

WINTER  
2020

# High School

WEEKLY CUES

YOU GOT  
THIS!

## Theme

# I Have Questions – Words: A Standalone Talk on Words

### THINK ABOUT THIS:

- The words of others, especially those who are closest to us, impact us more than we realize. Think of your own experience in high school. I'm sure you can still remember the words, both positive and negative, of those closest to you. As a parent, your words impact and shape your teens lives in huge ways, and they have the potential to stick with them for a lifetime.

## Week on Words

**James 3:6-10 NLT**

Pay attention to the power of your words.

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### REMEMBER THIS

May these words of my mouth  
and this meditation of my heart  
be pleasing in your sight, Lord,  
my Rock and my Redeemer.

Psalm 19:14 NIV

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# High School

## DAILY CUES

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### Morning Time

**S**urprise your teen with extra encouragement this week! Before they wake up, cover their bedroom door in post-it notes filled with positive words and character traits you've seen demonstrated in their life. Ask other family members in your home to recognize and write words of encouragement as well.



### Meal Time

**D**uring your meal time, ask your teen about their favorite memories as a kid. Scroll through some of your pictures on your phone or social media and take a trip down memory lane. Take time to tell stories behind the pictures, especially in their younger years. Focus on the positive moments, and try to encourage your teen as much as possible with the stories you share.



### Their Time

**T**he next time your teen brings up something that someone said to them that negatively affected them, ask them how the words made them feel. Ask them why it made them feel that way? Allow time for your teen to process, actively listening as they share. Encourage them to release those negative words and not allow them to identify them. Share positive words of affirmation to your teen to combat the negative ones.



### Bed Time

**Y**our words matter, even if your teen doesn't always show it. There are times when parents say hurtful words, either intentionally or unintentionally. Before your teen heads to bed, take time to apologize about something you said that negatively impacted them this week. There is no perfect parent, but it's how you respond afterwards that makes all the difference.