



< #teenfeed



A parent newsletter designed to help you better understand and relate to today's youth culture and your church's teenagers—including your own.



Culture Watch

One role that parents are to fill with their children is that of a shepherd. Good shepherds provide for the needs of their sheep. They guide the sheep to good nourishment. They lead the sheep to places where the water is calm, knowing they will not drink at turbulent sites. Shepherds protect the sheep from danger and predators. They know and love their sheep, understanding them and their needs. Shepherds search for and rescue sheep that have wandered off, and they comfort the sheep when they are troubled and disturbed.

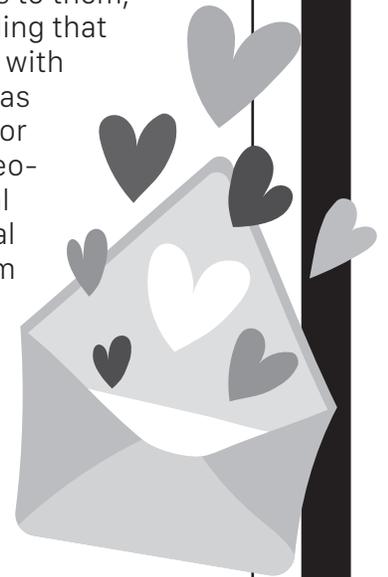
Our teens need us to shepherd them well in these days. They face all kinds of dangerous influences from various sources. They need encouragement, guidance, and protection as they navigate the world we live in. They have physical and emotional needs that their parents can supply. Let's shepherd our teens well.

See the Flip Side on this newsletter for a few tips. >

#HumbleBrag

Teens doing awesome things!

After Jacob Cramer's grandfather died in 2013, he decided to continue stopping by the nursing home, calling out bingo numbers, visiting with lonely people, and getting to know the residents. He recruited his friends to write letters to them, understanding that connecting with someone was important for the older people's mental and physical health. From that grew a non-profit corporation, with more than 50 thousand volunteers in 90 countries participating. Not only do they send letters and video messages, but they also write the stories of the elders they visit. Learn more at loveforourelers.org.





> The Flip Side

would try to tear them down and get them off track.

Know them well. Know their particular needs and bents. Understand their strengths and weaknesses. Foster open communication and spend the time necessary to know them well.

Following are some suggestions for how we can spiritually shepherd our teens.

Provide spiritual nourishment. Help them interact with God’s Word. Have family devotions. Discuss how God’s Word applies to what we encounter in everyday life. Have them in church. Supply devotional magazines and other devotional sources. Encourage them to listen to Christian music, etc.

Equip them to walk with God and serve Him. Teach them how to study the Bible, pray, and have devotions. Help them discover their unique spiritual gifts and abilities and how they can use them for God’s glory.

Provide protection. Discuss with them various dangers that would harm them spiritually. Alert them to false teachers and false teaching. Help them understand spiritual warfare and ways Satan

Set a good example. Show them what it looks like to walk in God’s ways, putting His Word into practice.

In some ways our teens are like sheep. Let’s put these suggestions into action and shepherd them well.

on the calendar

SEPTEMBER

- National Suicide Prevention Month
- Better Breakfast Month
- Intergeneration Month
- National Chicken Month

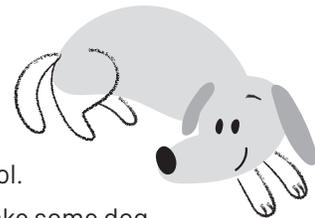
OCTOBER

- Adopt a Shelter Dog Month
- Down Syndrome Awareness Month
- Bullying Prevention Month
- National Dessert Month
- National Pretzel Month

NOVEMBER

- Peanut Butter Lovers Month
- Banana Pudding Lovers Month
- Novel Writing Month
- Pepper Month

Brainstorm some easy and healthy options for grab-and-go breakfasts for your teens. A make-ahead yogurt parfait, omelet breakfast bites, peanut butter and cheerio bars, or some new bagel toppings will help give your teens an early-morning head start and improve their concentration at school.



Even if you can’t *adopt* a shelter dog in October, you and your teens could take some dog food and old blankets to your local shelter.

Double up in November and *combine* Peanut Butter Lovers Month with Banana Pudding Lovers Month by substituting Nutter Butter bite-sized cookies for the vanilla wafers in your banana pudding. Delicious!

The articles in *Forward* and *Velocity* magazines provide great discussion starters for you and your teen. Also, devotions for teens cover the same topics as the adult devotions in *Fusion Family* and *Fusion Next*, creating opportunities for family Bible study. Read them, discuss them, and use them as a tool for discipleship in the home.