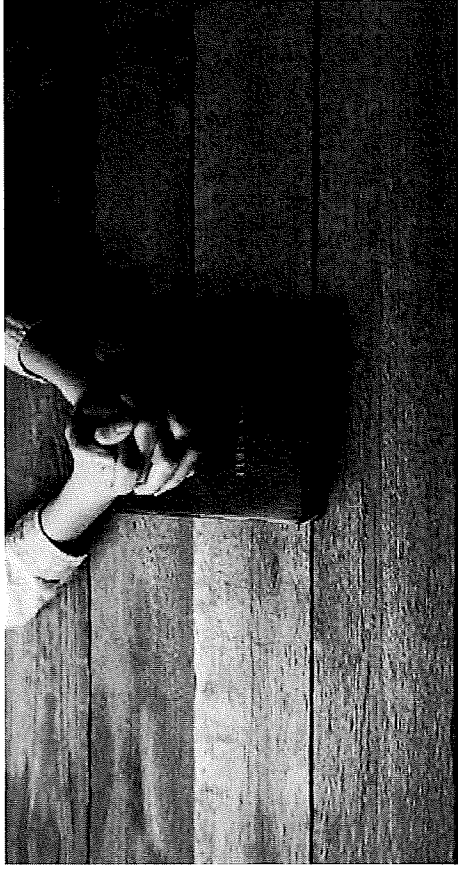


Specific Prayer Requests:

Praying for Your Teen



Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.

Philippians 4:6-7 (NIV2011)

Praying for Your Teen

Establishing boundaries is a mark of maturity. Remember that your goal is to foster maturity in your child. In a world filled with immature excess and self-indulgence, it is difficult to help our teenagers be different than society. Avoiding overconsumption, controlling self-expression, monitoring mental and spiritual intake, and maintaining limits in dating are key areas needing boundaries in teenagers' lives.

Praying for God to guide your teen in these areas is essential. Swimming against culture's tide is hard for any teenager. Use the following guide, employing the Scripture listed, as a way to pray for God's will for your teen in these areas. Ask God to give you strength as you witness your teenager go through successes and difficulties as he/she matures.

Avoiding Overconsumption

- To exercise self-control (1 Corinthians 9:24-27)
- To strive to be like Christ (2 Peter 1:3-9)
- To walk by the Spirit instead of walking as the world does (Galatians 5:16-26)
- To store up eternal treasures instead of earthly ones (Matthew 6:19-21)

Controlling Self-Expression

- To speak with a controlled tongue (James 3:1-12)
- To speak from a loving heart (Luke 6:43-45)
- To love God and love others (Mark 12:29-31)
- To express kindness to everyone (Matthew 25:34-40)
- To mature and speak the truth in love (Proverbs 4:24; Ephesians 4:14-15)

Monitoring Mental-Spiritual Intake

- To watch out for lustful thoughts (Proverbs 6:25)
- To be filled with the Spirit instead of other things (Ephesians 5:15-21)
- To not look at another person lustfully (Job 31:1)
- To guard his/her heart (Proverbs 4:23)

Maintaining Limits in Dating Relationships

- To only date other believers (2 Corinthians 6:15)
- To remain sexually pure before marriage (1 Thessalonians 4:3-5)
- To stay pure in thoughts of one another (Matthew 5:29)
- To imitate God in these relationships (Ephesians 5:1-5)
- To love one another purely as believers, as Jesus commands (John 13:35-35)

There is a myth that teenagers cannot practice self-control, that the teenage and young adult years are the time for "sewing wild oats." Writing to the young preacher, Timothy,

Paul stated:

But have nothing to do with irreverent and silly myths. Rather, train yourself in godliness, for the training of the body has a limited benefit, but godliness is beneficial in every way, since it holds promise for the present life and also for the life to come. This saying is trustworthy and deserves full acceptance. In fact, we labor and strive for this, because we have put our hope in the living God, who is the Savior of everyone, especially of those who believe (1 Tim 4:7-10).

Mom and Dad, have faith, pray, and keep the lines of communication open between your teenager and you. You can help him establish boundaries as he/she trains in godliness! You can help him/her learn to serve the living God! Gain strength from the Lord as you depend on Him!