



WEEK 1

1 THESSALONIANS 5:15

The more you hold on to a grudge, the more it holds on to you.

WEEK 2

MATTHEW 18:23-35, COLOSSIANS 3:13

Forgiven people forgive.

WEEK 3

MATTHEW 18:21-22

Healing takes time.

TALK ABOUT THIS

WEEK 1: This week, share with your teen someone you've held a grudge against but have now forgiven. Give enough details to help them understand the situation, but not so many that they take the grudge on themselves. Then share what made you forgive that person and let it go. Finally, ask your teen if they have anyone they're currently holding something against. Don't pry for too many details. Just listen.

WEEK 2: Ask your teen about the last time you made a mistake with them. Apologize to them and ask for forgiveness. If you've already apologized, ask them if they've forgiven you or let it go. Tell them that your age and authority doesn't keep you from making mistakes. Remind them that we all make mistakes, which is why we all need to be quick to forgive when people of all ages in our lives make mistakes.

WEEK 3: Has your child ever suffered an injury that needed physical rehabilitation? If not, use an example of someone, maybe an athlete you both know, who has. Ask them about that healing process and the work that had to be done to get fully healthy again physically. Remind your student that, in the same way, internal healing takes time, and that it's essential to keep taking steps toward healing.

REMEMBER THIS

"Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."

Colossians 3:13 NIV



PARENT
CUE



HIGH SCHOOL

DO THIS



MORNING TIME

Ask your student about their favorite moment or event this past semester. Then share one of your favorite memories from last semester, too. Talk to them about what they have planned the next semester in school. Encourage them in any goals they have, and refrain from offering specific advice to reach goals or solve potential problems unless they ask directly. This is a great time to just listen.



MEAL TIME

Sometime this week, find an opportunity to prepare a meal with your teenager. Focus your conversation around their interests and affirm whatever has their attention. Ask them how their sports, hobbies, or a specific friend is doing. Turn the meal prep process into a low-pressure opportunity to hear what's happening in your teen's life.



THEIR TIME

Does your student have a friend you haven't met yet? Talk to your teen and suggest a day and time their friend could come over. Or, suggest a day and time you'd be willing to take them somewhere fun. If they want you to take them somewhere, be willing to capitalize on the drive time and not necessarily go into the venue.



BED TIME

Virtually every week our students face new issues, concerns, or challenges. Leave a note on your student's bed about something you know they're facing this week. Remind them of a skill or personality trait that God has given them that might help them solve or push through that situation or challenge. Let them know that you believe in them and are rooting for them.

Download the free **Parent Cue App**

AVAILABLE FOR IOS AND ANDROID DEVICES