

Preparing YOUR heart for Parenting Teens (parents of ages 5-25)

Crossroads Women's Rooted Workshop August 2026 – Renee Davis

Perspective and Purpose

1. _____ Hearts

– _____ our children need a _____... it's _____ you.

Romans 3:9-12

2. _____ purpose:

- _____ your child to the _____ Parent.

“If perfect parenting was a guarantee that perfect children would result, well then YOU have been given the power to remove both the ability God gave them to think for themselves and the pull of sin... please don't get me wrong. I'm not negating the value of good parenting... Good parenting has an impact, as does poor parenting. But having an influence is not the same as having control.”

Carol Barnier Engaging Today's Prodigal

Romans 10:14-17; 11:6

- _____ Prayer

- Pray with _____.

- My Prayers and Mind changed when I _____ focusing on

_____ and my children's _____ and focused

on God's _____.

Your role/relationship changes through different seasons of parenting but your purpose remains!

Protecting → Training → Equipping → Guide

“The final goal of parenting is to equip your child with a toolbox of abilities and capabilities that will enable him to meet life’s demands successfully. Be the parent who helps your child leave home with the optimum tools to make it in the world.” John Townsend, Boundaries

3. _____ to keep in mind

- _____

Hebrews 10:19-24

- _____

*“When His timing seems questionable, His lack of intervention seems hurtful, and His promises seem doubtful, I get afraid. I get confused. And left alone with those feelings, I can’t help but feel disappointed that God isn’t doing what I assume a good God should do. There isn’t any timing that seems like the right timing to be shattered into dust. There isn’t any plan God could present where I would willingly agree to be broken into unglueable pieces (or my child to be broken). I just wouldn’t. And what a tragedy that would be. My controlling things would prevent the dust required for God to make the new He desperately desires for me. And isn’t that what all His promises hinge on? Old becoming new. Dead things coming to life. Good from evil. Darkness turning to light. If I want His promises, I have to trust His process. I have to trust that first comes the dust, and then comes the making of something even better with us. **God isn’t ever going to forsake you, but He will go to great lengths to remake you.**” Lysa Terkheurst, Its Not Supposed To Be This Way*

- _____

Hope and Help:

Adolescent Stages and development overview

1. _____ conversations

2. _____ your child to be a _____ adult

- _____ experience while you are there to

- Give _____ (with presence and support) to figure things out
and learn from _____.

*"We can never become who we were born to become when we resist the adversity
and challenges necessary for our development."*

Jim Murphy, *Inner Excellence*

3. Boundaries and _____.

- Your _____ set an example of _____ adult behavior
- Look for the _____ to offer a _____ path
- Intentionally build _____ and a way _____

4. The Power of _____

- Pray and _____ on the Spirit
- Warn _____, encourage _____!

5. God's example of _____.

- Offer, _____, delight
- Radio _____ → stay _____

6. Guard your _____ and practice _____

“The Worthwhile Fight” By Jessica Morris

While the details of the event have long faded, I remember one particular day in their pre-teen years where they were flexing their independence, and I was struggling with the audacity of the young male sex.

In the midst of the struggle, I told them that I wanted our relationship to last through these teen years. And that I would fight for our relationship.

And in the fuzzy haze (which I once thought was just a preteen brain but I’ve since learned lasts long into the teenage years) one of my precious offspring looked at me completely puzzled and said; “Huh? You’re going to fight us?”

I have thought of that moment hundreds of times through their teen years. Sometimes when I’ve been utterly perplexed or frustrated by them, I’ve remembered that conversation and laughed. It reminds me that fighting for our relationship is worthwhile, even if my best efforts to communicate made them think I was fighting against them.

Fighting for our relationship has looked like saying I’m sorry and asking for forgiveness.

It has looked like playing hundreds of games around the lunch table or at coffee shops.

Sometimes it looked like letting go before I felt like I was ready.

It was swallowing the perfectly crafted lecture and, when I really just couldn’t and the lecture came out, trying to wrap it up swiftly with a humorous “thanks for attending my ted talk.”

Some days fighting for our relationship was finding special snacks or adventures for the three of us when the military called Paul away from us.

Other times it was joining a gym and learning to lift weights before they found it interesting, so I’d be a little bit ahead on that learning curve.

It has looked like giving them a space to convey what is or is not working for them - and not being offended when it's not what I imagined.

Fighting for our relationship has looked like giving them chairs in our living room and trying very hard to not say a word about the mess they made around them or the Cheeto dust they got on the chair arms, so they wanted to hang out in public spaces.

It has looked like hiring tutors and teachers because boys need more than just their mothers to be accountable to for their education.

It looked like buying them fire breathing equipment - before they asked for it - so they'd never know it freaked me out.

And mostly it looked like reminding myself, over and over, that we were raising men to be useful and kind, not preserving memories of cute boys.

I didn't know then what fighting for our relationship would look like. What has surprised me most is that often the battles I fought were with myself.

My own pride.

My own fear.

My own need to control.

And maybe all those years ago that's what I should have told those preteen boys - I was willing to fight my own tendencies for the sake of our relationship.

I think it's been a worthwhile fight.

Daily Prayer Guide for Parents (Dr. Roy King)

Father, I come in the name of our King Jesus and The Kingdom Timeline ask you...

SUNDAY: Help me keep a vision of the battlefield. Help me parent in a way that partners with Your work of raising up a holy and bold army of soldiers who live and die for Your glory. Help my child be aware of the schemes of the devil and the struggles that are not against flesh and blood. Help my child to stand firm this week in the victory provided by the finished work of Jesus and made accessible by the Holy Spirit. Help me make decisions to parent my kids for Your eternal timeline.

MONDAY: Reveal Your truth through me as a parent. May my life model Your truth. May I know the difference between my opinions and perceptions and Your unchanging truth. Grow the heart's capacity in my child to discern truth from deception. Help him/her see long term and not just the short term consequences of choices. Help him/her see the freedom in choosing to act on truth and the bondage that comes from living in deceit.

TUESDAY: I want my choices, words and even my motives to demonstrate a passion for righteousness. Help my child to prioritize being in right relationship with You, with others and within his/her own heart over all the world offers. Let there be a sharp contrast, which we can see between the thief, who comes to steal, kill and destroy, and Jesus the giver of life!

WEDNESDAY: May Your Spirit convict me if I drift into passive, luke-warm Christianity. Help me join hands with my child and reach out to others in Your name. May we spread the good news of Jesus together. Help my child to be a peacemaker. Protect him/her from the sins of gossip and divisiveness. Fill my child with Your peace and make him/her a fountain of reconciling peace.

THURSDAY: May I make parenting choices in faith rather than in fear. Help me to see Satan's lies and the fears he links with them and how they hurt my perspective as a parent. In everything my child faces today, may she/he have confidence in Your abiding presence. Help my child to know that in Christ, we are never alone. We can hold Your hand every day of our lives until we arrive home to be with You forever, for You are THE safe place.

FRIDAY: Help me take in and pour out Your Spirit of grace, mercy, goodness and truth found in Your salvation. Help me not to dwell on the cost of my sacrifice as a parent but to love freely as You do! May my child taste Your grace saving and blessing him/her in fresh ways today. May the mind of Christ dwell in and renew my child.

SATURDAY: Help me and our church family to never bore children with the Bible. Help us go beyond understanding the facts of the Bible to living lives that align with Your Word and demonstrate that we believe it to be our supreme authority. May my child take Your Word deep into his/her heart and treasure it above all else. May my child's choices during school, in choosing a life partner and a life work constitute a living out of Your Truth in his/her day.

31 Things to Pray for Your Children

1. for their moral purity (Prov. 5:7-23; 1 Thess. 4:3-8)
2. to obey and respect authority (Ex. 20:12)
3. that God would draw them to Himself at a young age (John 3:3)
4. protection from the schemes of Satan (Eph. 6:10)
5. to know and love God's Word (Ps. 119:9-11)
6. that they would glorify God in whatever health or life circumstances He gives them, rejoicing always (I Thess 5:18)
7. for them to be wise (wisdom of the Lord - Prov. 1:7)
8. to have and be a special friend (David & Jonathan -1 Sam. 20)
9. that they would endure hardship in fellowship with Christ (Col. 1:24)
10. that they would live with integrity - their "yes" is a "yes" and their "no" is a "no" (Matt. 5:37)
11. to be equally yoked to a godly spouse (I Cor. 6:14)
12. to be humble, desiring for God to have the glory (I Tim. 4:18)
13. that their life would be used to promote God's Kingdom (Matt. 25:18-20)
14. to understand grace and so live out the law of Christ (Titus 2:11)
15. that my girl(s) would have a quiet and gentle spirit (I Peter 3:4) and my boy(s) would be a spiritual leader to his family (II Tim. 2:1)
16. to hunger and thirst for God's righteousness (Matt. 5:6)
17. to identify with femaleness/maleness (Gen. 1:27)
18. to hate evil and avoid it and get caught when they disobey (Prov. 4:14)
19. to be a hard worker (Col. 1:28-29)
20. to think biblically (I Cor. 10:5)
21. to be an encourager to others (Heb. 10:24)
22. to love the church (Eph. 4:14-16)
23. to be salt and light (Matt. 5:13-16)
24. to be secure in who God has made them to be (Eph. 1)
25. to know they are deeply loved (Ps. 103)
26. to live selflessly, not selfishly (Phil. 2:3-4)
27. to love the Lord their God with all their heart, mind, soul, and strength (Matt. 22:37-39)
28. to love others (Matt. 22:37-39)
29. that they would have honesty with the Lord, themselves and others (I Cor. 8:21)
30. to be faithful stewards of all the treasures and talents God entrusts to them (I Tim. 6:6-10)
31. to live by an eternal perspective (Phil. 1:21)

SKILLS FOR ADULTING: Resilience helps young adults bounce back from hard times. These key skills span all areas of life to build inner strength and health.

Mental Skills

- Problem-solving: Finding ways to fix a hard situation step by step.
- Reframing: Changing how you see a bad event to make it feel less heavy.
- Focus: Keeping your mind on your main goals instead of worrying.
- Learning: Taking lessons from past mistakes to do better next time.
- Planning: Setting clear steps to reach safety or success.

Emotional Skills

- Self-awareness: Knowing your true feelings as they happen.
- Self-compassion: Treating yourself with kindness when you fail.
- Regulation: Calming your anger or fear before you act.
- Optimism: Looking toward the future with hope.
- Expression: Sharing your feelings in a safe and healthy way.

Spiritual Skills

- Purpose: Knowing your core values and why you matter.
- Gratitude: Finding things to be thankful for each day.
- Connection: Feeling a bond with God and support from spiritual community.
- Acceptance: Letting go of things you cannot change.
- Inner peace: Finding quiet moments to center your soul.

Physical Skills

- Rest: Sleeping enough hours to let your body heal.
- Movement: Exercising to release stress and build energy.
- Nutrition: Eating healthy foods to fuel your brain and body.
- Relaxation: Using deep breathing to lower body tension.
- Boundaries: Knowing when your body is tired and saying no.

Resource Suggestions:

- *Parenting Teens with Love and Logic: Preparing Adolescents for Responsible Adulthood* - Foster Cline & Jim Fay
- *Boundaries with Teens: When to Say Yes, How to Say No* - John Townsend
- *Emotionally Healthy Spirituality* – Peter Scazzero
- Inner Excellence – Jim Murphy
- Engaging Today's Prodigal – Carol Barnier
- *Winning the War in Your Mind for Teens: Change Your Thinking, Change Your Life* - Craig Groeschel and Josh Mosey