

Make It A Habit



1. We're Teaching This

If you're an adult, the idea of spiritual habits is probably pretty familiar to you. Spiritual disciplines, quiet time, devotions — whatever you call it, you've probably established at least a few rhythms that help you grow spiritually. (Or, at least, you're working on it.) Teenagers, on the other hand, might need a little help to figure out how, exactly, to grow spiritually. So in this 4-week series, **we'll help your students discover four habits that can help them grow spiritually.** The four habits we'll cover are **Spending Time with God, Spending Time with Others, Sharing Your Story,** and **Using Your Gifts.** By introducing these habits to our students now, we hope to help set them up for a lifetime of spiritual growth.

2. Think About This

Having our lives filled to the brim isn't an issue just for our teens. Many of us feel some amount of guilt for not praying or reading our bibles as often as we think we should. We want to model these disciplines for our kids, but it is hard to muster up the genuine energy, much less find the time. Take a moment to read the brief article below from Wheatstone Ministries for some practical encouragement on practicing spiritual disciplines in the home.

<http://wheatstoneministries.squarespace.com/tel/spiritual-disciplines-in-the-home.html>

3. Try This

The most helpful action parents can take to encourage the practice of spiritual disciplines in the lives of their teens is to model the behaviors themselves. Your teens will be impacted by the ways in which you choose to pattern your own life. With that in mind:

- Consider making one evening a week or one weekend afternoon a time of rest in your house, where rest was the top priority.
- Pick a new discipline or two and schedule (yes, in your calendar) times in the next week or so to try them out.

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