

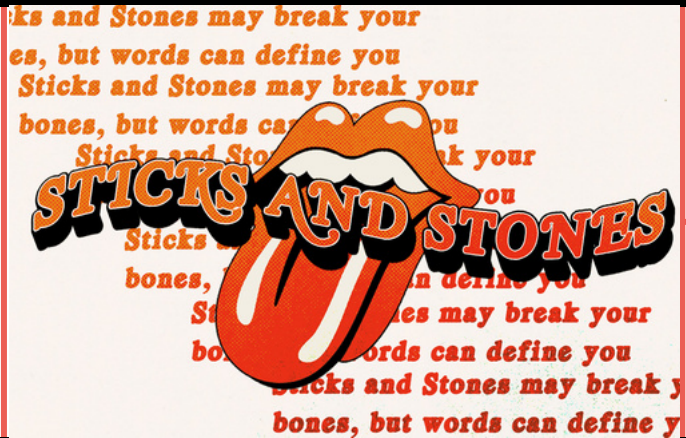
"STICKS AND STONES"

10-1 10-20-22

FOODIA 10-1



PARENT CUE



OCT 2022

YOU GOT THIS!

OVERVIEW:

Have you ever heard the old saying, "sticks and stones may break your bones, but words will never hurt you." Is this even true?

In this series, we are talking about the power of words and the truth that "sticks and stones may break your bones, but words can DEFINE you."

Remember this:

This is the confidence we have in approaching God: that if we ask anything according to his will, he hears us.

- 1 John 5:14

WEEK 1: GOSSIP 9/25/2022

This week we are talking about the harm of gossiping, why we shouldn't gossip and how to combat it.

WEEK 2: COMPLAINING 10/2/2022

This week we are covering complaining and how we need to shift our hearts towards gratitude.

WEEK 3: PRAYER 10/23/2022

This week we are talking about the power of prayer and how our prayer language should impact into how we speak throughout our day.

CONVERSATION STARTERS

How we talk really matters. It not only impacts our lives, but the people around us. Things like complaining, gossiping, lying, and negative self-talk can be detrimental to our souls.

When you get the right opportunity, ask your teen about their experience with gossip. Gossip is something we all struggle with. Do their friends gossip? Have they been gossiped about? Ask them about how gossip makes them feel, whether they gossip or have been gossiped about.

In this series we are going through different areas that talking defines us. **Each week, ask your teen something they learned about when it comes to the topic of talk we covered that week.**

Example: What did you learn about complaining this week? How do you think complaining impacts you?

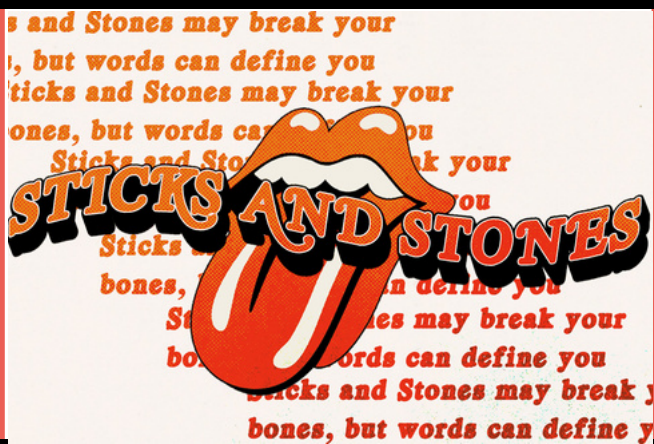
"STICKS AND STONES"

HO-HO-ZOO



HO-HO-ZOO

PARENT CUE

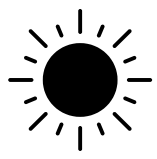


OCT 2022

SEIZE THE DAY!

DAILY CUES

MORNING TIME



Sometimes, without knowing it, we can just expect teens to forget or fail. But, what if we expected to be impressed, surprised and even proud—and then, we told them that? This week be sure to give your teen encouragement. Try saying, “Hey, do you know how awesome you are? I’m so proud! I love watching you become the person you were made to be. Keep it up and let me know what you may need this week.”



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.