



**WEEK ONE**  
JAMES 1:19 NIV

You never win an argument if you lose the relationship.

**REMEMBER THIS:**

My dear brothers and sisters, take note of this: Everyone should be quick to listen, slow to speak and slow to become angry.

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**THINK ABOUT THIS:**

This week we're talking about what it looks like for students to think outside of their point of view and to put relationships over winning an argument. This can be a real challenge for teenagers to put into practice, but introducing this for them to be aware of is helpful. We focus on James 1:19 which says "be quick to listen, slow to speak, slow to anger," with the emphasis on trying to listen with the intent of learning instead of reactively speaking to change somebody's mind.



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## DO THIS:



### MORNING TIME

Adopting a “slow to speak” mindset can be challenging for anyone, maybe especially teenagers as they are just beginning to learn how decision making now can have long term consequences. Throughout the week, give your teen some helpful phrases to use if they feel like they need to react immediately in an argument, like “Let me think about that,” “I understand,” and even “You may be right.” Model this yourself by using the same phrases with them in a heated discussion!



### MEAL TIME

Find a time when your whole family is able to get together for a meal. While there, share a time when you were NOT quick to listen and slow to speak, how it affected the relationship and what you wish you had done differently. Ask everyone at the table if they have been in a situation like this. Ask each other if there are certain topics where it is easier to respond quickly in anger. Wrap up encouraging each other on how you can all work to slow down your speech and increase listening.



### THEIR TIME

At this stage it can feel like we as parents are living parallel lives to our teenagers, rarely intersecting. So next time your student asks for money for gas or if they can pick up some ice cream, try answering with: “Yes! Mind if I go with you?” Look for an opportunity to connect and maybe go the extra mile. Pay to have the car washed, splurge for the larger ice cream. Use a small but tangible way to show them you are on their team.



### BED TIME

Because this is a phase where teenagers and parents are often at odds with each other, look for opportunities to close the relational gap. Drop by their room one night this week and remind them about a random, fun time or funny joke with them—something that allows the two of you to laugh together. End it with, “that was really fun, you’re so fun to be with.” Little shots like these go a long way, and can really help remind them how much you like them even when they don’t think you do.

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