



PARENT CUE



HIGH SCHOOL



WEEK 1

1 PETER 5:7

God cares about what you care about.

WEEK 2

PROVERBS 29:25

Instead of worrying about what others think, put your trust in God.

WEEK 3

ACTS 16:16-40

Even when things feel hopeless, God promises us hope.

TALK ABOUT THIS

WEEK 1: Your teenager is juggling a lot: school, friends, dating, social media, sports, clubs, family, and maybe even a part-time job. As parents, it can be hard to keep all of this in mind sometimes—especially when our own stresses feel so overwhelming. This week, instead of asking how their day was, ask what they've been worried or thinking a lot about. Resist offering advice unless they ask for it.

WEEK 2: In our social-media-focused era, it's never been easier to stress out and feel like you don't measure up. One post, photo, or comment can make us—both students and adults—feel like our lives aren't as good as others' lives. Challenge yourself and your teen to take a week off from all social media apps. When it's over, grab a meal together and talk about your experiences.

WEEK 3: Whether it was an illness, a personal failure, or a broken relationship, we've all faced situations that felt hopeless. But even in the darkest moments, God promises us hope. Talk to your student about a time you felt hopeless. Maybe you prayed for something to happen, and it didn't. How did God encourage you? How did you maintain hope? Ask them what they're feeling hopeless about right now.

REMEMBER THIS

Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Philippians 4:6 NLT



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DO THIS



MORNING TIME

Create a “share your cares” text thread for your family. A couple of mornings each week, send a message asking your family what they’re worried or stressed about. Sometimes just sharing what’s on our mind helps alleviate anxiety. Plus, you can encourage each other specifically throughout the day.



MEAL TIME

Choose a meal in the next few weeks to specifically encourage your student. Make something they like (or take them to their favorite restaurant) and ask your family to come to the table ready to share a few things they love or appreciate about your teenager. Have more than one kid? Spread the love by planning a breakfast or weekend lunch for them!



THEIR TIME

What’s one thing you can take off your student’s plate right now? It could be as simple as making their bed for them a few times or buying them a planner and writing in important due dates, appointments, or practice/club times. Think of something—big or small—and make it happen without telling them until it’s done.



BED TIME

Use a dry-erase marker to write notes to your student that they can read before bed at night. That may mean using a bathroom or bedroom mirror. As cheesy as it may sound or feel, reminding them, “You’ve got this. Sleep well!” or, “Rest easy knowing I’m here for you!” will make them smile—even if they don’t share that smile with you.

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AVAILABLE FOR IOS AND ANDROID DEVICES



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