4 ACTIONS EVERY TEEN NEEDS FOR GROWTH AND MATURITY

Life goes so fast when you have a teen.
4 short conversation starters, questions, and space to write.
Bonus: Scripture Coloring Pages

Starla Smith

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Where did these 4 actions come from? Hello, my name is Starla Smith. These actions were the basic rules for our church youth ministry when I was the youth coordinator at my church. At the time, my teenage daughter was in the youth group. As I was building it, I had these basic foundations for her and her peers in mind.

The 4 actions presented here are things that helped my youth group teens grow and flourish. They are what I believe to be staples for a teen to know and practice as they grow through middle school and high school. My hope is that you will read these with your teen, share your own answers to the questions on each page, and practice together the actions.

I wanted to put these together for parents because parents have the greatest influence in their teens life. You are the steward of 6570 days of your teen. That is the first18 years. You have a huge responsibility and I want to help. Plus, by even writing this book - I am practicing #4.

I believe that these 4 actions can give every teen a good foundation as they mature and grow. We all want our kids to trust the Lord, grow strong, live without fear, and bear good fruit.

Jeremiah 17:7-8 "But blessed is the one who trusts in the Lord, whose confidence is in him. They will be like a tree planted by the water that sends out its roots by the stream. It does not fear when heat comes; its leaves are always green. It has no worries in a year of drought and never fails to bear fruit."

Listen Up:

Did you know that there is a SUPER POWER called listening?

Other people are less afraid of those who actually listen to them. Listening makes people feel safe and heard. When we listen to people its kind of like opening the door for someone. We allow the space for them to be who they are without judgment.

Proverbs 1:5
let the wise
listen and add
to their
learning,
and let the
discerning get
guidance—

Everyone can be a good listener if they practice listening. Every space created by listening has two power tools. They are compassion and communication. Compassion is when we care about another person just as much as we care about ourselves. Communication is when we listen to what another person thinks, feels, and believes and we share with another person what we think, feel, and believe.

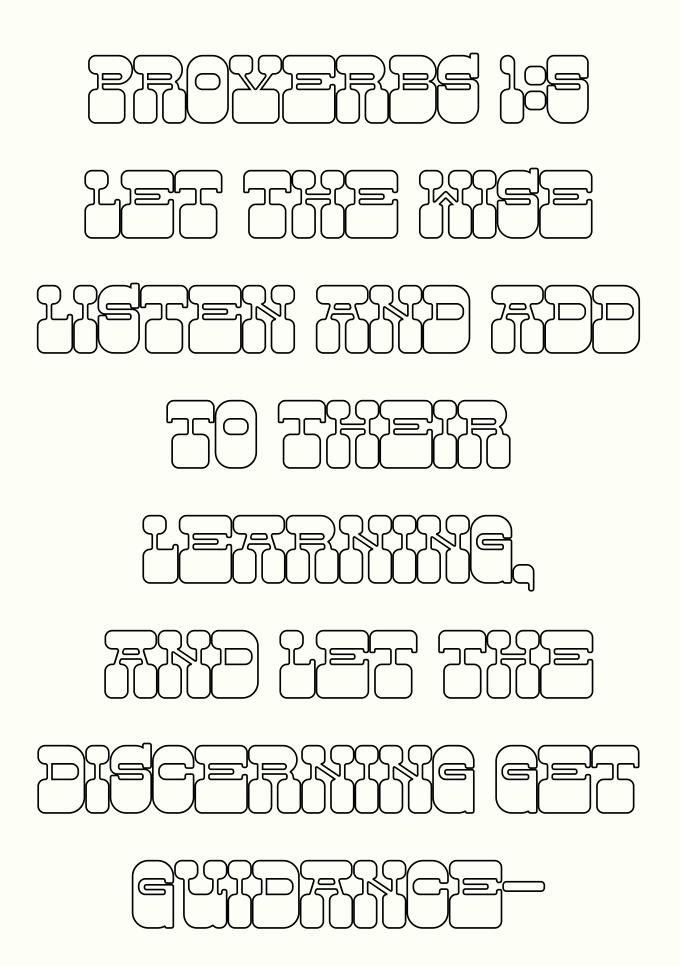
- 1. How does it feel when someone really listens to what you are saying? How does it feel when they don't?
- 2. What happens inside your brain when you aren't really listening to someone speak? What can you do to help you focus?

Write your wswers

LISTEN UP!



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Respect & Responsible:

When we practice these two words they help us to grow up and mature.

Respectful is shown by the way you treat the people around you. It can be practiced by using manners and being polite. Manners are expressed by saying Proverb 22:6
Start children
off on the way
they should go,
and even when
they are old
they will not
turn from it.

please when you would like someone to do something for you, and by saying thank you when someone has done something for you. Respect is also shown by being careful with how you speak to others.

It is also shown in the tone of your voice and the look on your face when speaking. Responsibility is shown by doing what you know is right and not doing what you know is wrong. We can practice responsibility by doing what we say we will do. It also means that when you do the wrong thing you accept the consequences of your actions. Also when you do the right thing you accept the praise but don't demand it for what you have done. If you mess up, apologize! If you've done a good job, thank God and keep doing that.

- 1. How does it feel when you've been responsible and respectful? Good? Accomplished? Proud of yourself?
- 2. In what ways have you been disrespectful and irresponsible? What was the consequences of your actions?

Write your answers

RESPECT & RESPONSIBLE



Be Awesome:

Have you ever been around someone who was kind, they listened to you, helped you, and were fun to be around?

Have you ever had someone say mean things to you? How did that feel? NOT AWESOME! Have you ever seen someone be violent toward another person? That

Proverbs 11:17
Those who are kind benefit themselves, but the cruel bring ruin on themselves.

can be very scary. NOT AWESOME! Have you ever been not awesome yourself? Have you ever taken other persons things, lied to them, or talked about them behind their back? NOT AWESOME! Most of our not awesome ways are habits.

It is the way we have acted over and over again and now if is kind of automatic. We have something we were born with called a sin nature. That is the thing in you that makes you feel like you want to do bad things and not listen to other people when they tell you it was wrong. Did you know that Jesus died on the cross, so that, you could be free of that sin nature. If you haven't trusted Jesus to give you a new nature and habits yet, you can do that anytime by believing that Jesus paid for all of our sins. Jesus made it possible through believing in Him to be kind, trust God, and love each other.

- 1. How has being NOT AWESOME got you into big trouble before? What does it feel like when other people are NOT AWESOME to you?
- 2. Have you taken the step to trust in Jesus?

Write your wswers

BE AWESOME



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Jump In:

When we let our fear stop us from trying new things we miss out on new opportunities and adventures.

Joshua 1:9
Have I not
commanded you?
Be strong and
courageous. Do
not be afraid;
do not be
discouraged, for
the Lord your God
will be with you
wherever you go."

Practice trying new things. Try not to decide if the Lord y you don't like something before you even try it.

It might be a little uncomfortable but when we wherever try new things we stretch our comfort zones.

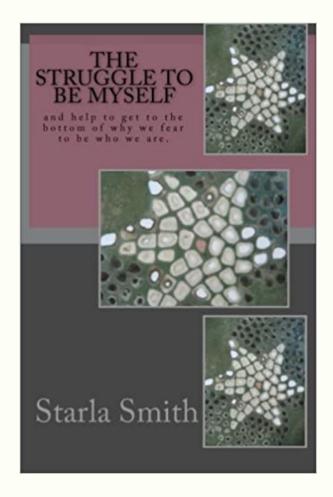
Stretching our comfort zones means we learn to be a little bit brave, so that, when we try new things we are curious and not closed-minded. Doing this can help us to grow through what we go through. Its like leveling up when we play a video game. Every new thing we try helps us to be able to be fearless when we try other new things. Every time we jump in we learn new lessons. We can find a new gift or talent we didn't know that we had. We can gain insight into who we are and what we are capable of. We will find we are good at something, great at others, and something not so much. That is all a part of the learning.

- 1. Are you afraid to try new things? Why?
- 2. Do you think you could be brave and practice trying something new this week?

Write your wswers

JUMP IN





The struggle to be myself: and help to get to the bottom of why we fear to be who we are.

You can find my first book on Amazon

Where you can find me:



SUNDAY2MONDAY.BLOG

HTTPS://WWW.FACEBOOK.COM/STARLEETA/