



**PARENT
CUE**



HIGH SCHOOL

***Subject to change.**

WEEK 1

HEBREWS 13:8

Even when life changes,
God doesn't.

WEEK 2

**ISAIAH 43:2;
JOHN 16:33B**

No matter what,
God is with you.

WEEK 3

JAMES 1:2-4

God can use change to
change and grow you.

TALK ABOUT THIS

WEEK 1: Try introducing the topic of change by saying this to your teenage son or daughter: "Okay, really quickly tell me two things that are changing in your life right now. Don't overthink it. I don't care if it has to do with friends, school, or something else. This is a no-judgment zone! I just want to know some places where you're experiencing change."

WEEK 2: Try saying this to your kid this week: "Hey, I know you've been talking about change at church this week. And trust me, I know that change can be not-so-fun at times! Are there any changes in your life that are leaving you feeling disappointed or let down right now? I'm not asking because I want to fix it or make it go away. I only ask because I love you and care about you!"

WEEK 3: Try saying this to your kid this week: "Hey, I have a random question for you: Is there anything you've noticed in MY life that you think I need to change? I promise I won't be hyper-sensitive or defensive! I'm asking because I really want to know, and because I want you to know that change is something EVERYBODY deals with—whether they're young like you or old like me!"

REMEMBER THIS

"Jesus Christ is the same yesterday, today, and forever."

Hebrews 13:8 NLT



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DO THIS



MORNING TIME

As your teenage son or daughter heads off to school, slip them a handwritten note that says something like this: “Hey, I know that you’re experiencing a lot of change in life right now. And I know it’s not always easy. I just want you to know that I love you and believe in you, and I’m always here if you ever want to talk about it. I hope you have a great day!”



MEAL TIME

As a family, try brainstorming one change your family can make for the better. It doesn’t have to be dramatic or overly-spiritual. It can be something simple like eating more meals together. Ask your kid for ideas on how to practically pull it off. The more ideas you have, the more likely your family will be to pull it off!



THEIR TIME

Teenagers don’t have the life experience you do. For them, change can seem like the end of the world. This week, as you talk to your kid about what’s going on in their world, be careful not to minimize what they’re going through. As an adult, you’ve experienced many of the changes that life throws our way, but teenagers haven’t experienced as much of that yet—it’s all very new and real for them.



BED TIME

Before your kid goes to bed one night, share with them one change you want to make in your own life. You don’t have to over-explain it. Just let them know what you want to change and why it seems daunting or difficult. Maybe even say this at the end: “I don’t want to make this change, but I know I need to. So I’d love it if you would pray for me!” Then give them a hug and tell them you love them.

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