BIBLE STUDY WORKSHEET

Loving and Guiding a Troubled Teen

Stay connected, set wise limits, and seek help without losing hope.

PREPARED BY VANESSA

"Let us not become weary in doing good."

Galatians 6:9

OPENING PRAYER

God, give me wisdom for the teenager I love. Help me listen without excusing harm, set limits without rejecting them, and recognize when we need help beyond ourselves. Protect our home and keep hope alive. Amen.

Name _____ Date _____

Bible Study Group _____ Leader _____

PURPOSE OF THIS STUDY

This study helps parents and caregivers respond to a struggling teenager with prayer, calm connection, clear boundaries, and appropriate support.

☐ Reflect ☐ Pray ☐ Discuss ☐ Practice

PART 1

Look Beneath the Behavior

Defiance, anger, withdrawal, risky choices, or falling grades may be signals of pain, fear, grief, pressure, trauma, or unmet needs.

> Everyone should be quick to listen, slow to speak and slow to become angry.
>
> **James 1:19**

TRUTH TO CARRY

Understanding the need beneath a behavior helps us respond wisely without pretending the behavior is acceptable.

REFLECT AND DISCUSS

What changes have you noticed?

What might your teen be communicating indirectly?

When is your teen most willing to talk?

Grace makes room for truth, wisdom, and growth.

PART 2

Connection and Boundaries Work Together

Love stays present, and love also protects. Clear limits should be specific, consistent, age-appropriate, and connected to safety.

> Speaking the truth in love, we will grow.
>
> **Ephesians 4:15**

TRUTH TO CARRY

A boundary can say both: I love you, and this behavior cannot continue.

REFLECT AND DISCUSS

Which limit needs to be clearer?

Is the consequence connected and reasonable?

How can you communicate love while holding the line?

Grace makes room for truth, wisdom, and growth.

PART 3

Choose Calm Over Power Struggles

Not every conflict must be solved in the hottest moment. A pause can prevent words and actions that damage trust.

> A gentle answer turns away wrath.
>
> **Proverbs 15:1**

TRUTH TO CARRY

Calm is not weakness; it creates room for truth, accountability, and repair.

REFLECT AND DISCUSS

What usually escalates conflict?

What phrase can help you pause respectfully?

How will you return to the conversation later?

Grace makes room for truth, wisdom, and growth.

PART 4

Bring in Wise Support

Pastors, school counselors, therapists, doctors, mentors, and crisis professionals can strengthen a family. Seeking help is an act of courage.

> Plans fail for lack of counsel, but with many advisers they succeed.
>
> **Proverbs 15:22**

TRUTH TO CARRY

Prayer and professional support can work together.

REFLECT AND DISCUSS

What support is already available?

What warning signs require urgent action?

Who can help you make a safety plan?

Grace makes room for truth, wisdom, and growth.

PRACTICE

My Faith-in-Action Plan

Turn today's reflection into one honest, supported, and realistic next step.

The behavior or concern I need to address:

One calm conversation I will begin:

One loving boundary I will hold:

A trusted person or professional I will contact:

How I will care for my own spirit:

THIS WEEK I WILL

- [ ] Listen before correcting
- [ ] State one clear limit
- [ ] Ask for support
- [ ] Pray for wisdom
- [ ] Follow through calmly
- [ ] Notice progress

MY ANCHOR PRAYER

God, help me love with truth, courage, patience, and hope.

CLOSING TOGETHER

Carry Grace Into the Week

CLOSING PRAYER

Lord, protect our teenagers and the adults guiding them. Bring hidden pain into safe light, interrupt destructive patterns, and surround every family with wise support. Amen.

A WORD OF ENCOURAGEMENT

A hard chapter in a teenager's life does not have to become the end of their story.

CLOSING CIRCLE

One way I will protect connection while practicing wisdom:

DECLARATION

I can love deeply, set wise limits, ask for help, and trust God with the work I cannot control.

Safety note: If there is immediate danger, violence, abuse, suicidal thinking, or a medical emergency, contact emergency or crisis services right away.

Her Story. His Grace. Our Purpose.