

WHAT TO DO

WHEN YOU DON'T KNOW WHAT TO DO

WEEK ONE

GENESIS 37:6-8 & PHILIPPIANS 2:3-8

Pay attention to
how you affect your family.

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WEEK TWO

**GENESIS 37:18-22, GENESIS 37:32,
& GENESIS 39:2A**

When there's nothing you can do,
God is with you.

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WEEK THREE

GENESIS 39:2-10

When you don't know what to do,
do the next right thing.

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WEEK FOUR

GENESIS 40:1-8 & ROMANS 8:28

When you don't know what to do,
remember that your problems can
position you for a purpose.

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WEEK FIVE

GENESIS 45:1-7 & GENESIS 45:15

When you don't know what to do,
pursue peace instead of payback.



REMEMBER THIS:

You intended to harm me, but
God intended it all for good.

GENESIS 50:20A NLT



THINK ABOUT THIS:

As teens navigate high school,
there may be times when they find
themselves in situations where
they feel stuck or optionless.
That's why in this series we're
talking about the life of Joseph
and learning about how God
is always with us, even when it
may not seem like there is a way
through. They'll learn about how
God will never leave us, and He is
always working all things together
for our good.

 DO THIS:



MORNING TIME

Before your teen heads off to school, leave a note of encouragement, either a verse or an encouraging reminder about how God is always with us. Be sure to leave the note where your teen will see it before school: either near their toothbrush, on their backpack, or on their steering wheel. Try writing out the “Remember This” verse and include “How can I pray for you today? Text me!” at the bottom of the note.



MEAL TIME

As a parent, sometimes sharing your high school experiences with your teen can connect and bring you closer to them. Think of a challenge that you experienced in high school that at the time was overwhelming and difficult. Share your experience with your teen and how now you can see God’s purposes and plan throughout the situation. Maybe even ask how they would have handled it.



THEIR TIME

The next time your teen brings up feeling stuck, overwhelmed, or unsure of a next step, take time to listen to them—distraction free. Sometimes teens just need a safe place to process and be heard. Demonstrate active listening by focusing fully on them and being present in the moment. Ask open ended questions about their situation while seeking to understand—not to respond.



BED TIME

Before your teen heads to bed, ask them for one thing that they’re thankful for and one situation you can pray for. If your teen can’t think of something to share, share with them how you are thankful for them and with one way you are praying for them. Then ask if you can pray together. If they say yes, pray! If they decline, simply pray for them after they leave the room.