



Develop the person, empower the leader  
[www.shanitabrownempowers.com](http://www.shanitabrownempowers.com)

## Four practical ways to develop the spiritual growth of your teen during this pandemic.

**Scripture:** Proverbs 22:6 KJV: Train up a child in the way he should go: and when he is old, he will not depart from it.

1. **Active listening**—Listening is one of the most important skills you can have. How well you listen has a significant impact on your effectiveness and on the quality of your relationships with others. Scripture says: James 1:19 and Luke 6:45

### Helpful Tips

- Neutral and nonjudgmental
  - Patient
  - Verbal and nonverbal feedback to show signs of listening (e.g., smiling, eye contact, leaning in, mirroring)
  - Asking questions
  - Reflecting back what is said
  - Asking for clarification
  - Summarizing
  - Body language.
2. **Prayer**—It is the God-given communication link between heaven and earth. Prayer is an act of worship that glorifies God and reinforces our need for Him. Through living a life of prayer, we respond to Christ's work of salvation and communicate with the very source of and purpose for our existence.

### Helpful Tips

#### Frequency: Hearing God's Voice. Pastor Robert Morris

1. **Set an appointment:** Set a time when you are at your best, both mentally and physically. Think of this as a date with a friend. Exodus 19:10-11
2. **Be still and worship:** Worship is God-Centered and focus. Teach your teen how to be still and think about the goodness of God. Psalms 46:10.
3. **Pray and read:** Pray about whatever is on your heart. Mark 1:35.



4. **Listen and write:** Write what you hear. Write your prayers. Write what you think God is saying. Habakkuk 2:1-2
3. **Devotion**—"The gospel brings man to God; devotions keep him close to God." Devotion is about your heart. James 4:8

### Helpful Tips

- Get personal with them: Model for them how a personal relationship looks?
  - Take your child out for coffee or ice cream as a forum for discussing spiritual matters.
  - Purchase matching Bible devotionals or study books (one for each of you) and meet once a week for discussion and questions.
  - Send your child an e-mail or text message about a passage in the Bible you've been reading and what it means to you.
4. **Live out principles--** A common theme throughout scripture is that each generation is responsible for teaching their children faith in every aspect. Deuteronomy 6: 6-7

### Helpful Tips

1. **Clarify values and live them out-** Don't expect your teens to live something you're not. Teens don't always do what they are told, but they do what they see. Challenge yourself to grow with your teen. Challenge yourself to be self-aware. A growing child needs a growing parent
2. **Set the example-** Be the change you want to see. Don't expect more you're your teen than what you expect from yourself. Give room for mistakes, extend grace. Treat your teen the way you want to be treated by others.

### Parents, challenge yourself by growing!

**G. Goal-** What goal(s) will you set for yourself to aid in the spiritual development of your teen(s)?

**R. Reality-** What is your current reality as it relates to your goal(s)? Be realistic. Don't set yourself up for failure.

**O. Obstacles/ Options-** What Obstacles are in the way? What are your options?

**W. Will-** On a scale of 1-10, how committed are you to achieving your goal(s)?