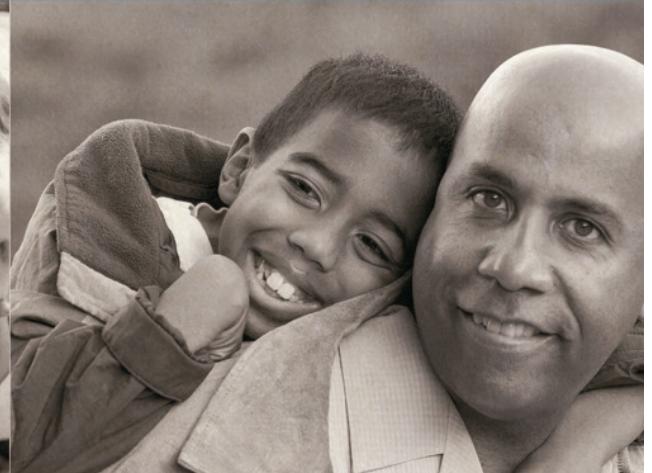
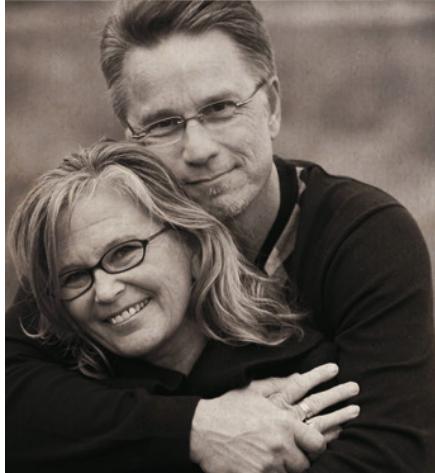


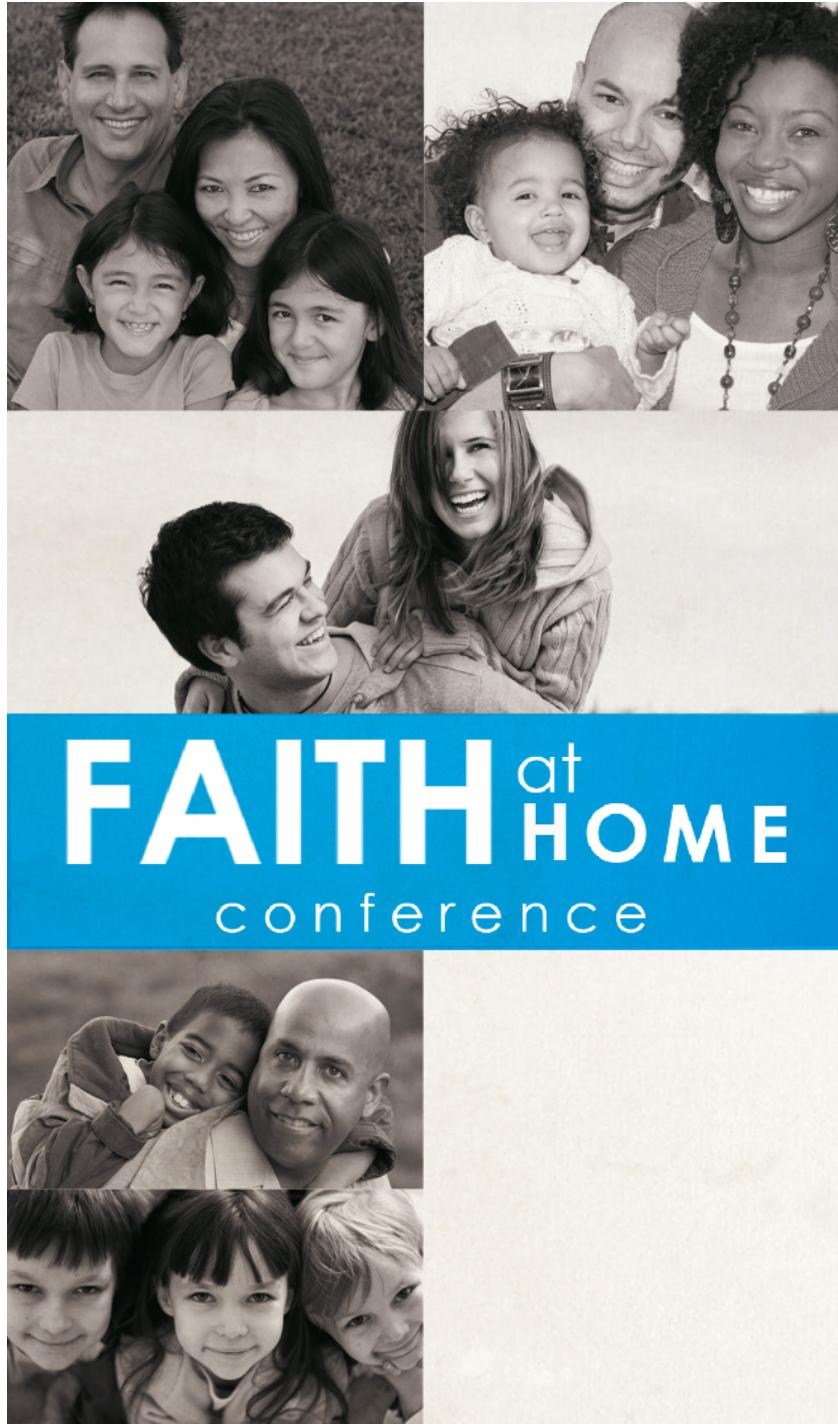
# FAITH at HOME

conference

February  
18th - 19th  
2017

RiverchaseChurch.org





## Saturday Schedule

- **1pm** – Developing Healthy Relationships w/ Your Teen & Preteen
- **2pm** – How to Strengthen Your Family
- **3pm** – Keys to Raising Faithful Children
- **4pm** – Parents' Panel Discussion
- **5pm** – Family Pizza Dinner & Game Night



# Developing Healthy Relationships with Your Teens & Preteens

*By Ryan N. Fraser, Ph.D.*



**Healthy Family relationships  
are important to God.**

# Ephesians 6:1-4 (ESV)

**1** Children, obey your parents in the Lord, for this is right. **2** “Honor your father and mother” (this is the first commandment with a promise), **3** “that it may go well with you and that you may live long in the land.” **4** Fathers, do not provoke your children to anger, but bring them up in the discipline and instruction of the Lord.

# Colossians 3:20-21 (ESV)

**20** Children, obey your parents in everything, for this pleases the Lord.

**21** Fathers, do not provoke your children, lest they become discouraged.



**Parenting is challenging under the best of circumstances. But parenting teens and preteens is an adventure all of its own!**

# Luke 2:41-52 (ESV)

## The Boy Jesus in the Temple

**41** Now his parents went to Jerusalem every year at the Feast of the Passover.

**42** And when he was twelve years old, they went up according to custom.

**43** And when the feast was ended, as they were returning, the boy Jesus stayed behind in Jerusalem. His parents did not know it,

**44** but supposing him to be in the group they went a day's journey, but then they began to search for him among their relatives and acquaintances, **45** and when they did not find him, they returned to Jerusalem, searching for him. **46** After three days they found him in the temple, sitting among the teachers, listening to them and asking them questions.

**47** And all who heard him were amazed at his understanding and his answers.

**48** And when his parents saw him, they were astonished. And his mother said to him, “Son, why have you treated us so? Behold, your father and I have been searching for you in great distress.”

**49** And he said to them, “Why were you looking for me? Did you not know that I must be in my Father's house?”

**50** And they did not understand the saying that he spoke to them. **51** And he went down with them and came to Nazareth and was submissive to them. And his mother treasured up all these things in her heart.

**52** And Jesus increased in wisdom and in stature and in favor with God and man.

# **Jesus was once a pre-teen.**



# The Parent—Teen/Preteen Relationship

# **As young people mature, they experience:**

- An increased need for autonomy
- A desire for more privacy
- A greater investment in their peers
- A need to try on different identities
- Huge physiological changes



## Parent/Child “Tug of War”

# Rules of Thumb

- Focus on the donut, not the hole!



# Rules of Thumb

- Be a thermostat, not a thermometer!



# Rules of Thumb

- What's most important is often not what you do, but what you do afterwards!



# Problems with Parents and Teen Relationships

- Independence and Control
- Expectations
- Experimenting
- Inner Struggle
- Family Conflict



# What Parents Mean to Preteens & Teens

# Tips for Building Positive Family Relationships

- Regular family meals
- Fun family outings
- One-on-one time
- Celebrate your child's accomplishments
- Family traditions

# More Tips

- Agreed household responsibilities
- Limits and consequences
- Have family meetings
- Share challenging experiences
- Look for opportunities for discussion
- Listen more and answer less

# Even More Tips

- Develop a sense of humor
- Play together
- Establish boundaries
- Selflessly confront their mistakes
- Act on your faith and your beliefs

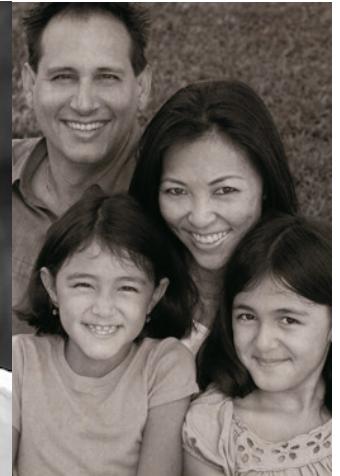
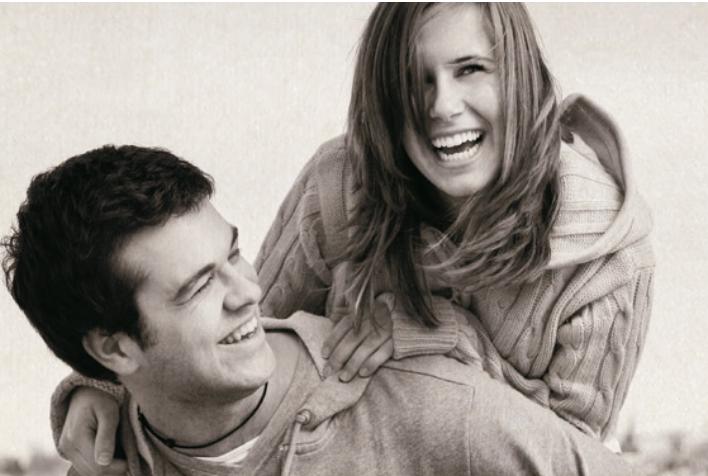
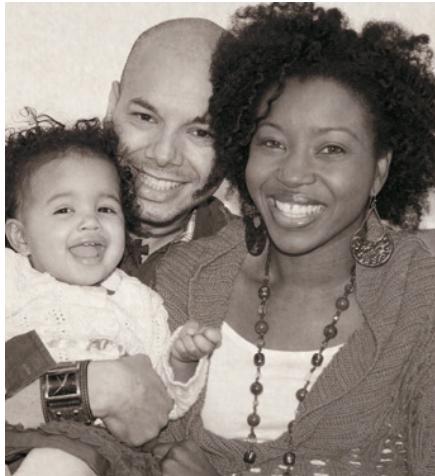
## Deut. 6:4-9 (ESV)

**4** “Hear, O Israel: The LORD our God, the LORD is one. **5** You shall love the LORD your God with all your heart and with all your soul and with all your might. **6** And these words that I command you today shall be on your heart.

**7** You shall teach them diligently to your children, and shall talk of them when you sit in your house, and when you walk by the way, and when you lie down, and when you rise. **8** You shall bind them as a sign on your hand, and they shall be as frontlets between your eyes. **9** You shall write them on the doorposts of your house and on your gates.



**Remember that your kids  
belong to God first and you  
second!**



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