

2020-2021

## High School

WEEKLY CUES

YOU GOT  
THIS!

### Theme

# Habits: A Series on Spiritual Habits

#### THINK ABOUT THIS:

When it comes to good relationships, connection is key. But, connection takes time. And that can be complicated when we talk about a good relationship with God, who we can't see or touch. That's why learning about different ways to connect with God and getting to know Him better is so important. Because like any relationship, with the right habits in place, connection is more likely to happen. And the more we connect with God, the deeper our faith goes.

### Week One

**Mark 12:30, John 15:5**

Connecting with God helps us know Him better.

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### Week Two

**Psalms 1:1-3**

Listening to God helps us know Him better.

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### Week Three

**Ephesians 1:15-17, Psalm 145:18**

Talking to God helps us know Him better.

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### Week Four

**1 Peter 3:15**

Talking about God helps us know Him better.

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### Week Five

**Psalms 95:1-2, Colossians 3:23**

Worshiping God helps us know Him better.

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#### REMEMBER THIS

“Seek the Lord and his strength, seek His presence continually!”

**Psalm 105:4, ESV**

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# High School

## DAILY CUES

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### Morning Time

**C**ommit to creating a habit of encouraging your teenager a certain number of days this week. Before your teenager heads out for school, try to work in a unique way of encouraging them. Tell them something you admire about their personality. Even compliment their outfit. Just make it genuine and heartfelt!

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### Meal Time

**A** consistent meal time with teenagers can be a rare thing. But studies show this time, happening on a regular basis, *matters*. So set a goal this coming month, for how many meals your family can eat together- whether around a table or just in the same room. Make it less about the food and more about intentionally connecting with your teens. Leave your phones in another room, turn off the TV, and come with some “would you rather” questions to spur on conversation.



### Their Time

**I**n the next week, ask your teenager to pick an activity for just the two of you. Maybe it's play a video game, watch a favorite show of theirs, or grab some chips and salsa at their favorite Mexican restaurant. Whatever it is they want to do, make sure you are all in. No complaints. No checking your phone. No looking at your watch. See if this time shared together could end up becoming a habit for you and your teenager!

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### Bed Time

**B**efore your teen heads to bed, ask them if there is anything you could be praying about for them. You can pray together if they share something or, if that makes you uncomfortable, tell them you will be setting an alarm on your phone to get you in the habit of praying for this concern on a regular basis. Then be sure to do it! Don't forget to follow up with them later.