

Youth Pastor/Parent Resource Guide

Before you begin:

This document is a simple guide to help you facilitate discussion with your teen(s) about the topics addressed in this book. It provides questions to ask at the end of each week that will hopefully help reinforce the concepts learned 😊.

This 40-day devotional is intended to be read for five days during the week with weekends off or for 40 days straight. For the purposes of this guide, I will be using the five day a week model for a total of eight weeks.

Thank you for downloading this! I hope it helps communication between you and your teen and strengthens your relationship! Here we go!

Week 1: Entries 1-5

- One of the first topics discussed is their goals for the future. Ask them what they wrote down and remember, no bubble bursting. Just listen and smile 😊.
- Ask them if there's anything they want to share from the "Before You Date" questions. What are their thoughts? Anything they have questions about?
- Ask them how their friends measured up on the Good Friend Test. Talk to them about why having good friends is important.
- Do they have people in their lives that they consider a mentor? Do they have an actual accountability partner? Reiterate why these two positions are important.
- **Possible Activity: Have each girl write her top two goals on one sheet of butcher paper. Keep it up every week so they are always reminded of their end goal and what's at stake.**

Week 2: Entries 6-10

- How do they feel about the "needs" of teenage guys and girls? Did they think they were accurate?
- Do they believe the three needs are met in their lives? If not, which one (or more) is not met? Is there a way that you could meet it? Is it actually being met and they don't see it?
- How do they feel about the difference between our culture's view of sex and the Biblical view?
- What is their personal belief on being "unequally yoked"? Reiterate why dating a non-Christian will lead to more relationship strife.

Week 3: Entries 11-15

- Ask them if they were already familiar with the statistics and consequences of premarital sex. If not, did any of it surprise them?
- Do they know if any of their peers have been personally affected by the consequences of premarital sex?
- Ask them what protections they set up to fight and avoid temptation in their dating relationships.
- Ask them about sexing. Do they think it's harmless? Do they know of any of their friends that have participated? Have they ever gotten an unsolicited sext message? Ever had a sext shared with them? Reiterate why this behavior is a big deal.

Week 4: Entries 16-20

- Discuss the modesty issue and how the root is a heart issue. It ultimately comes down to reflecting Christ in all we do. What are their thoughts on modesty?
- Had they ever considered the emotional cost of a relationship? Have they ever had a friend emotionally devastated by a relationship?
- Did they set up their physical and emotional boundaries? What are they going to get as a symbol? If they feel like sharing their boundaries, let them.
- How do they feel about Day 20? Had they ever believed any of the lies mentioned at the top? Do they believe that lies actually come from Satan? Be sure to discuss how to circumvent lies with the truth of God's word.
- **Possible Activity: Ask each girl about her celebrity crush. Print off a picture of his face and put it on a paint stick. When all the girls are together, put them in groups of two. Have one girl hold the face that her partner would find hard to turn down. Have her practice telling the guy "No."**

We did this with our youth girls and it was HILARIOUS and effective. If you need more info, just e-mail us at Transfomed4More.com/Contact

Week 5: Entries 21-25

- Did they discover they believed any of the relationship lies mentioned in Days 22 and 23?

- How did they feel about the lies boys tell on Day 24? Have they ever been lied to or told one of these lies by a boy? What about a boy to one of their female friends?
- Have they ever heard about the Cycle of Violence? Ask them to share what they know or have learned.

Week 6: Entries 26-30

- Ask them to see if they read through all the Cycle of Violence posts and watched the videos. Anything new that they learned? If they did not watch the videos, please show them. They are very informative.
- Do they know anyone who has ever been in the Cycle of Violence? Have they themselves ever been in an abusive relationship?
- Did they see any of the Characteristics of an Abuser in themselves?
- Are they or a friend in an abusive relationship?
- Are they drawn to good boys or bad boys? Reiterate how the Hollywood “Bad Boy” is a fantasy.
- Is there anything else they (or you) think they need to find out about a guy before they date him?

Week 7: Entries 31-35

- Are there any characteristics that you/them would add to the “good guy” column?
- What did they think of the Jacob/Racheal story as an example of work and effort?
- What characteristics do they want in a future husband? Be sure to mention that a spiritual leader is crucial.
- What were their thoughts on the good v. bad date videos? Anything surprise them? Have they ever been on the stereotypical bad date?

Week 8: Entries 36-40

- Had they ever considered praying for their future husband? What are things they can pray for?
- Ask them some of the differences between our culture’s view and the Biblical view on sex and dating. Which one leads to less stress and disease? If they’re open to it, discuss that our sin draws us to the culture’s view, but how important it is to follow the Biblical one.

- Do they have/Did they start a relationship with God?
- Talk about your relationship with God and why it's important for a good life and how it has beneficial for you to follow God's ways.
- Make sure they understand the price and process for salvation.
- How did reading the promises of God make them feel? Which one was their favorite? Do they really believe the promises are true? Any they struggled to believe? Feel free to share stories of God's faithfulness in your own life.
- Do they believe that they are truly responsible for their own choices?
- Any other unanswered or lingering questions they want to ask you?

The End 😊