



Parents, Arguably the Best, is a youth ministry podcast that is “by students for students” out of St. Peter’s Lutheran Church in Columbus, Indiana. Our goal is to provide a platform and space for students to have meaningful conversations about the topics that are relevant to them in this phase of life. As a parent, this can be an insightful look into what your student may be thinking about regarding these topics. Our hope, is that from listening and then looking over this reflection sheet, you have some better tools and pathways to navigate having more meaningful conversations with your student at home.

### **Parent Reflection**

#### *Episode 2 - Working Out*

In the podcast, Henry talks about his journey toward lifting and how it resulted from an injury. He says that it was a way to cope with the loss of no longer being able to play sports. This leads to a great conversation about what it means to cope. Here is a coping quiz that you and your student can do together to lead to some better conversations:

- Are you sleeping more or less than you should be?
- Do you look for ways to numb what you’re feeling so you don’t have to deal with it?
- Do you find yourself turning toward things like Netflix, YouTube, video games, or your phone when you feel stressed, emotional, or overwhelmed?
- Do you struggle to walk away from or stop the activity or behavior you turn to when stressed, emotional, or overwhelmed?
- Are you engaging in any seemingly healthy behaviors (exercise, food, time with friends, etc.) to a point that it’s not healthy for you?

After you take the coping quiz, find a time to process together the following questions:

- Everybody has healthy and unhealthy ways of coping with what happens in life. How can someone know if their way of coping is good for them or not? Where is the line?
- Read Lamentations 3:19-23 NIV. How would you define the word lament?
- All of us have a tendency to either stay stuck in lament or skip past it completely. Which is more likely for you?
- In the verse you just read, the writer says, “Still I dare to hope.” Why does it take courage or daring to believe there is hope for things to get better?
- How are some ways that our family can help remind each other of healthy ways to cope?

On the podcast, Henry and our hosts talk about the benefits that they get from weight lifting: physical strength, improved self-confidence, a supportive community, and a sense of accomplishment from working towards a goal. They also make the connection that they have to have a certain level of ownership for it to be truly beneficial and long-lasting. To quote, they said to get to a place where you are “enjoying the effort you put in”.

- What is your teen currently doing that is improving their physical health?
- What is your teen currently involved with that is boosting their self-confidence?
- What is something your teen is working towards that can give them a sense of accomplishment?
- Where is your student finding community? Is it life giving or draining?
- How are you encouraging activities that support these things without forcing your teen?
- What are some ways you can lead your student to own positive activities and behaviors?

We pray that these questions and reflections will be beneficial to you and your family. Thanks for listening and we look forward to the next episode!

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