



**WEEK ONE**

**JOHN 6:1-14**

You have more of an effect than  
you think.

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**WEEK TWO**

**ACTS 2:37-47**

Having a big effect starts with a  
small step.

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**WEEK THREE**

**LUKE 7:36-39 & LUKE 7:44-48**

Because of Jesus, we can change  
the effect we have on others.



**REMEMBER  
THIS:**

In the same way, let your light  
shine before others, that they  
may see your good deeds and  
glorify your Father in heaven.

**MATTHEW 5:16, NIV**



**THINK ABOUT THIS:**

In this phase, high schoolers can easily confuse popularity for influence, especially for a generation who grew up within an “influencer” culture. The truth is that every teenager has influence, no matter how many friends or followers they might have on social media. We want to help teens understand that their words and actions have more power than their “following” to influence those around them.

 DO THIS:**MORNING TIME**

The morning is a great time to get your teen thinking about going through the day with intentionality. Ask them about three people they look up to and why—maybe it's a small group leader or a friend or a celebrity—and then ask how they can emulate that person in their words or actions today.

**MEAL TIME**

High schoolers crave to have more control over their own lives when they feel teachers, coaches, or family members constantly telling them what to do. At dinner, try to instill some of that control by asking what they loved about their day, what part of their day could've been improved, and what they can do to change it tomorrow. Encourage them that while they can't always control those around them, they do have control over their own words and actions.

**THEIR TIME**

The next time your teen brings up having a disagreement with one of their friends, hang up your "parenting" hat, and instead play the role of "interviewer." Ask questions like "How did their words or actions hurt you?", "Do you feel like you've ever said or done something similar?", or "What's something you wish you said in the moment but didn't?" You'll be surprised how just talking about it can be healing for them.

**BED TIME**

A great way to show your teen how much influence they have is to let them be an influence on you. Pay attention to what your teenager does and says this week. Maybe they tell you about a new band they like, or do something nice for a sibling, or tell a funny joke. One night this week, write everything down on a list and share with them how much you appreciated each moment.