

TEENS

These are the

HARDEST

Years of Your Life!



Style of writing!

I love bullet points!

Don't talk me to death.

Give me your bottom line first and then make your explanation brief.
That is why:

- My table of contents gives the main subjects!
- The Intro. briefly answers each question in the booklet.
- The chapters are brief studies, filling in each point.

Table of Contents

1. **Three Reasons** that **These** are the **HARDEST**
Years of Your Life!
2. **Benefit # 1**
3. **Benefit # 2**
4. **Benefit # 3**



Copyright 2025

1. Three Reasons that These are the HARDEST Years of Your Life!

- i. Damaging Environment of School
- ii. Sprinkler System of Volcanic Hormones
- iii. Massive Decisions Looming in the Next Few Years

(Expanded study in chap. 1 – pg. 1)

2. Benefit # 1

Learning to NOT RELY on your Emotions

(Expanded study in chap. 2 – pg. 5)

3. Benefit # 2

Learning to ask Hard Questions!

(Expanded study in chap. 3 – pg. 7)

4. Benefit # 3

Choose your Friends - Choose your Future!

(Expanded study in chap. 4 – pg. 9)

Chap. 1

**Three Reasons that These are the
HARDEST Years of Your Life!**

A million years ago when I was a Youth Pastor, the one encouragement that I constantly gave to the teens in my youth group was to remind them that these were the **HARDEST** years of their life and that everything gets **Easier** and **Easier** the older they get.

This was the **Kindest** and **Most Helpful** thing I ever shared with them.

I **repeated** this message **constantly**. I also **proved** it to them.

Most of my “kids” in my youth group are now in their 50s & 60s and I am still close with almost all of them. They have come back to me many hundreds of times to tell me how **much** it **helped** them that someone told them that the teen years are the **HARDEST** years of a person’s life.

They tell me how that was the **one light** of **hope** that got them through some **dark** times.

Since then, I have been a community wrestling coach in different High Schools for decades, so I have had the tremendous privilege of continuing to interact closely with teens for many years since then.

I have found that this encouragement is **just** as **life-changing** and **helpful today** as it was 40-50 years ago.

Here are the three major pressures that teens face that **no adult** will **ever again face**.

1. The Damaging Environment of School

I explained to them that the whole sociological aspect of “School” was a level of **cruelty** that was **only equaled** in the **prison** system.



I explained that the **first** day of **college** they will be **shocked** to realize that “Real Life” **never involves hundreds** of **same age people** thrown together with **lots** of **free** time and **very little supervision**.

After you **leave** high school, you will **never again face** the **pack** of **rabid attack wolves** that people call “**School**”.

It is only the most **vulnerable** and **weakest** 8–18-year-olds that we throw into the **cold crushing torment** of being **permitted** to be **persecuted** by their most **vicious** and **sadistic** peers in a **huge open environment** of hundreds. Once they pass the age of 18, they will **never again face** this open environment where it is **free hunting** on the **weakest**.

In the **adult** world people **CHOOSE** their **own** small groups and find **immense SAFETY** in each small group. Their entire adult life will be spent **exclusively** in **small groups** of people.

In addition, in the adult world you can **change** your **job**. Very few teens get a **choice** of what school to attend.

Surprisingly most people **never tell kids** that school is **NOT** Normal Life! Young people are very smart. Once they understand that this is a **weird sociological** experiment created for **maximum suffering** and that it **forever ends** once they leave high school, they can find the **grace** to **endure**.

2. The Sprinkler System of Volcanic Hormones

I explained to them their bodies and their brains go through **more change** in the **teen years** than the **next 30-40 years combined**.



In their brains it is like an **exploding volcano** in a **sprinkler** system.

It **BURNS everywhere** it goes. Our skin burns at 118 degrees and yet volcanic lava is 1,300 to 2,200 degrees.

In the same way, these hormones burn through our minds and emotions.

I explained to them that their emotions will be **More Extreme** and **Confusing** during this time than the **Rest** of their life **COMBINED**. They will feel **Hate, Love, Depression, Anxiety, Frustration**, and **Yearning** at levels that feel like their **Soul** is being **Ripped Apart**.

In other words, **NO ONE** can **fully handle** the **entire hormonal bath** of the teen years.

Some of these emotions need to be legitimately processed but a **LOT** of these emotions are simply the results of these volcanic hormones bursting all over your brain in different directions.

As a **parallel**, I explained to them that I also did **marriage counseling**.

Most teens **know** the **real reason why** their parents argue.

Teens can see that their parents often only argued because they were **tired** and **grumpy**. They could see that the “**Subject**” over which they were arguing was **not** the **real** issue.

In the same way, this helped the teens to see that **some** of their **painful emotions** were **not** because of the **situation**, but because of their raging hormones.

This gave them **hope** that life was **hard now** but was going to **get easier** as their **body eventually calmed down**.

3. Three massive life decisions looming in their future!

Once they pass 13 or 14 years old, every teen feels the **impending doom** of the **avalanche** of these three **mountain sized boulders** rolling **toward** them.

Very **soon** they must:

- i. **Separate** from their parents.
often **painful & messy**.
- ii. Find a **career – Terrifying!**
- iii. Find a **new family – even more terrifying!**

Never again in their **entire** life will they face such **massive decisions** in such a **short** span.

Even **worse** than facing these decisions is the **anxiety** that comes from knowing **these decisions** are **coming** and **not knowing** what to do.

In the **BEST** scenario of Fantastic Parents, Clear Career Direction and Finding a New Family, these **pressures** are still **UNBEARABLE**.

The **BAD** news is that **very few** people get **BEST** case scenarios.



Parents

It is extremely hard for Parents to let go of Authority and for teens to take charge of their own lives patiently and with wisdom.

In the life of **most** Teens there are **harsh interactions** with Parents that leave **scars** and cause **great pain**.

Career

Very few people find a life-long career easily. For **most** it is an **agonizing** and **embarrassing** process of **mistakes** and **miss-steps**. Those mistakes and miss-steps can have **crushing** effect on a young person's sense of **security**, **success** and **hope**.

Family

Hardest of all is to build your **OWN family**. The **failure** rate is so much **higher** than the **success** rate. Every teen knows this and that pressure burns in their soul like a stomach ulcer.

Chap. 2

Benefit # 1**Learning to NOT RELY on your Emotions**

One of the greatest life lessons anyone can learn is that **most Negative Emotions are LIARS!**

Sadly, many **adults** in their **40s** and **50s** are still taking **BACKWARD** steps because they **treat** their emotions as **Truth**.

One of the greatest **benefits** of the teen years is that you have are **FLOODED** with **Lying, Deceptive, Misleading & False NEGATIVE** Emotions that are trying to **Destroy** you.

To survive the teen years, you must learn to:

Separate Emotions from Truth.

If a teen can learn this lesson during this **HARDEST** time of their life, then they will be **extremely successful, wise, and prosperous** as adults.

When you learn to **NOT TRUST** your emotions, you learn:

1. Although it feels so real ...
It is **NOT** the **truth** that you really **HATE** your **parents**
2. Although it feels so real ...
It is **NOT** the **truth** that you really **HATE** your **Sibling**
3. Although it feels so real ...
It is **NOT** the **truth** that you are so **DEPRESSED** that you want to **Die!**
4. Although it feels so real ...
It is **NOT** the **truth** that this person's **ABUSE** makes you **LESS**
5. Although it feels so real ...
It is **NOT** the **truth** that **ANGER** makes you **Stronger**
6. Although it feels so real ...
It is **NOT** the **truth** that **FEARS** have to **happen**

7. Although it feels so real ...
It is **NOT** the **truth** that **Pleasure** can **Satisfy**.
8. Although it feels so real ...
It is **NOT** the **truth** that **Putting** someone **down** makes you **Better**
9. Although it feels so real ...
It is **NOT** the **truth** that you can **NOT recover** from a **Broken Heart**
10. Although it feels so real ...
It is **NOT** the **truth** that being **KIND** makes you **Weak**
11. Although it feels so real ...
It is **NOT** the **truth** that **Skiping work** makes your life **Easier**
12. Although it feels so real ...
It is **NOT** the **truth** that **Lying** helps you **Avoid Problems**

Once you realize that being a teen can teach you to always **FILTER** your emotions based on TRUTH, you will be very **thankful** for the pain of your **teen** years.

Chap. 3

Benefit # 2**Learning to Ask
Hard Questions!**

Many people resist change.

Is tempting to **STAY** in the same place –
even if that place is **wrong**.

However, Teens are **FORCED** to face
constant change.

This is a huge benefit because it makes it
easier for teens to ask **Hard Questions**.

I personally was **not** raised in a **religious** home. As a teen I spent 5
years deeply investigating **every world religion**.

Because I desperately wanted clear, logical, provable answers to hard
questions, I want to offer that same blessing to others who are seeking.

That is why I wrote booklets that can be **SKIMMED** in **5-10 minutes**.

Here are 5 booklets I offer to everyone.

1. **Christianity** - The **ONLY** Logical Religion
2. **Hell** – Why Would a Loving God Create an Eternal Hell?
3. **The Blood of Jesus** – The Most Powerful Words Ever Spoken.
4. **The Cross** – The Story of the Last 24 hours
5. **Test Yourself** – Do your Life Goals bring you LIFE?

The pain of the Teen years can give you the courage to be determined to
find Truth in your life.



Chap. 4

Benefit # 3**Choose your Friends - Choose your Future!**

After decades of being a Wrestling Coach, I see a fascinating dynamic with each wrestling season. Personally, I think that wrestling is the hardest of all sports.

In this very tough environment, I have watched hundreds of young men spend years working closely together with other wrestlers. In this very intense environment, you see a **wide range of attitudes** from the worst attitudes to the best attitudes.

- A **small percentage** of the young men have pre-determined to consistently have a **Great** attitude.
- A **small percentage** of the young men have pre-determined to consistently have a **Bad** attitude.

Most young men can have **Both** good and bad attitudes.

Over the years, some chose friendships with the **BAD** attitude group.

20-30 years later, those young men
tend to have very **Hard** lives.

They chose their future when they chose their friends.

Over the years, some chose friendships with the **GREAT** attitude group.

20-30 years later, those young men
tend to have very **Successful** lives.

They chose their future when they chose their friends.

One of the Easiest Lessons to Grasp

So many aspects of a teen's life involve long battles. I have been pleasantly surprised to discover that pointing out the effect of friends on your adult life tends to quickly and easily awaken many teens to the importance of carefully choosing their friends.

We also have 100+ booklet studies coming out.

Here is a sample list of 10 of our booklets.

1. Bible Reading:

The Secrets to Sweetness in God's Word!

This study shows how a One Year Bible enables you to cover the entire Bible in one year. In addition, it shows how hunger-based reading is so different from performance-based reading.

2. The Blood of Jesus:

The Most Powerful Words Ever Spoken

This study teaches us to daily live with a clean heart and to keep short accounts when we stumble.

3. Bosses - What They Wish You Knew

This study gives us a bigger picture of the pressures and responsibilities that are carried by every boss.

4. Christianity – the ONLY Logical Religion

This study compares Christianity to all other religions and shows why only Christianity answers the hard questions.

5. Conflicts – How to Remove All Strife from My Life!

The Bible teaches that truth is a belt, and our perspective is a belt loop.

6. The Cross – The Story of the Last 24 Hours

This study combines all four gospels to examine the last 24 hours and what happened on the cross.

7. Grace – the Power to WANT to do Right!

This study teaches us to release God's Grace constantly so that God can change our hearts and give us HIS desires.

8. Marriage – 3 Bottom Lines!

Six times the Bible says that the purpose of Marriage is for the two to become one.

9. Science & the Bible – How They Agree

Many modern scientific breakthroughs were predicted and practiced in the Bible thousands of years ago.

10. Test Yourself:

Do your Life Goals bring you LIFE?

Finish the sentence “*I Want ...*” and see what you get.

Our goal is to provide

Short Starter Studies on Sensitive Subjects
that **Stir & Stimulate** your **Bible study**
toward **Biblical, Practical Information**
that show that **Jesus** has **Great Answers**
to some of life's **Hardest Questions**

To View or Order More Booklets go to:

LibertyChurch.ORG

or

FamilyBibleStudies.TIPS

1. **Read or Free Download** any Booklet.
2. **Order** Booklets

Paper Booklet costs - \$1 each

Quantity **1-100** - - - - \$30 shipping costs

Quantity **100+** - - - - \$50 shipping costs for each 100 booklets