

## It's Just A Phase . . . So Don't Miss It

As a parent, you want to invest your time in things that matter. Like having the right conversation with your child at the right time, with the right things to say at your fingertips. These conversation guides will help you navigate the critical issues you face at each phase, as you imagine the end for your child. They are based on research from **The Phase Project**, a collaborative, ongoing effort assembling classic and innovative research with practical application.



High School

# FAITH

## PARENT CONVERSATION GUIDE

... for great conversations with kids

Your teen is in a phase when the complexities of the world, and their life in particular, are becoming more obvious than ever before. The answers that seemed simple in their childlike faith aren't cutting it. And the black and white certainties that once seemed rock solid feel a little crumbly and gray. And that's okay. As their way of viewing the world matures and grows, the way they understand faith should grow, too. Allowing them to ask questions and evaluate their faith will help them make it their own. Our responsibility to our kids at this stage is to:

Fuel  
**PASSION**



So they will . . .  
**KEEP PURSUING AUTHENTIC FAITH  
& DISCOVER A PERSONAL MISSION**

This guide is designed to help you meet your teen where they are now, giving you some words to say and not to say as you navigate the critical issue of faith. As the conversation progresses through the phases, always keep this end goal in mind:

**Authentic Faith: trusting Jesus in a way that transforms how I love God, myself, and the rest of the world.**



## WHAT TO SAY:

"Trusting in God doesn't mean there are no bad days. But bad days can deepen our faith in a God who can help us get through our biggest challenges. Talk to Him about it."

"You will never have everything figured out. If we ever think we've figured God out, we've made Him smaller than He should be."

"I love watching God grow you into someone who loves Him and loves others. Nothing makes me more proud. Right now, I can see \_\_\_\_\_."

"A growing faith doesn't mean a perfect life. You are going to mess up, and that's okay. God always has grace for you, and so do I."

"One of the best things you can do for your faith is to be surrounded by a small group of people who are on the same journey you are. What can I do to make getting involved in a small group easier for you?"

"Would you like to consider going on a mission trip to help with something you're passionate about? We can explore some options together if you'd like to."

"I know I may not always be the person you want to talk to about your faith. Who are some people you feel comfortable talking with?"

"How can I pray for you?"

## WHAT NOT TO SAY:

"If you just trusted God more, you wouldn't have these questions."

"Everything will just work out." *(We know God can bring good even from hard things, but we need to be careful not to disregard the real feelings our kids have in the midst of things not working out.)*

"We have too much going on to make time for more activities." *(In regards to serving, small group, or time with a small group leader.)*



## JUST REMEMBER

Every PHASE is a timeframe in a kid's life when you can leverage distinctive opportunities to influence their future. The high school years are the time to fuel their passion while mobilizing their potential. Support and encourage the opportunities they have to serve and to be in a small group. Welcome whatever questions they have in an environment of support and encouragement, taking the opportunity to demonstrate God's grace, love, and forgiveness even when you're surprised by their words or actions. You want to keep the lines of communication open during this time of growing maturity and independence, and continue to be a safe person for them to talk to.