

As you are involved in helping your teens to grow in faith & love in Jesus, remember where they are at, so you can reach them better

Teen Spirituality is:

- 1. Personal-** They are ready to embrace a more personal relationship with Christ.
- 2. Transitional-** They are trying to navigate the mucky waters in between being their parents' children & the adults they long to be
- 3. Relational-** Relationships with family, friends, and teachers are important. They can be encouraged and challenged to examine those relationships in light of a personal relationship with Christ.
- 4. Choice-** They are inspired by the freedom to choose, want to make their own decisions, and like to have many different options.
- 5. Multifaceted-** They hope to discover how their faith can touch and be reflected in all aspects of their lives.
- 6. Future-focused-** They have a spirituality that is focused on future living. As they look toward the future, they can be encouraged to consider how their current choices are related to Christ's call on their lives. Their spirituality is also affected by their physical and mental development. As brains develop and bodies change, capacity to think undergoes a dramatic shift, and a student's world broadens to facilitate cognitive and metaphoric thinking. Stretch even your youngest students to think more abstractly.