

# Grit 'n' Grace

GOOD GIRLS BREAKING BAD RULES



## DIGGING DEEPER *Discovery*

Episode #83

How to Avoid the Teen Rebellion Rut



## How to Avoid The Teen Rebellion Rut

### Discovery Verse

Prov. 23:24 (NLT)

"The father of godly children has cause for joy.  
What a pleasure to have children who are wise."

### *Grow Your Grit*

The adolescent years are hard for parents and teens.

### *Embrace God's Grace*

If we rely on God, he will give us grace to parent in faith.

### Discovery Quote

"When we talk about rebellion, it needs to be a pattern  
of acting against what God wants for your life."

~Rebecca Gregoire Lindenbach

## Digging Deeper

**1. What do I want my family identity to be about? What is one step I can do to get us closer?**

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**2. Was I rebellious? How has that helped form how I parent?**

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**3. How can I guide my children and their individual personalities in a helpful way?**

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**4. How can I balance being a protective parent and let go of my children at the same time?**

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**5. Do I feel “rocking the boat” can be appropriate?**

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**6. Do I parent out of fear or faith?**

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## Discovery Prayer

Dear Jesus,  
Help me learn how to parent out of faith.  
Help me discern when to let go and when to step in.  
I so want my children to grow up and be happy and okay.  
But I want them to love you and be independent even more.  
I feel lost at times. Parent me as I parent my children. Amen.



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