

# Understanding My Parents

# Why Do I Need Parents?

- “As with all the other changes in adolescents, brain growth is a consequence of hormones, maturity and experience, which together cause uneven and rapid growth. The limbic system (emotional impulses, fear) matures before the prefrontal cortex (planning ahead, emotional regulation)... In brief, while adolescents are capable of rational thinking, they have not developed to the point that they ‘think twice’ before engaging their impulses.” *(Kathleen Stassen Berger, The Developing Person Through Childhood and Adolescence, p. 375)*

# Why Do I Need Parents?

- You need parents in your childhood and adolescence as much as you did in your infancy and toddler years, just for different reasons.
  - “When parental monitoring is part of a warm, supportive relationship, the child is likely to become a confident, well-educated adult, avoiding drug use and risky sex.” (*Ibid. p. 421*)
- In social, physical, mental, emotional, and especially spiritual development; you are in a constant, and often confusing, state of growth and change.

# Why Do I Need Parents?

- “A survey of U.S. teenagers’ religious ideas found that most 13-17 year olds consider themselves religious and thought that practicing their particular faith would help them avoid hell.”
  - However, their beliefs are not attended by the rational outcome of modified behavior...
  - They seldom share their faith with others...
  - They frequently challenge the tenets of their faith  
*(Ibid. p. 396)*

# Why Do I Need Parents?

- God's answer to your need for guidance in your highly impressionable developing years is to give you parents
  - Ecc. 12:1 - "Remember now your Creator in the days of your youth, Before the difficult days come, And the years draw near when you say, I have no pleasure in them"
  - Psalm 71:17 - "O God, You have taught me from my youth; And to this day I declare Your wondrous works."

# What You Need To Learn

- Learn what it means to be principled
  - Being principled means that you decide to do the right thing just because it is right.
  - It means not being influenced to do the wrong thing based on emotional impulse
    - Heb. 11:24-25 - “By faith Moses, when he became of age, refused to be called the son of Pharaoh's daughter, 25 choosing rather to suffer affliction with the people of God than to enjoy the passing pleasures of sin”

# What You Need To Learn

- Learn what it means to be principled
  - It means not being influenced to do the wrong thing because of friends
    - 1Cor. 15:33 - “Do not be deceived: Evil company corrupts good habits.”
  - It means not being influenced to do the wrong thing because of environment
    - James 5:10-11 - “My brethren, take the prophets, who spoke in the name of the Lord, as an example of suffering and patience. 11 Indeed we count them blessed who endure. You have heard of the perseverance of Job and seen the end intended by the Lord--that the Lord is very compassionate and merciful.”

# What You Learn From Parents And Grandparents

- That they know where you've been
  - Learning from their experience is God's design for you
  - Col. 3:20 - "Children, obey your parents in all things, for this is well pleasing to the Lord."
  - Why? Because it makes Him happy to see you obeying for its own sake?
  - Nonsense! It makes Him happy to see you learning the things that will make you happy and successful as an adult

# What You Learn From Parents And Grandparents

- That they know the consequences of poor choices.
  - Prov. 3:1-4 - “My son, do not forget my law, But let your heart keep my commands; 2 For length of days and long life And peace they will add to you. 3 Let not mercy and truth forsake you; Bind them around your neck, Write them on the tablet of your heart, 4 And so find favor and high esteem In the sight of God and man.”

# What You Learn From Parents And Grandparents

- That they have wisdom that comes from experience and observation.
  - Prov. 6:20-24 - “My son, keep your father's command, And do not forsake the law of your mother. 21 Bind them continually upon your heart; Tie them around your neck. 22 When you roam, they will lead you; When you sleep, they will keep you; And when you awake, they will speak with you. 23 For the commandment is a lamp, And the law a light; Reproofs of instruction are the way of life, 24 To keep you from the evil woman, From the flattering tongue of a seductress.”

# What You Learn From Parents And Grandparents

- That you should treasure the moments you have
  - James 4:14 - “whereas you do not know what will happen tomorrow. For what is your life? It is even a vapor that appears for a little time and then vanishes away.”
  - Phil. 4:11 - “Not that I speak in regard to need, for I have learned in whatever state I am, to be content”
  - Matt. 6:34 - “Therefore do not worry about tomorrow, for tomorrow will worry about its own things. Sufficient for the day is its own trouble.”

# What You Learn From Parents And Grandparents

- That you should make the most of your opportunities.
- God gave you parents to protect you from sorrow and prepare you for a good life

# What Parents Wish Their Teens Knew About Them

- That they want to trust you
  - Make good decisions
  - Don't push the limits

# What Parents Wish Their Teens Knew About Them

- That they want to say yes and make you happy
  - Cooperate; don't insist on being told the same thing repeatedly
  - Consider their point of view
  - Choose honorable friends and introduce them to your parents

# What Parents Wish Their Teens Knew About Them

- That they want you to respect them when they say no
  - Defer with dignity; don't throw tantrums
  - Make good decisions
  - Talk with them about what is going on in your life