



PARENT
CUE



HIGH SCHOOL

I HAVE QUESTIONS

Will Following Jesus Make Me Unhappy?

WEEK 1

JOHN 10:10

Following Jesus can
make your life better.

TALK ABOUT THIS

WEEK 1: Learning to follow Jesus takes time. This week, be transparent about a time you said “yes” to something you should have said “no” to—and what that cost you. Then ask your teen if they’ve ever said “yes” to Jesus and said no to something else—and how that benefited them. After you both share, ask your teen if there’s anything making it difficult to say “yes” to following Jesus right now.

REMEMBER THIS

“Then you will know the truth, and the truth will set you free.”

John 8:32 NIV



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HIGH SCHOOL

DO THIS



MORNING TIME

One night this week, leave a note on your teen's mirror to find in the morning. On the note, point out an area you've noticed your kid growing lately—like a class grade they've been improving or how kind they've been to a sibling. Whatever it is, make sure it's something positive that helps jumpstart their day.



MEAL TIME

During a meal this week, ask your teen if there's anything they know of that could be fun to try together as a family this weekend. Maybe a new restaurant opened up. Maybe they think it'd be cool to visit a park downtown. No matter what they bring up, show an interest in what your student shares and consider putting something on the calendar!



THEIR TIME

Create a stress-free playlist with your teenager. Take turns choosing songs that help you chill out or relax. Then the next time you or your teen are stressing a bit—or even one night as the family is winding down for the day—pull up the playlist and de-stress together.



BED TIME

As your teen is getting ready for bed, ask your teen if they have anything you can be praying for—like an upcoming game, upcoming test, or a friend they're in a disagreement with. Consider praying with them right there, and then ask them for an update on that area in a day or two.

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AVAILABLE FOR IOS AND ANDROID DEVICES

I HAVE QUESTIONS

Is My Phone Good or Bad?

WEEK 1

1 CORINTHIANS 10:23

Don't be owned by
your phone.

TALK ABOUT THIS

WEEK 1: Ask your teen if they've ever tried turning their phone off because they needed to concentrate on something else. Discuss how turning off their phone helped them focus better on the thing they were trying to accomplish. Finally, ask them if they missed anything while they were away from their phone that they couldn't catch up on later.

REMEMBER THIS

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John 8:32 NIV



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HIGH SCHOOL

DO THIS



MORNING TIME

Phones can be great tools that help us organize our lives. They have calendars, apps, note-taking and to-do list capabilities and so much more. Over breakfast, discuss the features on your teen's phone that they can use to help organize or prepare for what they have coming up that day or week.



MEAL TIME

Talk to your teen about what life was like before we had cell phones. Discuss all the things we had to memorize or keep track of on paper—like phone numbers, appointments, and driving directions. Take turns going back and forth naming people and the numbers you have memorized. You will probably both find out you're more dependent on your phones than you thought.



THEIR TIME

Sometimes it's easier to do something difficult when you're doing it as a group. Set up a family challenge to spend one hour each day this week disconnected from screens. No phone, no laptop, no TV! Encourage your teen to use that hour to get something done that they've been putting off. At the end of the week, talk about what was great and what was difficult about the family phone challenge.



BED TIME

One night this week, try praying for your teenager—either with your teen or on your own. Pray about three things. First, pray about anything your teen is currently struggling with or facing. Second, pray about the characteristics and qualities you want to continue to see grow in your kid. Finally, pray about the dreams you know your teen wants to accomplish.

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