

WEEK 1

HEBREWS 13:8,
PSALM 1:3
God never changes.

WEEK 2

ISAIAH 43:2,
JOHN 16:33
God is with you.

WEEK 3

JAMES 1:2-4
God can change the
way you see change.

THINK ABOUT THIS

WEEK 1: Is there any phase more filled with change than middle school? Remember that your kids are experiencing so many changes (mental, physical, emotional, social, & more) very quickly at this age.

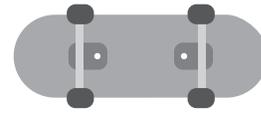
WEEK 2: Understanding that God is with them through change can be a difficult thing for middle schoolers to grasp. Don't worry if they don't seem impacted by this truth. It's a concept that they'll begin to understand as they grow in faith.

WEEK 3: Knowing they need to make a change in a specific area of their lives isn't easy for students at this age. They struggle with both the self-awareness to recognize where they need to change & the wisdom to know what steps to take to make the change.

REMEMBER THIS

"When you go through deep waters, I will be with you. When you go through rivers of difficulty, you will not drown. When you walk through the fire of oppression, you will not be burned up; the flames will not consume you."

Isaiah 43:2 NLT



DO THIS



MORNING TIME

This week, leave your kid a note somewhere they'll see it (on the bathroom mirror, in their lunch, in a text message, etc.) reminding them that God is with them. He never changes.



DRIVE TIME

Share with your student a time you went through a challenging change in your own life. Tell them how your perspective on change was different after that experience.



MEAL TIME

This week, as you gather around the table for a meal together, ask your kids this question: If you could change our meal into anything you wanted to eat, what would it be?



BED TIME

It's movie night! Pick an evening to watch the film Inside Out together as a family this week. Talk with your kids about the different emotions the characters experience when they face big changes in their lives.

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