


| | | |
|------------------------|--------------------|---|
| <p>SUMMER 2025</p> | <p>High School</p> |  |
|------------------------|--------------------|---|

You Can!

One of the most important things your middle schooler can develop? Resilience! And the best place they can look to develop it? The person of Jesus! This series will help your kid see the way following Jesus can help them have more hope, more rest, more help, and more resilience to face whatever comes their way. The goal is to help them see how walking with Jesus and following His model will strengthen their own resilience muscle over time.

MEMORY VERSE

But those who trust in

the Lord will find new strength.
They will soar high on wings like
eagles. They will run and not
grow weary. They will walk
and not faint.

Isaiah 40:31, NLT

Week One

Psalm 13:1–6

Because of Jesus, you can have hope.

Week Two

Proverbs 24:16, Philippians 4:13

Because of Jesus, you can try again.

Week Three Ecclesiastes 4:9–12,

Luke 11:9–10

Because of Jesus, you can ask for help.

Week Four

Psalm 23

Because of Jesus, you can rest.

High School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

As your kid starts their day, look for one way to connect with them this morning—whether it's a note on their bathroom mirror, a text you send, or a special, unexpected treat.



Meal Time

At a meal this week, have everyone answer this question: “What is something you failed at first and had to try again? Did you want to try to do it again? Why or why not?”



Drive Time

While on the go this week, ask your kid: “If you needed help, who are some people you would reach out to?”



Bed Time

Pray that you and your kid will find places of restorative rest.



Download the free Parent Cue app

AVAILABLE FOR APPLE AND ANDROID DEVICES

©2025 Parent Cue. All Rights Reserved.