

# TALK IT OVER

## Parenting Through the Ages

Week 3: *Awkward Time – Ages 13-17*

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Icebreaker: In three words, describe your adolescent experience.

*Adolescence – awkward stage of life between childhood and adulthood*

### Changes in Adolescence

- ✓ **Body**
- ✓ **Sleep**
- ✓ **Influence**
- ✓ **Skepticism**
- ✓ **Risk**
- ✓ **Sex**
- ✓ **Emotions**

## Navigating the Awkward Phase

### 1. Listen more, speak less

Scripture: *James 1:19 (NLT) Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.*

### 2. Speak words of life

Scripture: *Proverbs 12:18 (NLT) Some people make cutting remarks, but the words of the wise bring healing.*

- ✓ I love you.
- ✓ I like \_\_\_\_\_ about you.
- ✓ I want you know \_\_\_\_\_.

**Rules without relationship leads to rebellion**

### 3. Realize our actions speak louder than words

Scripture: *James 1:22-25 (NLT) But don't just listen to God's word. You must do what it says. Otherwise, you are only fooling yourselves. For if you listen to the word*

*and don't obey, it is like glancing at your face in a mirror. You see yourself, walk away, and forget what you look like. But if you look carefully into the perfect law that sets you free, and if you do what it says and don't forget what you heard, then God will bless you for doing it.*

**More is caught than taught**

#### **4. Worry less, pray more**

*Scripture: Philippians 4:6 (NLT) Don't worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done.*

#### **Discussion Questions**

1. What was the thing you enjoyed most about being 13-17 years old?
2. What did you find most challenging during that phase?
3. Thinking back to your own adolescence, what did your parent(s) do well?
4. What could they have done better?
5. How did your adolescence years shape the person you are today?
6. Is there someone you are close to that is in this stage right now?
7. Considering the information today, what could you do to come alongside them?

#### **Action Items**

1. Download the *Parent Cue* app
2. Use *Phase Cards* for age-appropriate engagement with children