

**A PARENT'S GUIDE TO**

# **BETTER CONVOS LESS STRESS STRONGER BONDS**

**WITH YOUR TEEN**



**FREEDOM CHURCH**



## What's this about?

This is a simple, biblical guide for parents on how to strengthen communication with our teens to foster godly decisions, build trust, ease anxiety, and navigate the world in a godly way.

As Christian parents, our calling is to raise teens who love and follow Jesus amid a complex, often confusing culture. Scripture gives us timeless wisdom: “Train up a child in the way he should go: and when he is old, he will not depart from it” (Proverbs 22:6). Deuteronomy 6:6-7 calls us to talk about God’s commands in everyday moments—sitting, walking, lying down, rising. Ephesians 6:4 reminds us not to exasperate our children but to bring them up in the training and instruction of the Lord. The goal isn’t perfect control or raising “good kids” who look the part—it’s discipling hearts toward authentic faith, trust in God, and wise choices.

Using Scripture and practical, Bible-based principles, this booklet is designed to help you communicate better, guide godly decisions, rebuild or strengthen trust, address anxiety (yours and theirs), and equip your family to engage the world without conforming to it (Romans 12:2).



# 1. Lay a Strong Foundation

## Model Authentic Faith and Pray Faithfully

Teens spot hypocrisy quickly, but they respond to genuine faith. Being real and authentic will produce much better results than trying to be cool or feigning some kind of friend-like connection. People want real more than anything, and they want people to live what they say. So model what you want them to become. Paul said this, “You should imitate me, just as I imitate Christ.” (1 Corinthians 11:1). Model your message, don’t just say it. Live out prayer, Bible reading, repentance, and grace at home—not just at church.

- Pray specifically and consistently. Never stop praying for your teen’s heart, protection, purity, future spouse, and decisions. “As for me, I will certainly not sin against the Lord by ending my prayers for you. And I will continue to teach you what is good and right.” (1 Samuel 12:23). Pray with them and for them daily—model dependence on God.
- Share your walk openly. Talk about how God is working in your life today (and your teen years). This builds trust and shows faith is real, not just rules.



## 2. Cultivate Communication

### Listen First, Speak with Grace

James 1:19 is foundational: “Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak, and slow to get angry.” Good communication creates emotional safety so teens feel heard, not lectured. Focus on two-way dialogue instead of one-way lectures.

#### **Practical steps:**

- Listen actively without interrupting. Use open-ended questions: “What do you think about that?” or “Tell me more—how did that make you feel?” Mirror back what you hear: “It sounds like you’re really stressed about this decision—did I get that right?” This shows respect and builds connection.
- Create emotional safety. Welcome feelings (even anger or doubt) without immediate correction. Ask, “Honey, what matters to you so much about this?” Validate emotions before offering advice. Avoid sarcasm, yelling, or dismissing concerns.



## **Cultivate Communication, continued**

- Express your own emotions and stories appropriately. Share relatable past experiences calmly (reciprocal disclosure) to show you're human too—but don't claim perfection, as that can exasperate them (Ephesians 6:4).
- Time conversations wisely. Keep them shorter and more frequent (teens' brains are wired for quick exchanges). Pick calm moments; use notes or texts if emotions run high. Speak their love language (quality time, words of affirmation, etc.).
- Stay self-controlled as a parent. Ground yourself in Christ first (Colossians 3:4; 1 John 4:18—"perfect love drives out fear"). Manage your anxiety so you don't project it. Apologize quickly when you mess up—this models humility and earns respect.

These habits reduce conflict and open doors for deeper talks about faith and life.



## 3. Build (or Rebuild) Trust

### Consistency, Grace, and Loving Boundaries

Trust grows when teens feel secure, respected, and loved unconditionally—even when they stumble (think of the prodigal son in Luke 15). Disengagement or harshness breaks it; engagement and grace restore it.

#### Key practices:

- Offer unconditional acceptance. Affirm your love and God's love no matter what. This creates a safe place for confession and growth.
- Provide clear, loving boundaries. Rules (especially around tech, media, friendships, and morality) show care, not control (Proverbs 6:20). Explain the why biblically. Enforce consistently but with relationship first—monitor screens, set limits, and involve church leaders for support.
- Give age-appropriate freedom with responsibility. Treat them more like budding adults. Let natural consequences teach where safe; step in for danger or sin. This builds their confidence in your trust.
- Stay engaged daily. Don't check out emotionally. Show up for their world—this prevents embitterment (Colossians 3:21).

As trust grows, you'll worry less and partner more with your teen.



## 4. Help Make Godly Decisions

### Point Teens to Christ's Wisdom

Shift from “Do what I say” to “Let’s seek God together.” Equip them to own their faith.

#### **Biblical tools:**

- Emphasize a personal walk with God. Encourage daily devotions, asking, “What is the Lord showing you?” Help them grow in grace and knowledge (2 Peter 3:18). Salvation and fruit of the Spirit matter more than outward compliance.
- Teach discernment through Scripture and counsel. Pray together over decisions (Proverbs 3:5-6—“Trust in the Lord with all your heart...”). Discuss wise friendships (Proverbs 27:17—“Iron sharpens iron”). Involve them in church and ministry to use their gifts (1 Peter 4:10) and see God at work.
- Steward time, money, and influence. Limit screens; teach budgeting, tithing, and redeeming time (Ephesians 5:16). This builds responsibility.
- Ask guiding questions. “What does Scripture say?” “How does this honor God?” “What are the long-term consequences?” Teach critical thinking biblically so they navigate choices independently.



## 5. Deal with Anxiety

### **Yours & Theirs: Replace Fear with God's Peace**

Anxiety is common in teens (and parents) today. Philippians 4:6-7 is a lifeline: “Don’t worry about anything; instead, pray about everything. Tell God what you need, and thank him for all he has done. Then you will experience God’s peace, which exceeds anything we can understand. His peace will guard your hearts and minds as you live in Christ Jesus.”

#### **For parents and teens together:**

- Pray persistently with thanksgiving. Bring everything to God—honestly and specifically. List blessings daily (even in hard seasons) to shift focus from problems to God’s faithfulness. Peace often comes in the storm, not after it ends.
- Cast your cares on Him. As parents, release control: “Cast all your anxiety on him because he cares for you” (1 Peter 5:7). Your teen belongs to God. Model this by admitting worry and praying aloud.
- Guard hearts and minds. Dwell on what is true, noble, pure (Philippians 4:8). Limit anxiety-fueling inputs (social media, news). Replace fear-talk with faith-talk.
- Support each other. Listen without fixing immediately. Share burdens (Galatians 6:2). If anxiety is severe, seek godly counsel alongside prayer.



## 6. Navigate the Complexities

### Be In The World, Not Of It

The world pulls hard—social media, culture, peer pressure. Equip your family to engage redemptively.

- Renew the mind daily (Romans 12:2). Teach them to test everything against Scripture. Discuss culture together: movies, trends, news—ask, “How does this align with God’s truth?”
- Involve them in ministry and service. Helping others shifts focus outward and shows God’s heart for the world.
- Set protective boundaries while building discernment. Monitor tech and friendships, but explain how to be salt and light (Matthew 5:13-16). Model wise cultural engagement without fear.
- Stay rooted in the local church. It’s a lifeline (Hebrews 10:25). Discuss sermons as a family and use the study guides to help prompt conversations.



## Final Encouragement

Parenting teens is sanctifying work—God uses it to grow you too. You won't do it perfectly, but faithfulness matters. Trust the Holy Spirit to work in your teen's heart. Persevere in prayer, grace, and truth. Your investment will bear eternal fruit.

If anxiety or conflict feels overwhelming, reach out to your pastor, a biblical counselor, or trusted Christian resources.

Parent, you are not alone—God is with you (Joshua 1:9), and you can have a church family, like Freedom, that helps you not only be the best you, but help do the same with your family, too.

We're praying your home becomes a place where your teen grows closer to Jesus through your love and example.

# We Want To Help.

While parenting is tough, it is so rewarding! But if you're going to do it effectively, it takes a relationship with Jesus and it takes a godly church family to help you through the ups and downs.

If you and your teen are struggling right now to communicate effectively, if there seems to be a gap between you two, or if you and your teen are struggling individually, we have a variety of opportunities to get help at Freedom.

We highly encourage your teen to attend youth on Sunday nights at 5 PM. This is a special time specifically for teenagers 6th through 12th grade to connect with each other, have fun, worship Jesus, and develop a relationship with God through small groups and messages.

Our youth ministry is led by Pastor Edgar Vazquez, and an incredible team of background-checked adults who are dedicated to seeing teens be discipled and grow in their relationship with Jesus.

We also offer an opportunity for adults at the same time on Sunday nights at 5 PM called Alpha, which will help you deepen your relationship with Jesus. We also offer meetups for men and women each Wednesday. Women's meets on the 1<sup>st</sup> and 3<sup>rd</sup> Wednesday at 6:30 pm, and Men's meets on the 2<sup>nd</sup> and 4<sup>th</sup> Wednesday at 6:30 pm.

Freedom Church meets for worship every Sunday at 8:00, 9:30, and 11:00 AM at 422 Highway 90 in Liberty Texas.

We'd love to help, and we'd love to see you here!



# **FREEDOM CHURCH**

**422 Hwy 90 Liberty, Tx 77575**

**[yourfreedom.church](http://yourfreedom.church)**

**(936) 334-5600**

**Sundays at  
8:00, 9:30, & 11:00 am**