



Parents PODCAST



MAIN IDEAS

- There is power in intergenerational relationships. One question you can ask your teenagers is: Who are you going to stay in touch with when you struggle?
- Making friends is more often than not, trial and error. When your kids are going through transitions, ask them what they are looking for in a friend.
- The emerging generation is struggling with mental health, but this generation is also incredibly adaptive, creative, and diverse. Encourage your kids to use these strengths to ideate how they'll engage with the marginalized.
- There are so many influences and inputs that try to tell us who we are—the expectations of others and fear that we don't measure up. But the truth is that Jesus makes us enough.



THREE TIPS

- 1. Who am I?**
There are so many voices that try to tell our teens who they are, but they mostly fall in two major categories: expectations of others and self-imposed pressures to be enough. We want to help our kids discover the truth about their identity, which is that Jesus makes us enough.
- 2. Where do I belong?**
This question is really the tip of the spear when it comes to these other big questions. Our sense of community helps shape our identity and what we believe we are here to do. We need a people and a place to belong to.
- 3. What difference can I make?**
Our students want to serve, but they often lack the theological motivation to do so. We all have an inescapable desire to live lives that matter. Helping our teens connect this desire to the truth that they have a part to play in God's unfolding story speaks to their purpose.



DISCUSSION QUESTIONS

- How do you answer questions about your identity for yourself? How do you want your kids to answer those questions?
- What relationships has God called you to pursue in this season? Who are the people you call when you are struggling?
- When did you start asking questions about your calling and purpose growing up? Where did you look for answers?



ACTION STEPS & RESOURCES

- 1. Don't do this alone.** We are meant to be in community. Start or join a LifeGroup today, because we need each other! Check out existing LifeGroups at go2.lc/lifegroups.
- 2. Invite a few friends to go through the Bible Plan, Showing Empathy on YouVersion.** The first step to helping our kids process these questions is fully empathizing with why they are asking.
- 3. Pick up a copy of Kara's book, Three Big Questions that Change Every Teenager, today!**
- 4. LC Parents is on Spotify!** If this month's episode was helpful to you, share it with friends today!