

Parententional (intentionally inspiring our kids to know, love and serve Jesus)

Beulah Youth Ministry

Spring 2010



A WORD FROM OUR YOUTH PASTOR... by Pastor Ryan Tuck

This morning I read through Luke 24 where Jesus makes his first appearance after his resurrection. A few verses really jumped off the page at me about how much God uses the Bible to show himself to us.

The scene plays out with Jesus walking and conversing with two discouraged followers on the road to Emmaus. *"Beginning with Moses and all the prophets, he explained to them what was said in all the Scriptures concerning himself."* (vs.27). After Jesus leaves them, this is their response: *"They asked each other, were not our hearts burning within us while he talked with us on the road and opened the Scriptures to us?"* (vs.32). Immediately these two returned to Jerusalem to find the 11 disciples and tell them all that had happened. While they did this, Jesus also appears in the room. After proving himself to those present, Jesus once again points them to the Scriptures. *"This is what I told you while I was still with you; Everything must be fulfilled that is written about me in the Law of Moses, the Prophets, and the Psalms."* Then he opened their minds so they could understand the Scriptures." (vs. 44, 45).

One of the biggest goals we have in our youth ministry is that we would faithfully teach the Bible to our students and see them personally connect with God through his Word.

Please join us as we pray for your sons and daughters that God's Word will become "a lamp for their feet and a light for their path." (Ps. 119:106)

The Power of a Praying Parent

One of the biggest challenges our teens face is feeling loved and accepted. They are bombarded by lies from our culture, from their own minds and from Satan about who they are and what they are. These often come masquerading as truth. "Nobody loves me, I'm stupid, I'm ugly, I'm not good enough, I'm too short, I'm too thin, I'm too tall, no one understands me". These lies can escalate as children move into their teenage years and often carry on into young adulthood and beyond. It is never too early or too late to start praying against these lies for our children. God has given us the authority and the power to pray for teens so that they will feel loved and accepted first by God, and their family, then by peers and others. We can start when they are babies, or whatever age your child at the moment happens to be. The word of God is a powerful tool in the hands of a committed Mom or Dad and can be used to wipe out the lies that our children believe and are being fed by a world that at times can be far from God's best for them.

Below is a prayer excerpt from Stormie Omaritan's book "Power of a Praying Parent". Consider making this your prayer for your son or daughter starting today.

Lord, I pray for (name of child) to feel loved and accepted. Penetrate his/her heart with Your love right now and help him/her to fully understand how far-reaching and complete it is. Help me to love this child unconditionally the way You do and enable me to show it in a manner he/she can perceive. Show me how to demonstrate and model Your love to him/her. Please deliver him/her from any lies of the enemy and culture that may have been planted in his/her mind to cause him/her to doubt the love you have for him/her and the love that I have for him/her. Jesus said "As the Father loved Me, I also have loved you; abide in My love" (John 15: 9-10). Lord, help my child to abide in your love, manifest your love in a real tangible way to my child today and help him/her to receive it. With each day that he/she grows in confidence of being loved and accepted, release in him/her the capacity to easily communicate love to others. In Jesus' name I pray.

Perfect Parents

In theory, we all know that there is no such thing as perfect parents. We may look at some other parents and think that they come pretty close, but the truth is they are probably thinking the same thing about us. All parents feel that they could have done better at some point especially when things are not going so well. The bad news is that this is true, but the good news is that we can always do better. Just as God gives our kids second chances, He promises to give us second chances as well. We must also remind ourselves that He does not leave us to our own defenses either. His wisdom and His strength are always available to us, all we need to do is to admit our need and ask for His help.



Hide It in Your Heart

"Don't get lost in despair; believe in God and keep on believing in Me."

John 14:1

"I pray that from his glorious, unlimited resources he will give you mighty inner strength through his Holy Spirit."

Eph.3:16

Helping Your Teens Develop Healthy Self-Esteem

Self-esteem is a major key to success in life. The development of a positive self-image is crucial to the happiness and success of teenagers too.

Self-esteem is how we feel about ourselves, and our behavior clearly reflects those feelings. A teen or child with good self-esteem will be able to:

- Assume responsibility
- Act independently
- Take pride in his or her accomplishments
- Tolerate frustration
- Attempt new tasks and challenges
- Handle positive and negative emotions
- Offer assistance to others



A child or teen with low self-esteem will:

- Avoid trying new things
- Feel unloved and unwanted
- Blame others for his own shortcomings
- Feel, or pretend to feel, emotionally indifferent
- Be unable to tolerate a normal level of frustration
- Put down his or her own talents and abilities
- Be easily influenced

"As God's messenger, I give each of you this warning: Be honest in your estimate of yourselves, measuring your value by how much faith God has given you. Just as our bodies have many parts and each part has a special function, so it is with Christ's body. We are all parts of his one body, and each of us has different work to do. And since we are all one body in Christ, we belong to each other, and each of us needs all the others.

Romans 12:1-5

Parents can help, more than anyone else, promote their teen's self-esteem. It is not too difficult, and most parents are already doing it and do not even realize it. Their words and their actions have a huge impact on how their kids feel about themselves. The following are some suggestions from the Child Development Institute that may boost your ability to encourage self-esteem in your teens.

When you feel good about your teens, mention it to them. They need to hear about it often. Teens remember positive statements and store them when they are needed later on.

Be generous with praise. Look for situations where you can honestly praise them for doing a great job. Use descriptive phrases like "I really liked the way you straightened your room" or "you handled that conflict well".

Teach your child to practice making positive self-statements. Psychologists have found that negative self talk is behind much of the depression and anxiety teens are experiencing today. What teens tell themselves matters. If they are telling themselves lies, they will start believing those lies.

Avoid criticism that takes the form of shame or ridicule. Stick to the facts and do not attack their self-image.

Encourage your teen to behave towards others as they would have people behave towards themselves (where have we heard that before?)

Laugh with your teen and encourage them to laugh at themselves. People who take themselves too seriously are undoubtedly decreasing their enjoyment of life. The ability to make light of some aspects of life is important for balance.

“Safer” Safe Grad Options

After grad parties are meant to be fun and a celebration of the graduate's friendships. This is not bad in itself and if in fact this was what was happening at most after grad parties every parent would certainly want their son or daughter to be a part of this. Unfortunately this is not the case. Most so-called safe grads are not all that safe. The biggest concern with after grad parties is the underage drinking that tends to take place and the overindulgence that happens as well. The safety of our teens is a big concern at these types of events and so is the fact that we want our kids to not have any regrets as they pass from their youth to young adulthood.

A panel of teens from Westchester, N.Y. came up with the following suggestions for “safer” safe grads:

- 1) Throw a house party: plan a parent-supervised house party or backyard party with loads of teen friendly food and drinks. Make it extra special and go all out. You might want to collaborate with a few other parents to share the cost. Be creative, you might consider renting an outdoor big screen for the backyard to have an all night movie marathon, a fire pit or rent a hot tub. Remember you would want to do something out of the ordinary and let the kids stay up as long as they want to. In the morning make them a special brunch and send them on their way. Because this party is supervised you have control of what is served and what is happening.
- 2) Arrange with a local bowling alley to host a late-night themed bowling night (50's style etc).
- 3) Roller skating rink: another alternative could be a fun after-grad party roller skating and then back to your place for food and refreshments.
- 4) Start planning and saving months in advance and surprise your son or daughter with a trip to somewhere they always wanted to go with the whole family. Arrange it so that you will be taking off right after their school dinner and dance are finished. Chances are they won't be disappointed about missing their schools after-grad party after you reach your destination.

This might seem like a lot of work and extra effort, but it might be a good alternative and give you peace of mind. It may also be an opportunity to show your teens that with a little creativity and thought, celebrations can be safe and fun at the same time!



Beyond Graduation

(A word from our Young Adults Pastor)

Hello Parent of an up and coming Young Adult,

My name is Brian Kim and I am here to help your high school student develop into a Young Adult that loves God and loves people. Let me tell you a little about myself. I am married to Sally, and have two precious girls Chloe (4 yrs. old) and Claire (5 months old). I have a passion to see this generation be passionate about the Word of God, passionate about reaching out to hurting people, and passionate to see the Gospel be spread to the ends of the earth. I am a huge sports fan and love to play all sorts of sports. In the winter I am an avid volleyball player, and in the summer I am a avid dragon boater (some of you will probably google to find out what that is). So you ask, what's up and coming with the Young Adults Ministry? Three times a year we hold the **THINK series** that help tackle questions that young adults struggle with in this generation. We have weekly small groups that meet to allow young adults do life together. We will organize yearly missions trips (overseas and locally) where anyone is able to use their God given gifting. So that's a quick snapshot of what will be happening in the Young Adults Ministry at Beulah.

Feel free to contact me anytime:

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God Bless,
Brian



The facts about alcohol and teens

(from www.casacolumbia.org)

Casa is the National Center for Addiction and Substance abuse.

Results from studies done of 12-17 year olds with no behavioral problems show that teens are over 30 times more likely to use marijuana if they have used alcohol.

The National Household Survey on Drug Abuse also found that teens that smoke or use alcohol are seven times more likely to try illicit drugs, than those who don't.

Teens who start drinking before age 15 are four times more likely to become addicted to alcohol at college age or older, than those who don't drink.

Why do teens drink?

Clinical Psychologist Dr. Les Parrott in his book "Helping the Struggling Adolescent" cites several reasons why teens drink.

Drinking is **glamorized on television**; adults do it, almost any commercial shows drinking as necessary for fun, pleasure and as a pastime. It has become a normal part of life.

Peer pressure from friends is a major reason for teen drinking. Teens often feel insecure and want to fit in. If they say no to drinking when it seems like everyone is doing it, they tend to feel left out, or run the risk of being ostracized from their peers. Binge drinking can be seen as a sign of prestige or status; boys seem to be especially vulnerable to this.

Family/Parental relationships matter a great deal when it comes to using alcohol *and* drugs. All studies show that parents have a great deal of influence on the drinking pattern of kids. Parents who drink (even moderately) are most likely to have kids that drink as well. Something important to remember is that several studies have shown that parents who show disapproval of underage drugs and alcohol serve as a direct control against youth substance abuse. Parents who are warming, accepting and supervise their teens on an on-going basis provide foundation for prevention against teen alcohol use and abuse.

Inherited addicted predispositions could be a factor. More research is needed in this area, but some studies have shown people who were adopted whose biological parents were alcoholics became alcoholics themselves.

Personality factors can be an influence. Certain kinds of adolescents have been shown to be more vulnerable. Teens will all struggle with self-esteem at some point. Because of the nature of adolescents, they lack impulse control and self-regulation to some degree, and are prone to risk-taking and crave adventure. But teens who are low on internal resources (self-esteem, self-worth) may be more vulnerable.

The Search Institute at www.search-institute.org gives a comprehensive list of assets for teens to possess that will assure they have the best possible advantage when it comes to possessing the internal and external assets that can built into teens to help combat the challenges and temptations of adolescence.





What's coming up next for Youth Ministry

Resonate

June 2 ~ YC Recap
June 9 ~ Grand Finale



Accelerate

June 4 ~ Year End
Chocolate Fondue
June 11 ~ Community
Action Project with our city police



Activate

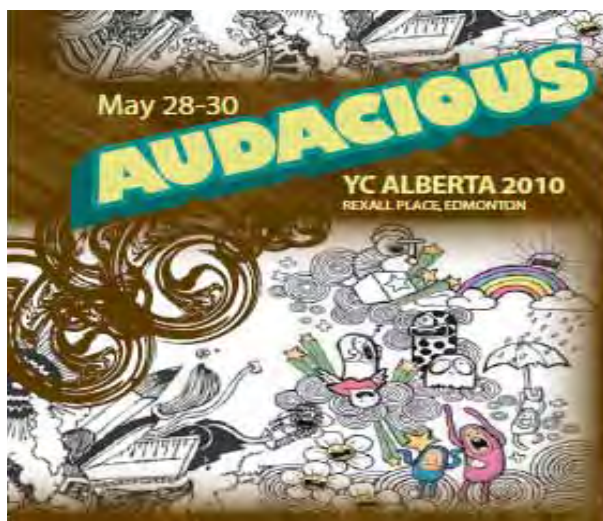
June 4 ~ Board Games
June 11 ~ C.A.P. pizza
June 12 ~ C.A.P. Saturday morning
June 25 ~ Year End Party



Mark Your Calendars

GRAD BANQUET ~ JUNE 18

(see back page for details)



You Are Invited to a Formal Affair
For our Beulah Grade 12 Graduates

A celebration for grads, family and friends

Date: Friday, June 18

Punch: 6:30 p.m.

Dinner: 7:00 p.m.

Location: Atrium

Tickets: \$15.00

(Available in the youth centre)

Call Shari @ 780-486-4010 ext 325 to R.S.V.P.

Congrats to all our amazing grade 12 students who have spent time with us in Beulah Youth through the years!