

Hello
my name is

WEEK 1

1 JOHN 3:1 NLT

The way God sees you is the most important thing about you.

WEEK 2

**PROVERBS 11:17 NIV,
COLOSSIANS 3:8 NIV**

The way you treat yourself changes how you see yourself.

WEEK 3

EPHESIANS 5:8 NIV

The way you find freedom is to stop hiding.

THINK ABOUT THIS

WEEK 1: Middle school can be some of the hardest years for your kids because fitting in feels so important. On top of that, culture teaches your teenagers that who they are and what they have isn't enough.

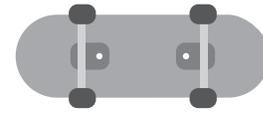
WEEK 2: Sometimes we confuse the way people treat us with the way we should treat ourselves. If we're being treated badly, we tend to believe we deserve it. We even start to treat ourselves that way, too.

WEEK 3: At every age, we want a little more freedom. Freedom from rules, financial freedom, freedom in relationships—the older we get, the more we want. As your kids grow, they'll begin to seek more freedoms.

REMEMBER THIS

This means that anyone who belongs to Christ has become a new person. The old life is gone; a new life has begun!

2 CORINTHIANS 5:17 NLT



DO THIS



MORNING TIME

In the morning before school, find a way to remind your student of who God says they are: loved, enough, seen, valuable, accepted. Say it, text it, or write it to them.



DRIVE TIME

Tell your kids about the person whose opinion mattered the most to you in middle school. Did listening to their opinion help or hurt you? Share how you ultimately stopped listening to them and instead, started listening to God.



MEAL TIME

You can tell your kids to be kind to themselves all you want, but the truth is, the way they see you treat yourself speaks louder than anything you say. This week, pay attention to how you talk about yourself in front of your kids. Choose words that build you up!



BED TIME

Together, memorize Colossians 3:8: "You must also rid yourselves of all such things as these: anger, rage, malice, slander, and filthy language from your lips."

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