

# Part Two: Parenting Teens to Become Responsible Adults

## Chapter 4: Energizing Your Teen's Spiritual Life

The spiritual life of most teenagers is much more like a roller coaster than a calm and gentle ride. As teens move from dependence toward independence, they naturally begin to explore and even question their spiritual belief system. I have talked to hundreds of teens who seem fully committed to God one day and doubt His existence the next. At camps or retreats they decide to become missionaries overseas, and a day later they are found smoking in the wilderness or making out with someone they just met.

**NOTE:** If you're reading the optional companion book *Understanding Your Teen*, please read chapter 4 before you watch this video. If you are interested in purchasing the book, [please follow this link](#).

*Everyone processes information in different ways. Below you'll find several questions to help spark discussion as a couple or a small group. Pick the ones that you want to talk about and get the conversation started.*

### QUESTIONS FROM THE VIDEO

- What types of Rites of Passage do you see as key to celebrating milestones in your teen's life?
- How might you incorporate some of the practical suggestions of energizing your teens and family's spiritual life discussed in the video?

### QUESTIONS FROM CHAPTER 4

- What was your spiritual journey like when you were a teenager? How might your spiritual journey during adolescence inform your understanding of what your teenager is going through?
- What kind of influence did your parents have—for better or for worse—on the development of your faith when you were a teenager?
- Teens say that moms influence their faith more than dads. Why do you think this is so? How might dads increase their influence?
- Does a teenage time of questioning and doubt make you uncomfortable? Why or why not?
- What aspects of your faith would you like to pass along to your teenager? How would you like your teenager's faith to differ from your own?