ANTHEM PARENT CUE

This week's message, we read through James 1:2-8. We also looked at the life of Job (*Job 1:6-22*) and his responses to God, despite all that happened to him (*vs. 20-22*). Our heart is that students walk away with an understanding that, despite the trials they face, God is still faithful and teenagers can choose joy even in current trials & circumstances.

<u>Here's three conversations to help talk to your teenager(s):</u>
With these, be sure to listen and not just talk or try to relate. Show them they have your full attention. Remove distractions (*phone, tv, or anything that can pull the focus from showing your teen(s) they have your full attention*).

- When you see an opportunity in normal conversation, ask them, "what is something you are struggling with or facing?" (*i.e. difficult sports teammate, bullying, loss of a loved one*).
  - After they have shared, be sure to validate how that could feel. (*i.e. "I am sorry that {insert circumstance} is really testing you."*)
- Ask them how they are walking through the circumstance. Are they journaling, praying, talking with friends or mentors, etc.?
  - This helps them process how they can navigate the circumstance or situation.
- <u>Thank them for sharing</u> and ask if you could share something you are wrestling with or a trail you're facing (*make sure its okay to share and age appropriate, but this will show vulnerability and transparency*). In this, you can share how you're navigating it, how you have your firm foundation in Christ. and/or how you have surrendered it and believe in God's purpose, plan, and path.

Be encouraged, even if your student doesn't share or want to talk; this creates opportunity for them. You have shown them you care and will be available to walk through life with them. Remember, you are equipped for this because God knew everything about you before he gave you your teenager(s) to love and lead.

We are praying with you and for you! We want to help encourage you this week: "you are enough just the way you are!"

- ANTHEM LEADERSHIP TEAM