

"YOU ARE STRONG AND COURAGEOUS"

Teens are making lots of decisions and planning big dreams and becoming disciples that will grow God's Kingdom by being servants and leaders. Remind them of the Spirit of God within them and call out their God-given strengths.

"YOU COULD..."

As your teenager desires to step more into the role of adult, try saying "you could..." rather than "you should...". It's a simple change of verbiage, but one implies a "right choice" and the other coaches them toward options.

"KEEPING YOUR ROOM CLEAN IS HELPFUL."

Mental clutter is doubled by physical clutter and during a time where their brains are developing rapidly it's nice to encourage the care of their stuff as an outward expression of care for their peace.

"YOU'RE DOING GREAT...SO KEEP GOING!"

Not only does God give us choice in life, but He encourages and loves us even when we're missing the mark. Do that for your high schoolers. Let them know that they're doing great at living in the mess of teenage-hood and between you and Jesus...they've got quite the team.

"IT'S OKAY TO NOT KNOW RIGHT NOW."

Give freedom to the crazy they feel inside and experience on the outside and encourage them to embrace the "middle" seasons we experience.

10 THINGS TO SAY TO YOUR HIGH SCHOOLER THIS YEAR

"YOU DON'T HAVE TO FIGURE IT OUT ALONE... YOU CAN ASK FOR HELP"

Teens want to begin making decisions on their own but sometimes it's helpful to remind them (even as they leave home) that you're there to support, love and encourage them in their decisions.

"TRY TO GET OUTSIDE EVERYDAY"

It brings perspective to be physically in God's creation. It's good for us to be overwhelmed by our small-ness by remembering our personal planet is not the only one orbiting that day.

"I'M SO PROUD OF YOU!"

Lay this on your teenager no matter the circumstances. When they've persevered, taken a risk, or done a hard thing they need to know you are proud of the effort. Even God encouraged His Son by reminding Him who He was.

"PLAN YOUR WEEKLY REST"

In the midst of school and sports and friends and dating, they (and you) might need to be reminded that in the midst of all the amazing things we do in life, we find our peace in pools of Living Water not in the hustle.

"DO EVERYTHING WITH LOVE"

God invites us to discern where to go next and challenges us to make those changes. Don't take electives you aren't curious about, eat foods that aren't good for you, date people who make you love Your Creator less. It's simple. Make choices out of love. For your relationships, your body and your soul.