



## PARENT CUE



HIGH SCHOOL



### WEEK 1

#### HEBREWS 11:20

God uses Jacob and Esau's fractured family.

### WEEK 2

#### COLOSSIANS 3:8-15

Paul says we can put on a new mindset in family fights.

### WEEK 3

#### GENESIS 33:1-17

Jacob and Esau forgive because family is forever.

## TALK ABOUT THIS

**WEEK 1:** It's easy for teenagers to think their family is the worst or hardest family to be a part of. You might find yourself, too, focusing on the negative. Do yourselves a favor and set aside time one night this week to write down all the things that make your family great, unique, and fun—despite your fractured state.

**WEEK 2:** Paul tells us that we can "put on" a new mindset when we have family fights or disagreements. Help your teenager (and your household) navigate conflict by coming up with two or three "Family Rules" when it comes to arguing.

**WEEK 3:** This week we see Jacob and Esau reconcile—because family is forever. Lead the forgiveness charge by sharing a story with your teenager about a time you had to forgive someone in your family that you didn't want to. Ask them if they have anyone in the family they need to forgive . . . it may even be you!

## REMEMBER THIS

*Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. Colossians 3:12 NIV*



## PARENT CUE



HIGH SCHOOL

## DO THIS



### MORNING TIME

One morning this week, stick a note on your teenager's car or in their book bag that says, "I love you, and will always love you—no matter what!"



### MEAL TIME

This week during dinner, ask your teenager if they're facing anything challenging at school right now. Try sharing a personal story something that happened when you were in high school or something that happened at work this week—that encourages your kid in the area they're feeling challenged.



### THEIR TIME

In this phase it might be challenging for your teenager to verbalize exactly why they slammed their door or stormed off. The next time their temper gets the better of them, give them space. Wait about half an hour, grab their favorite snack or coffee drink, then send them a text inviting them to talk when they're ready.



### BED TIME

In this phase, self-doubt and guilt about past mistakes are common. Encourage your teenager one night this week with a quick text that reads something like, "No matter what you've done, where you've been, or where you're going, God can and will use you!"

Download the free [Parent Cue App](#)

AVAILABLE FOR IOS AND ANDROID DEVICES