

STUCK

WEEK 1

ACTS 15:36–41

When you feel stuck in a friendship, you can choose a new direction.

WEEK 2

EPHESIANS 3:1–4, 3:11A

When you feel stuck in your emotions, remember how you feel won't last forever.

WEEK 3

EPHESIANS 4:22–24

When you feel stuck in a bad pattern, you can choose to think differently.

THINK ABOUT THIS

WEEK 1: Eventually your kid will have a friendship take a wrong turn, and they'll realize that the relationship is no longer leading them where God wants them to go. It's okay if they need to move on from a friend who doesn't bring out their best.

WEEK 2: Even though some emotions feel really bad, it's important to remember that emotions are actually healthy. Let your kid feel whatever it is they are feeling. Then, help them understand that while some emotions can be intense, they shouldn't allow their emotions to control their actions or beliefs.

WEEK 3: Changing your thoughts—and therefore your actions—starts with learning what the Bible says about the behavior in which you feel stuck. After all, you can't get unstuck if you don't know what has a hold on you.

REMEMBER THIS

For God has not given us a spirit of fear and timidity, but of power, love, and self-discipline.

2 TIMOTHY 1:7 NLT

STUCK

DO THIS



MORNING TIME

Middle school is full of change and it's not unusual for students to want to try something new or switch it up a bit. This week, tell your kid you're proud of a new direction they've taken recently. It might be trying out for a team or band, choosing a healthy habit, or spending more time studying.



DRIVE TIME

Ask your student who their closest friends are—and if there are any friendships they wish they could change. Take a few minutes to share about a friendship challenge you navigated when you were in middle school.



MEAL TIME

Just for fun, mix up the order you eat dinner—have dessert first or have foods you normally would eat only at breakfast. As a family, talk about how we always have the option to change the way we do things.



BED TIME

We have hundreds of emotions, and almost as many emojis to back them up. To recap one day this week, have a text conversation with your student using only emojis. If they don't have a cell phone, that's okay—just use a tablet or pass your phone back and forth.

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