

3 big questions that change every teenager by kara powell and brad griffin

35 Teens these days are – anxious, due to external stressors, which easily become internal pressure

- Adaptive, as they adjust with creativity and agility to the new needs and opportunities they face
- Diverse, in their ethnicity, culture, socioeconomic status, gender identity, values and worldview.

53 Empathy = notice + care

56 We answer the 3 big questions with stories

59 “Tell me more” is the answer to illicit more

77 Discipleship is an everyday ‘Yes’. Its one big ‘yes’ followed by a thousand ‘yeses’.

78 Teenagers may see discipleship as behaviour, belief or relationship – but its more robust than that, it’s a way of life. Becoming who we were created to be. Not just about me, but about us following Jesus together.

79 Discipleship is also a ‘yes’ followed by a ‘no’. Following the way of Jesus means we renounce other paths, allegiances and idols – that the cost of discipleship. Looking for Jesus-centred answers for the 3 big questions and our deep hope in him.

84 “I wonder how God might be at work through this situations”

85 Now – God – How

Now (empathy at point of pain) – God (where is he in it) – How (what might be your next steps)

93 ‘Being yourself’ is difficult because you aren’t the sole source of your identity, it is partially formed by collective influence of family, friends, church, etc. So it can be hard to know ‘which self’ to play at a particular moment.

107 We need to listen and empathize immediately, but like a snowcone if the snow is still swirling people may not be ready to think next steps and just need to work through emotions. Communicate your confidence that their panic will subside making problem solving possible.

111 Ask what ways a young person is trying to juggle multiple scripts and expectations from different audiences?

116 The question about ‘who am I?’ is answered “I am enough because of Jesus”. Others question if they are smart/tough/pretty/sporty/popular/obedient enough – Jesus speaks into this in the only miracle in all 4 gospels – John 6:1-15 the loaves and fishes. Jesus chooses to work through the little given, through flawed disciples and turn their not-enough into enough.

118 Jesus enoughness to take what we have and make it more than enough.

120 We can’t tell kids enough, that God says they are enough.

123 Now qu – If you asked your friends, how would they describe you? Who is? What might others get wrong about you? Have you ever felt you had to act a certain way because of others expectations?

God – How would you say, what God thinks of you, impacts your view of yourself?

124 How – What would you have to do to elevate God’s voice above the voices of others who are defining you?

128 Dealing with basics of mental health

Ask empathetically the young person to rate their anxiety or depression on a scale of 1 to 10.

Breathe – get them to focus on breathing steadily and deeply

Center – reflect on a positive mantra like ‘Emmanuel, God with us’

Develop a team for the young person to surround them for support, family, friends, mentors etc

Empower – them to take small steps forward, “that stinks, and I think you can handle it”

145 Safety is a basic condition of belonging.

157 Belonging is a desire we never lose

166 Jesus is with us, washing our feet

168 HS is with us, John 14:20 and chpt 15 – vine and branches, dependent on him

169 As spiritual family, we are much more than a loose connection of spiritually independent individuals.

165 Christ-centred answer for belonging is WITH. We aren't alone, we have spiritual family in community WITH God and WITH others through Jesus. That community will let them down, which makes it complicated but the answer is still WITH God and others.

170 Where do I fit? I belong WITH God's people.

171 Now – where do you feel most comfortable? Least? Where do you feel like you belong no matter what?

God – How do you know you belong WITH God's people? What does our church do to help you feel like you belong? What could we do differently?

How – What can you do to help others know that they belong no matter what?

172 When kids don't want to go to church

Now – what makes you not want to go to church? What do you wish was different? Who matters to you at church?

God – Heres what church means to me? How has God used someone else at church in your life? I wonder how church could be more meaningful for you?

How – Is there are leader with who you could share your feelings? What would help you feel like you belong?

175 pic below – vs re WITH

176 Hospitality means giving the privileges of insiders to outsiders, offering community to those who haven't earned it.

178 Antidote to boring worship isn't entertainment but meaning.

187 I belong WITH God's people. God is with us. We are known by our love. We are the body of Christ.

204 Optimism gap for young people between the perception of the bleak future of the world and their personal bright future.

215 After virtue book by Alasdair McIntyre says "I cannot answer the question 'what ought I to do' unless I first answer the question 'of which story am I a part?'"

218 The scripture describes 5/6 of God's divine drama. Scene 1) creation, 2) fall, 3) covenant, 4) Jesus and 6) Christ's return and new creation – Scene 5 is from the book of Acts to us, the Holy Spirit working in us.

219 Life is about us improvising the 5th act of God's unfolding drama. When we are serving we are re-enacting God's story.

221 Now - If you were to describe your life as a story what would be the adjectives be, how would you describe yourself as a character.

God – what part does God play in your story, a leading role, the director, an extra? What part would you like him to take?

223 Another way of sharing Gods story is – Good, guilt, grace, God's people, gratitude.

227 The phrase "what your plan"... for cleaning your room? Friendship issues? Unfair teacher etc

227 pics below

230 God put me on earth to so that

231 Justice needs to be an ongoing process, not just an event. Incr impact on teens by focussing on quality of reflection rather than quality of results.

234 We are invited into God's greater story. His story is bigger and better than ours, but he includes us in it.

God is the larger context and plot in which our stories find themselves. We can then move from performance to purpose.

250 In times of tragedy, try Psalms of lament. Esp Ps 13, also 6, 10, 42. Write your own psalm. Music

Conversations about ENOUGH Elsewhere in the Bible

To help you appreciate the full meaning of God making us ENOUGH, we encourage you and young people to explore the following Scripture passages on your own or together. Along with John 6:1–15, these passages can be compelling to meditate on, memorize, send by text, or compile into a small group or youth ministry teaching series.

- Genesis 1:1–31, especially verses 26–27: We are ENOUGH because we are made in God's image.
- Psalm 139:1–24, especially verse 14: Since we are fearfully and wonderfully made, we are ENOUGH.
- Matthew 5:13–16, especially verses 13–14: As God works through us, we are ENOUGH to be salt and light to our world.

- Mark 1:1–13, especially verse 11: As children of God, God views us as ENOUGH.
- Luke 7:36–50, especially verses 45–47: Even when others condemn us and we feel inadequate, God makes us ENOUGH.
- Romans 8:1–17, especially verse 1: No matter what we've done, God frees us from condemnation and makes us ENOUGH.
- 1 Corinthians 6:12–20, especially verse 19: God is ENOUGH to transform our bodies into temples, and together as the one temple of Christ, we are ENOUGH.
- 2 Corinthians 5:11–21, especially verse 17: Through Christ, we are new creations who are ENOUGH.
- Ephesians 2:1–10, especially verses 8–9: It's God's gift of grace, not our works, that makes us ENOUGH.
- 1 Peter 2:4–10, especially verses 9–10: As people chosen by God, we are ENOUGH.

- Matthew 1:18–25, especially verse 23: At Jesus' entry into the world as an infant, he is proclaimed Immanuel, God WITH us.
- John 1:1–14, especially verse 14: Jesus, the eternal Word, was WITH God in the beginning and took on flesh to be WITH us.
- Acts 2:42–47: The newly formed first church gathered WITH one another daily to pray, share meals, and share with anyone in need.
- Acts 16:6–15, especially verse 15: The church in Philippi is found and led by Lydia, a new gentile believer who wondered if she belonged WITH God's people too.
- Acts 17:22–28, especially verse 26: Paul says in Athens that God made all people from one ancestor, a reminder that we belong WITH one another. (This was one of the most quoted texts during the US civil rights movement of the 1960s.)¹⁴
- Romans 12:3–8; 1 Corinthians 12:12–31; Ephesians 4:1–16: The "body of Christ" passages affirm over and over that we all belong WITH one another and indeed belong *to* one another (Rom. 12:5) in the body of Christ.
- Galatians 3:26–29, especially verse 28: Paul declares that in spite of our differences, we are all one WITH each other in Christ Jesus.
- Revelation 7:9–10: This is a glorious vision of a massive intercultural celebration WITH God's people around the throne of the Lamb at the end of time.

Conversations about STORY Elsewhere in the Bible

To help you appreciate the full meaning of God inviting us into his STORY, we encourage you and young people to explore the following Scripture passages, which are great to meditate on, memorize, send by text, or compile into a small group or youth ministry teaching series.

- Joshua 1:1–18, especially verse 7: As characters in God’s STORY, we can be strong and courageous.
- Isaiah 52:1–12, especially verse 7: We have the beautiful opportunity to invite others to play their part in God’s STORY.

- Jeremiah 1:4–19, especially verse 5: Before our birth, God knew us and the part of his STORY that best fits us.
- Matthew 16:21–28, especially verses 24–25: As we deny ourselves and lose our lives in devotion to God’s STORY, we end up finding life.
- Romans 12:1–2, especially verse 1: As characters in God’s STORY, we worshipfully offer ourselves as holy sacrifices.
- 1 Corinthians 12:12–31, especially verses 27–31: We each are given different gifts that contribute to God’s STORY.

- Ephesians 2:1–10, especially verse 10: We are God's handiwork, created to do good works as part of God's STORY.
- Philippians 2:1–11, especially verses 3–4: As we are invited into God's STORY, we look for opportunities to selflessly serve others.