

# BIBLICAL PARENTING 101

## Week 15: Training and Disciplining Your Children (Part 4)

### Age-Appropriate Training and Discipline

#### 5) Teenagers

There is no separate category for teenager in the Bible. As long as children are under your care, in your home, then the principles of honor and obedience still apply (Eph. 6:1-3)

Girls enter puberty around 12-13

Boys enter puberty around 14-16

Proverbs 1:1-9 is especially appropriate for teenagers

Teenage boys need to learn Proverbs 7:6-23

- **Disciplining Teenagers**

Make no provision for the flesh (Rom. 13:14) e.g., TV, computer, phones, video games, etc.

Teenagers need to build trust to maintain freedom.

Leverage freedom and privileges as discipline.

High Trust (Responsibility) = Greater Freedom & Low Trust (Irresponsibility) = Less

Freedom. Too much freedom can make them vulnerable. Not enough freedom leads to resentment. Maintain a wise balance between trust and freedom.

- **Respect and Honor**

Teenagers have great temptation to show disrespect and dishonor toward their parents.

Thinking they are wise in their own eyes, they are actually acting like fools.

Proverbs on this subject: Prov. 12:15; 18:2; 19:1; 20:3; 26:12; 28:26; 29:11.

Parents need to be careful about answering a fool according to their folly (Prov. 26:4).

Answer the fool and his folly wisely (Prov. 26:5).

- **Decision Making**

As teenagers move to more maturity and independence, parents must move from commanding to advising. Teenagers need to learn to make decisions on their own, wisely guided by their parents. Teenagers are still to honor their parents, which means they need to heed their wisdom.

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- **Teenagers Need to be Heard and Parents Need to be Approachable**

When your teenager wants to do something you regard as unwise, foolish, maybe even sinful do not immediately launch into a sermon or lecture. Ask questions. Get to the heart of the matter. Let them speak and do not interrupt. They want to be heard. Give them your undivided attention. They want to know that they can speak their mind freely without being shut down, condemned, or dismissed. By doing so you will build the greatest degree of respect and then your teenagers are more willing to listen to you. See James 1:19; Prov. 18:2, 13.

“The finest art of communication is not learning how to express your thoughts. It is learning how to draw out the thoughts of another. Your objective in communication must be to understand your child, not simply to have your children understand you. Many parents never learn these skills. They never discover how to help their children articulate their own thoughts and feelings.” ~ Tedd Tripp, *Parenting*

Proverbs 20:5 – “A plan in the heart of a person is like deep water. But a person of understanding draws it out.”

- **Consult before having difficult conversations**

Parents need to be on the same page and have a clear strategy. Be clear with non-negotiables when necessary and humbly negotiate other flexible terms when possible.

- **Avoid Angry Confrontations**

Verbal battles with your teenagers are sinful.

James 1:20 – “The anger of man does not achieve the righteousness of God.”

1 Cor. 13:4 – “Love is patient and kind.”

Do not respond in selfishness or empty conceit (Phil. 2:3). Even if you are slandered maintain a good conscience (1 Pet. 3:16-17). Don’t let your teenagers get under your skin!

- **Teenagers and Dating**

This is the perhaps the most difficult, contentious, dangerous, and dicey area of parenting teenagers and requires lots of grace and wisdom to navigate.