



WEEK ONE

MARK 12:30

Your relationship with God grows when you're in a rhythm with Him.

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WEEK TWO

HEBREWS 9:14-15

Worship is about the connection, not your perfection.

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WEEK THREE

EXODUS 20:8-11

You can worship God with your rest.

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WEEK FOUR

2 CORINTHIANS 10:5

You can worship God with your mind.

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WEEK FIVE

1 PETER 4:10-11

You can worship God with your talent.



REMEMBER THIS:

“Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.”

MARK 12:30 NIV



THINK ABOUT THIS:

There's a rhythm to just about everything in a teenager's life—school, practice, rehearsal, and even family time. Over time though, in this phase, these rhythms can start to feel mundane, boring, or even unproductive. The same is true when it comes to their relationship with God. That's why in this series we're talking about not giving up on a relationship with God even if we aren't “feeling it” yet, and ways we can start or restart our rhythm with Him.

 DO THIS:



MORNING TIME

One morning this week, ask your student what's been on their mind recently. Are there things they're stressed about or excited for? Then, shoot them a text mid-morning letting them know you prayed for them or are thinking about them!



MEAL TIME

We all have things in our lives that can cause us to keep our distance from God. Sometimes it's our own imperfections that keep us away because we think God will reject us. During a meal this week, share about a time you felt like God didn't like you or wouldn't accept you (and if your teen seems open, ask if they've ever felt that way). Share that you learned God cares more about connecting with us than getting perfection from us.



THEIR TIME

Identify a time in your student's day when you anticipate they might need a break (from homework, practice, or something else) and surprise them with their favorite snack or favorite drink to refuel. Mention the importance of taking breaks and refueling.



BED TIME

Look for an opportunity this week to check in with your student as they're getting ready for bed. Encourage them by praising one of the gifts, passions, or skills you see in them. Let them know how exciting it is for you to see how the gifts they have positively impact those around them.