emotions, share the part God plays in decision-making and lay foundations for future seasons.
- **Encouraging and exploring questions.** We can help our teenagers to unpack and answer questions that they have about life, faith and God.

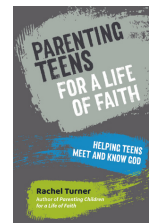
THINGS TO THINK OR CHAT ABOUT

- When you were a teenager, what confused you about God? What helped?
- Has your teenager had any experiences that made them question truths about God – or just ask where is God now? Or did you have any at their age?
- What holes might teens have in their ideas about dating, church or suffering – or something else?
- What questions about God do your teens want answers to?
- What’s your big ‘take away’ from this session?
- What’s the next step for your teen? How can you help them take it?

IDEAS TO TRY

- Next time your teenager has a question, try exploring it using the four steps.
- What’s coming up in your teen’s life? How could you lay a foundation for who God is in that?
- Consider some ways you could encourage questions about God in your family.
- Chat to God about your teen. What is their next step and how can you help them take it?

FIND OUT MORE



See chapter 3 of the book.

Articles to search for on parentingforfaith.org:

- [Framing](#)
- [Four simple steps for questions](#)
- [Equipping intellectual wrestlers](#)
- [Framing and additional needs: FAQs](#)
- [Creating a spiritual framework with teens or adult children](#)

SESSION 3: PRAYER

- **A different view of prayer.** Teens may have views or experiences of prayer that limit what they understand about prayer. We can help shift their views.
- **Chat.** We explore ways to free teens into a prayer life where they chat to God with no limits or boundaries, confident that God hears them and cares.
- **Catch.** God communicates in many ways and we can introduce these to our teens and teach them how to discern if what they catch is from God.

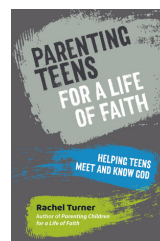
THINGS TO THINK OR CHAT ABOUT

- Do you think your teen knows they can chat with God in any way that works for them? What difference would it make if they did?
- What is your teen's prayer life like? Do they have any distorted or limited views of prayer?
- Thinking about the list of ways God communicates, would you change, omit or add any?
- How do you pray? Are there different ways at different times?
- What's your big 'take away' from this session?
- What's the next step for your teen? How can you help them take it?

IDEAS TO TRY

- Share a story about you, God and prayer with your teen.
- Think of ways you could create an opportunity for your teen to chat and catch at home.
- How could you broaden your teen's views about prayer? What or who could help?
- Chat to God about your teen. What is their next step and how can you help them take it?

FIND OUT MORE



See chapter 3 of the book.

Articles to search for on parentingforfaith.org:

- [Chat and catch](#)
- [101 ways to start a conversation with God](#)
- [Chat and catch and additional needs: FAQs](#)
- [When catch is hard](#)

SESSION 4: WRONG VIEWS OF GOD

- **Spotting a knot.** Teens have many voices telling them who God is. Three ways to spot a knot.
- **Common views of God.** We are all forming views of God, and we look at eight common knotted views teens may hold.
- **Unknotting wrong views.** We can broaden our teens' understanding of God as well as take some practical steps to help teens unknot any wrong views they have.

THINGS TO THINK OR CHAT ABOUT

- What is your teen's view of God? How could you find out?
- Do you recognise any of the views of God? How might they affect your relationship with God?
- Do you have any stories about you and God that might help to broaden your teen's view of God? E.g. a time you felt let down and what God did, or how you learned something new about him?
- Make a list or brainstorm all the places and people where teens get their ideas of God from. What do you think they are hearing? Which of these might be affecting your teen?
- What's your big 'take away' from this session?
- What's the next step for your teen? How can you help them take it?

IDEAS TO TRY

- If you're watching a movie together or spot something on social media that nudges you about God, share that with your teen.
- Try asking your teen some open-ended questions about God.
- Spend some time reflecting on how you see God. Do you have any biases?
- Chat to God about your teen. What is their next step? How can you help them take it?

FIND OUT MORE



See chapter 6 of the book.

Articles to search for on parentingforfaith.org:

- [Unwinding](#)
- [Spark a conversation: talking with teens about God](#)
- [When 'God the Father' isn't helpful](#)
- [Unwinding and additional needs: FAQs](#)
- [Questions about God and suffering](#)

SESSION 5: TEENAGERS AND CHURCH

- **A great conversation.** If teens are reluctant to come to church, we can feel unsure or fearful. But this can be the start of a great conversation.
- **The beauty of church.** Teens don't always see the breadth and beauty of church. We look at five values which can transform teens' view of church.
- **Helping teens engage with church.** Some ideas for helping your teen engage with church – whatever they feel – and answers to some common questions.

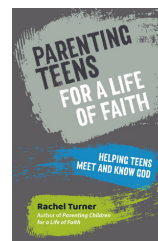
THINGS TO THINK OR CHAT ABOUT

- When your teen leaves home, what would you like them to feel about church?
- Why do you go to church? Why do your teens think you go to church?
- Do you agree with Rachel's five values of church? Would you add, throw out or change any?
- If your teen struggles with church, what do they struggle with? What might help them?
- What's your big 'take away' from this session?
- What's the next step for your teen? How can you help them take it?

IDEAS TO TRY

- Chat to your teen about how they really feel about church.
- What do you value about church? Create a window into or frame that for your teen.
- How could you broaden your teen's views about church? What or whom could help?
- Chat to God about your teen. What is their next step and how can you help them take it?

FIND OUT MORE



See chapter 10 of the book.

Articles to search for on parentingforfaith.org:

- [Debriefing a church service](#)
- The [six-stage circle](#)
- [Jesus' heart for the church](#)
- [Church and additional needs: FAQs.](#)
- [When your child feels let down by the church](#)

SESSION 6: CONFIDENCE

- **The source of our confidence.** The world and even the church can teach us to root our confidence in ourselves – but the Bible says true confidence is rooted in God.
- **Three beliefs that grow confidence.** God is awesome and holy, and loves me totally; I am daily being transformed to be more like Jesus; I am a small part of God’s plans.
- **Growing confidence in our teens.** Affirming through relationships rather than labels, praising what we value and valuing imperfect progress grow teens’ confidence.

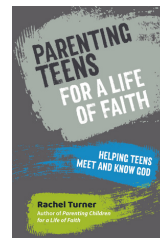
THINGS TO THINK OR CHAT ABOUT

- What messages are your teens hearing about how to be confident from, for example, advertising, their peers, social media or school?
- Do you find the three beliefs Rachel talks about in part two useful?
- What messages do your teens need to hear about progress and perfection?
- What characters from the Bible inspire you? Where does their confidence come from?
- What’s your big ‘take away’ from this session?
- What’s the next step for your teen? How can you help them take it?

IDEAS TO TRY

- Share a story with your teen about you, God and confidence. What happened?
- Can you see where your teen struggles with confidence? What could help them?
- How could you affirm the impact your teen has rather than give them labels?
- Chat to God about your teen. What is their next step? How can you help them take it?

FIND OUT MORE



See chapter 9 of the book.

Read more about parenting for confidence and purpose in the *Parenting Children for a Life of Faith* (omnibus).

Articles to search for on **parentingforfaith.org**:

- [A different perspective on exams.](#)
- [Encouraging without labels.](#)
- [How to help them fail well](#)
- [What we can learn from Love Island](#)