

GRADES 9-12

FAMILY DISCIPLESHIP GUIDE



WHAT TO EXPECT

- Increasingly able to focus, recall, and organize information
- Resists embarrassing situations
- Struggles with long-term planning
- Increased interest in dating and sexual expression (*64% of 12th graders report being sexually active*)
- More vulnerable to addiction (*substances, self-harm, pornography*)
- Seeks experiences that create intense feelings and emotions
- Desires responsibilities that increase freedom
- Wants parents to listen more and advise less
- Often thrives and is more motivated in a particular area of interest
- Responds well to specific praise

SAY THINGS LIKE

- How can I pray for you today/this week?
- Can we pray about this together?
- What's something you feel like God is teaching you right now?
- What do you like about church/student ministry?
- Are there ways you would want to serve in our church and our community?
- There is nothing you will ever do that could make God stop loving you!
- When you told me about... it made me think of this verse in the Bible.

DAILY ROUTINES



MORNING

Be positive and use this time to coach them up for the day. Instill purpose with encouraging, gospel-saturated words as they start off their day.



EVENING

Be intentional to eat dinner at the table at least once a week, to listen and engage in conversation, and to interpret how they feel about the activities of their day (*school, sports, interests*). Strengthen your relationship with your child by adjusting your schedule so that you can show up and support them at the things and events that they participate in.



BEDTIME

Stay consistently available at night when they occasionally open up to you at the end of the day. *When* they open up, use that time to interpret how they are navigating the stress and pressures of being a teenager.



BIBLE

Show your kids how to read & understand the Bible.

- Ask your high school child to lead the family devotion 1-2 times a month (*help them prepare to do that until they feel comfortable doing so alone*).
- Find opportunities for the family to read and study apologetics together (*For example, read Case For... books by Lee Strobel over the summers and talk through them each week. Provide rewards along the way with a big family reward when you all finish*).



PRAYER

Show your kids how to pray.

- Get them to start a personal prayer journal they write in each week, then come together each week and pray together. Don't make them share sensitive details from their prayer journal, but emphasize the importance of this healthy habit on their own.
- Consistently ask your child how you can pray for them and become more transparent on how they can pray for you (*subjects appropriate to their age and level of maturity*).
- Consistently pray together and continue to challenge them by asking who they are praying for to receive salvation.



CHURCH

Show your kids church is important.

- Have an on-going relationship and conversation with their student ministry leaders (*pastors and Connect Group leaders*).
- Help your child find four other adults to have mentoring relationships with that you trust.
- Make sure they are consistently going to the main worship services (*they can sit with peers at this point*).



ACTION

Show your kids how to put their faith into action.

- Challenge them to continue serving in the local church in an area they are interested in (*this can be with peers, for example: helping lead a middle school Connect Group*).
- Send your student on a mission trip with their student ministry.
- Challenge them to set up accountability and to be praying for, finding, and witnessing to friends who are not in a relationship with Jesus. Also, inviting some of these same friends to church.



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