

## **Developing a deeper relationship between Parents and Teens**

This study is designed to be done with a parent and their teen.

At the beginning of the study express to the parent and teen your gratitude that they are getting together with you. Inform them that **this study is intended to help build a better relationship between the two of them.**

1. Ask the teen how he or she feels like his/her relationship with their parent is going. Take your time during this discussion; your insight into their dynamic is very important.
  - a. How often do they spend time together (just the two of them)?
  - b. Do they pray together or spend time with each other having quite times?
  - c. Do you feel close to your parent?
  - d. Do you feel that you can talk to your mom/dad about what's going on in your life?
2. Ask the parent similar questions. Find out how he/she feels like his/her relationship is with their teenager.
3. Encourage both of them about why their relationship is so important.

### **Deuteronomy 6:1-9**

1. **It has always been God's desire that moms and dads would pass down their faith to their children.**
  - a. Notice, "talk about them when you sit at home and when you walk along the road, when you lie down and when you get up."—God wants parents and children to be close, to spend time together, and to talk about God often.
  - b. **God is a relational God.** The whole Bible tells the story about God's desire to have a relationship with us. From the fall of mankind till the coming of the Messiah, the message of the Bible is clear; God wants you to know Him!
    - i. **John 3: 17-** For God did not send his Son into the world to condemn the world, but to save the world through Him.
    - ii. **Matt 22:34-40-** God wants our love. God wants a relationship with us.
      1. Why does God want us to love Him with all of our hearts?
        - a. Because He loves us with all of His!
      2. God is the God of relationships!

When a father/mother has a newborn son/daughter he/she holds them, sings to them and gazes at their new child with awe and amazement. Parents pray for their new sons/daughters and delight in them dearly. I remember holding my son all night long the day he was born praying for him, looking at him, and desiring for him to have the best life possible!

**2. As children grow, God desires the relationship between the parents and children to grow too.**

**a. Eph 6:1-**

- i. Do you think that as a son/daughter gets older he/she should honor his/her father/mother less and less or more and more?
  1. Of course, as we grow we should learn to honor our fathers/mothers more and more.
  2. God didn't say, 'when you get to be 16 you can start honoring your parents less'.
  3. God is a God of love and expects us to grow in our love for one another especially for our immediate family!
    - a. **1 Timothy 5:8**-“If anyone does not provide for his relatives and especially for his immediate family he has denied the faith and is worse than an unbeliever.”

**The point is clear; God desires our relationships with our parents to grow closer as we get older.** Talk about the things that a father and son/ mother and daughter do at different stages of their relationship.

- a. As an infant
- b. As a toddler
- c. When they are 6 or 7 years old
- d. When they are 11-12 years old
- e. When they are 13-15 years old
- f. When they are 16-18
- g. 19 and so on

Talk about how conversations can become deeper as the teenager matures. Share about things such as temptations, peer pressure, victories, challenges, ect. Discuss the things that dads/moms and sons/daughters can talk about when they are 16 versus when they were only 6 year old and so on.

***Practical challenges and encouragement for both dad and son/mother and daughter***

***Moms/Dads: As your children become young men/women, you must change the way you speak to them.***

**Ephesians 6:4**- Fathers, do not exasperate your children; instead, bring them up in the training and instruction of the Lord.

**1 Peter 2:17**- “Show proper respect to everyone; Love the brotherhood of believers, fear God, honor the king.”

- a. One of the greatest challenges that parents have with their children when they become teenagers and young adults is to show 'proper respect'.
- b. It is **a transition time for parents to learn how to talk to their sons/daughters as young adults and not as little children.**

- c. This takes discipling and help for moms/dads from men/women who have been through this stage.
  - a. When mom's/dads don't make this transition, young men/women want to get away from their parents and it damages their relationship.
  - b. Discuss with them how communication is different between two adults verses an adult and a child.

***For the teen: How can you love God the Father whom you can't see if you can't love your earthly father/mother whom you can see? (1 John 4:19-21)***

**1 Peter 1:22-** "Now that you have purified yourselves by obeying the truth so that you have sincere love for your brothers, love one another deeply, from the heart."

**1 Peter 4:8-** "Above all, love each other deeply, because love covers over a multitude of sins."

- a. Relationships cannot be one way. In many relationships the moms/dads are working very hard to connect to their sons/daughters but the son/daughter has closed himself off to his dad/mom.
- b. Sons/daughters must work just as hard to grow in their relationship with their mom's/dad's as the mom'/dad's do for them.
- c. The most common problem that sons/daughters have is opening up with their mothers/fathers.
  - a. Sons/daughters must not wait for their mom's/dad's to initiate with them. They must also initiate great talks and time together.
  - b. If you can't love your father/mother whom you can see, how can you love your Father whom you can't?
  - c. Sons/daughters must pursue openness, honest, and heart to heart talks with their fathers/mothers.
- d. As sons/daughters grow older the respect and honor that he/she has for his dad/mom should grow too.
  - a. We all have our weaknesses but God does not say 'honor your father and mother only if you feel he has deserved it'.
  - b. God expects sons/daughters to honor and respect their moms/dads even when they are older.
    - i. In what ways can you show your mom/dad honor and respect?

**Conclusion:**

The father/son; mother/ daughter relationship is one of the most special relationships on earth. Both father /son, mother/daughter must work hard at developing this important relationship.

**Homework**

Have both of them write down 10 things that they love and appreciate about the other.

Secondly, have each one write down one thing that they would like the other person to work on changing to help their relationship be better.

At your next study have each read through their lists. Spend 90% of your time in your next study talking about the things that they love and respect in one another and 10% about what they would like to see change.