

How Your Teenager is Wired

Discovering Who God Made Your Teenager to Be

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Katie Brazleton offers up a book that will equip parents to be able talk to their teen about who they are, how God created them, and what their lifetime calling may be. This book is a helpful and clearly written guide for parents to have great “parent-teenager conversations” about life’s biggest topic- what is my life’s purpose?

The book not only includes guidance and information but also offers additional resources including word banks, worksheets, questionnaires, challenge exercises, and even an outline to write out a “lifetime dream statement”. These additions along a great appendix of even more helps make this book more than just a book, but a living artifact that will become an ongoing reminder and journal of the life-changing conversation a parent and their child will have.

Preparing for Change

Biblically each person has a universal purpose; loving God by belonging to Christ, loving God by loving others, and glorifying God by fulfilling a God-given must-do dream. A parent must understand their own purpose and then seek to help their teenager find their own.

In order for parents to truly enable their teen to discover and follow a God-given dream, it first comes through prayer and an invitation to have a deep conversation.

Three “elephants in the room” to having a deep parent-teenager conversation that must be dismissed are: 1.) Can a teenager really discover his life purpose at such a young age? 2.) Even if a teenager thinks they have discovered their calling, won’t it morph as they grow up? 3.) What if they try hard but can’t figure it out and get discourage?

Parent can develop conversations skills that will help them get ready and have this life changing conversation. Through things like inviting and partnering with the Holy Spirit, learning better listening, understand how to to ask great questions, they will be able to intentionally guide their teenager to recognizing a life calling and God-given dream.

Parent-Teenager Conversations

The parent-teenager conversation begins with understanding spiritual gifts, along with discovering their finest personal qualities and values. Parents then must challenge their teen to rethink motives, relationships and their use of time. In examining each both parent and teen will see that these are a reflection of what is most valuable



while seeing a need to glorify God with each. In order to continue to have an honest and open conversation about life's purpose, parents must also be willing to talk frankly about their child's weakness as well as their strengths; their child's opportunities while also talking about the threats.

After a parent has spent time talking through and actively seek with their teen where God may be leading them in life, it is the time to begin to pray boldly for courage, perseverance, and miracles. Through God power alone will a teen become what God has created them to be.

Finally parent and teen have the opportunity together to write out a "lifetime dream statement" through four exercise questions:

- 1.) What group is God calling me to serve?
- 2.) What's my life message or power slogan?
- 3.) How will I get my life message out?
- 4.) What God-inspiring passions support my mission?

All of this leads to a truly surrendered lifetime to Christ. The goal of these conversations for both parent and teen is for both be willing to completely, humbly submitting to what God has revealed to them in the process.



