

# KNOW GOD

## WEEK 1

### ROMANS 1:20

We can know God by taking notice of His creation and the world around us.

## WEEK 2

### PSALM 145:18

God wants you to know Him—so much so that He will help you know Him.

## WEEK 3

### 1 PETER 3:15

If someone asks what you believe and why, you should be ready to give an answer.

## WEEK 4

### ROMANS 12:1

There are lots of ways to worship God—worship is more about the Who than the how.

## TALK ABOUT THIS

**WEEK 1:** The concept of *knowing* God can be overwhelming. Where do you even start to comprehend the Creator of the universe? But when we look at the Bible, we see that God *does* want us to know Him. Talk to your high schooler about this idea. Share one thing you've done recently—gone for a hike, read a book, grabbed coffee with a friend—that's helped you get to know God better.

**WEEK 2:** One way to know God better is to talk to Him. Prayer doesn't have to be a formal, impersonal, one-way conversation. Share with your teenager some of your best practices in creating a healthy prayer-life. If you feel like you're lacking in this area, talk about ways both of you can improve.

**WEEK 3:** The Bible encourages us to talk about our faith (peacefully) with others. Ask your high schooler how comfortable they feel discussing their faith. Help them come up with a few go-to phrases they can share if they're asked about their beliefs.

**WEEK 4:** Spend some time with your student talking about the different ways someone can connect with God—through music, painting, being outdoors, talking over coffee, prayer, sports, etc. If your high schooler isn't sure which form of worship they're wired for, encourage them to try out a couple of different ways this week. They may be surprised how they get know God best.

## REMEMBER THIS

*The Lord is close to all who call on him, yes, to all who call on him in truth.*  
Psalm 145:18 NIV

## DO THIS



### MORNING TIME

One morning this week, send your teenager a text telling them something awesome you've noticed about them recently. Make sure it's a positive, new thing. For example, maybe you love their new haircut or their new commitment to nutrition and exercise.



### MEAL TIME

The middle school phase is over and your high schooler is really coming into their own. Their likes, dislikes, taste in music and clothes, hobbies, and even their friends may have changed over the last few years. Get to know your own teenager again by asking about their most and least favorite things at dinner this week.



### THEIR TIME

It may be challenging for your student to verbalize their thoughts and feelings, especially when put on the spot. Send them a text sometime this week, asking them to think of three ways you can be there for them, where they are, right now. Give them some time to respond. When they do, affirm their answers and support them in their greatest areas of need.



### BED TIME

The end of the day, right before bed time is a surprisingly vulnerable time for most people. This is also true for your high schooler. One night this week, pop your head inside their room before lights-out and ask if they want to talk for a few minutes. You could start by talking about your day, and then ask about theirs. Be there just to listen, and only offer advice if you're asked.

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