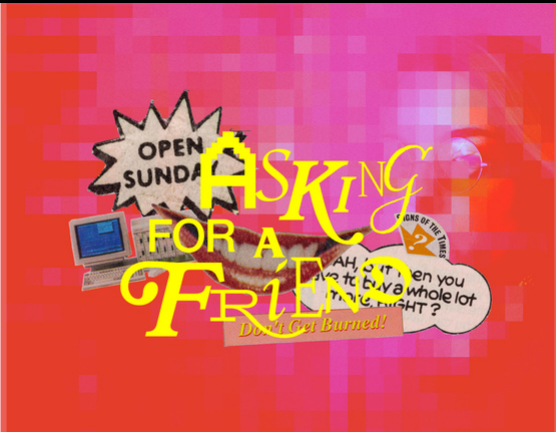


Anthem YOUTH

PARENT CUE

**JULY
2022**

**YOU
GOT
THIS!**



OVERVIEW:

When it comes to our faith, we can have a million questions, but are too afraid to ask them.

In this series, each week, we are answering questions about faith topics that your teen may have always wondered about.

Our hope for this series is that students would be able to apply what they learn to their every day relationship with God and living a thriving life in Jesus!

Remember this:

...because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything.
- James 1:3-4

WEEK 1: "WHAT IS PRAYER?"

Prayer is a pivotal part of our relationship with God, and it can shift the way we live. This week, we are answering the questions: "What is prayer?", "Why should I pray?", "How do I pray?"

WEEK 2: "WHAT IS THE SABBATH?/HOW DO I FIND REST?"

In a world of constant hurry, distraction, and busyness, it can be hard to find true rest. This week we are answering the questions: "What is the sabbath?" and "How do I find rest?"

WEEK 3: "HOW DO I HEAR GOD?"

When other people say, "God told me" or, "I heard God say", it can be confusing and discouraging when we feel like we don't hear God. This week we will be answering the question: "How do I hear God?"

CONVERSATION STARTERS

When it comes to our faith it's okay to ask questions and even have doubts sometimes. When our faith is questioned or challenged, it grows stronger. A great question to ask your teen is, **"If you could ask God one question, what would it be?"**

This is a intriguing question that can lead to great conversation. **Encourage your teen that when our faith is challenged it grows stronger.**

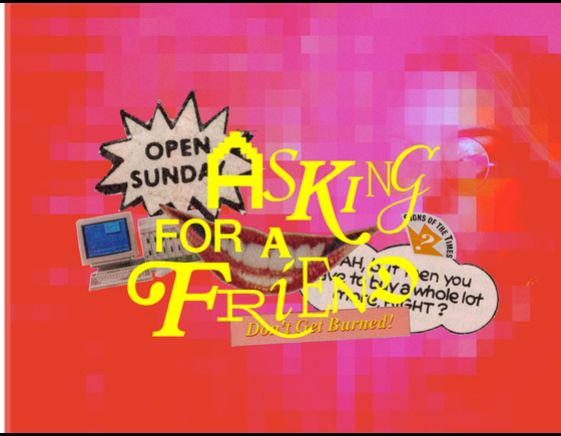
When we have doubts in our faith it can make us feel guilty or shameful. Try starting a conversation with your teen by asking them, **"What's one doubt you've had in your faith?"**

This is a great opportunity to share doubts you've worked through in your own faith and how it made you stronger. **Encourage your student to pray about their doubts.**

ANHEM YOUTH PARENT CUE

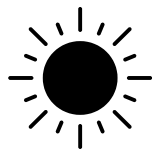
JULY 2022

SEIZE THE DAY!



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 worldly topics, instead of judgment or disgust, will earn their trust.

MEAL TIME



Make some time for you and your teen to grab a meal, coffee or smoothie—on you! Take time to ask questions about their friends, their 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, youth need to have a conversation, but they aren't always sure how. Before your teen heads to bed, reassure them 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.