

## Unbreakable Bond Teen Style

1. Breathe - it's going to be okay
2. Plan - if your kids are younger, know that this is coming and know it's not about you
3. Reactions - keep at a minimal - last thing you need are major confrontations  
lines of communications
4. Shore up or repair - even good relationships take work



\*\*Relationships Important – forging lines of communication

\*\*Study the Scriptures – what verses speak to you?

## 5 Keys

1. Take time to talk each day *at least* - 5-minutes, unplugged – face-to-face, one on one.
2. Make little fixes along the way don't wait for the major damn to burst, nip things in the bud - work hard at being consistent - have rules and keep them
3. Prayer life – encourage your teens in this way – if they are not connected in some way to the Lord there needs to be a focus in this way – relationship first is important!
4. Grounded – what are the kids doing for others? Ministry starts in your family – nourish and encourage this. If your family does not get along, you need to work on this first.
5. Meals – Study the Bible and look at all the places it talks about food – and sharing meals – “breaking bread” ... what does this mean to you? Research this and learn how important family meals are as times to talk and really share.

Create those memories! Teen years are to be cherished!