



PARENT
CUE



HIGH SCHOOL

I HAVE QUESTIONS

Is My Phone Good or Bad?

WEEK 1

1 CORINTHIANS 10:23

Don't be owned by
your phone.

TALK ABOUT THIS

WEEK 1: Ask your teen if they've ever tried turning their phone off because they needed to concentrate on something else. Discuss how turning off their phone helped them focus better on the thing they were trying to accomplish. Finally, ask them if they missed anything while they were away from their phone that they couldn't catch up on later.

REMEMBER THIS

"Then you will know the truth, and the truth will set you free."
John 8:32 NIV



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DO THIS



MORNING TIME

Phones can be great tools that help us organize our lives. They have calendars, apps, note-taking and to-do list capabilities and so much more. Over breakfast, discuss the features on your teen's phone that they can use to help organize or prepare for what they have coming up that day or week.



MEAL TIME

Talk to your teen about what life was like before we had cell phones. Discuss all the things we had to memorize or keep track of on paper—like phone numbers, appointments, and driving directions. Take turns going back and forth naming people and the numbers you have memorized. You will probably both find out you're more dependent on your phones than you thought.



THEIR TIME

Sometimes it's easier to do something difficult when you're doing it as a group. Set up a family challenge to spend one hour each day this week disconnected from screens. No phone, no laptop, no TV! Encourage your teen to use that hour to get something done that they've been putting off. At the end of the week, talk about what was great and what was difficult about the family phone challenge.



BED TIME

One night this week, try praying for your teenager—either with your teen or on your own. Pray about three things. First, pray about anything your teen is currently struggling with or facing. Second, pray about the characteristics and qualities you want to continue to see grow in your kid. Finally, pray about the dreams you know your teen wants to accomplish.

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