



Dear Parents of Teenagers,

It's time again for our online parenting class. I hope you are enjoying the bite-sized parenting encouragement.

You might be wondering if you can invite other parents to join our online parenting class and the answer is "YES"! You can just reply [to this email](#) with their email address and we will get them enrolled in the class.

**This month we are talking about how to RESPOND to your teenager instead of REACTING to your teenager.**

If you missed last week's online class, [you can go here to find it online](#). To view the lesson/letter for that session, please go to the Resources sections under our Parent Ministry tab and choose [What is the Difference Between Reacting and Responding?](#)

Did you do your homework from last week? Have you looked up Proverbs 15:1?

This great truth is the first thought that you can bring to your minds and hearts when your teenager opens the door of frustration in your relationship.

But for this lesson I am going to suggest to you three quick thoughts that you can go through like a checklist in your head to keep you from losing your temper:

- 1) Pray this short prayer first: "God give me grace in the moment"**. It is impossible to maintain control of your emotion apart from the grace of God, so be willing to ask for it.
- 2) Ask yourself, "What can I teach them right now?"** This thought will keep you focused on the greater parenting task which is teaching them the beliefs and life skills they need to become an adult.
- 3) Consider the context.** What physical changes could be causing this behavior? What relational pressures or circumstances might be fueling your teenager's emotional response?

Here is a **6 minute and 29 second video** from a recent Parent Seminar that talks more about understanding the Physical Changes that are going on inside of your teenager. Understanding these changes can give you the context you need to RESPOND instead of REACT to their wild mood swings. Follow this link to watch the video: <http://vimeo.com/parentministry/review/48888063/ff98940e88>

Thanks again for being a part of this online parenting class.



My goal is to encourage you, and open the lines of communication between our church and your home. With that in mind, feel free to email me any questions or prayer requests you may have.

Have a great day,

[Glenn](#)