



## **Parent Resources**

Mom or Dad, how do you respond to uncertainty and confusion in your life? Your response to uncertainty in your life will more than likely be your child's response to uncertainty in their lives. As you parent your child, your responsibility first and foremost is to be a reflection of Jesus and show them the Gospel. Your teenager is trying to process through a ton of situations and circumstances all while figuring out who they are. How you parent in times of uncertainty may be some of the most important parenting you will ever do.

God would not have given you this task of parenting in the first place if He didn't think you could do it. He will give you what you need, when you need it, however you will need it. Helping your teenager through uncertainty is a big deal and there will be some common responses you will see and probably feel yourself.

One response is selfishness. Usually uncertainty and confusion mean a lack of control. Being selfish is a way to bring everything in to control what's going on. This attitude is the opposite of how God calls us to live.

**When you react selfishly you start caring more about your well-being than anyone else.**

**When you react selfishly you make decisions that are all about you.**

**When you react selfishly you become callus the needs of those around you.**

**When you react selfishly you relinquish trust in God and act like everything depends on you.**

Another response to uncertainty and confusion is fear. Being fearful can be paralyzing and hold you back from living the life that God intended. As a parent, leaning into that fear and uncovering "the why" behind it is so important. Help your teenager realize that our God is the God of hope, not fear. Fear consumes and holds you back, hope multiplies and propels you forward!

**When you react in fear you paralyze yourself from what could be.**

**When you react in fear your focus is on the wrong thing.**

**When you react in fear your trust is misplaced.**

**When you react in fear your eyes are closed to what God is doing all around you.**

### **Discussion Questions**

What things in life are you afraid of? Why?

How did Jesus respond to His disciples fear in the passages of scripture above?

What is one small step you can take to be less fearful and less selfish?