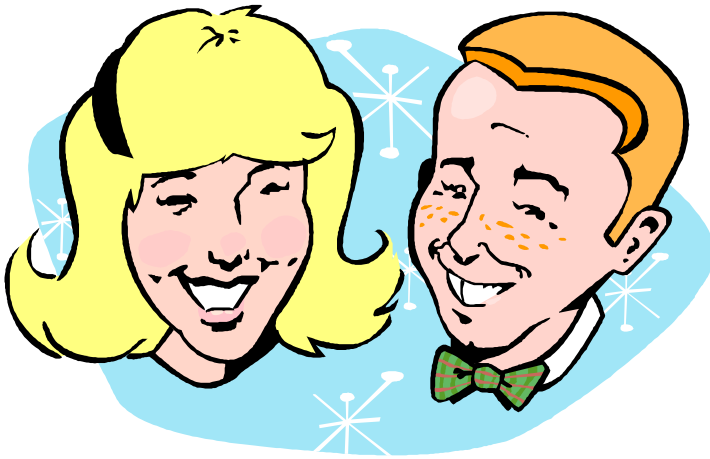


Booklet 10

# Helps for Young People



***My Parents Drive Me Nuts  
Their Teasing Really Hurts  
What About My Problems***

Compiled by Hervey Bay Gospel Chapel for its young people

# My Parents Drive Me Nuts!

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If your family's making you crazy, you're not alone. Everyone on the planet goes through times when it's not easy to get along with parents and sibs. And that certainly includes the students who wrote these three devotions.

## Obey *My* Parents?

*Children, obey your parents in everything, for this pleases the Lord.*  
(Colossians 3:20)

One night I was dying to go to a youth group meeting with a friend, but my family had some stuff we needed to do. My mom said I couldn't go, but I snuck out of the house and went anyway. Halfway through the youth pastor's talk, my mom showed up. Boy, was she steamed!

I thought going to that meeting was definitely something God wanted me to do. But the fact is, I went against God's will that night by disobeying my mom. As a result, I lost my mom's trust.

God knew what he was doing when he put my family together. He gave me my parents so there would be someone to help me grow into an adult. Obviously, God wants our parents to follow and obey him. He also wants them to instruct us and guide us in the way we should live our lives. That's their responsibility. As long as the things our parents ask us to do don't go against God's commands, we need to lovingly obey them. That's our responsibility.

—*Meredith*

What about You?

1) What are some things that really bug you about your parents?  
What things do you appreciate about them?

- 2) Think of four ways to show respect to your parents. For the next month, do one of those things each week.
- 3) Ask God to help you learn to respect and obey your parents.

## **Those Foolish Fights**

*Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not quarrel; instead, he must be kind to everyone. (2 Timothy 2:23-24)*

I don't know what gets into me sometimes, but I start the stupidest arguments with my parents and my brother. These spats aren't even about anything important—I want to watch a different TV show or have toast instead of cereal, and all of a sudden we're fighting.

These verses make it clear that arguing is foolish and wrong. God doesn't want us tearing each other down with our words. He wants us to have pure hearts and to live in peace with each other. Especially in our families, because those are the people we have to live with every day.

It's good for me to think about how God wants me to live. Arguing doesn't do anybody any good, and it puts up a wall between me and God. But if I want to be close to God, I need to start by speaking kind words instead of mean ones.

—*Kate*

What about You?

- 1) Which family member do you argue with the most? How can you make your conversations more positive?
- 2) Over the next few days, write a nice note to each person in your family. Place the notes someplace they'll be sure to find them.
- 3) Ask God to help you use your words to build people up.

## Who Am I to Judge?

*Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye? (Luke 6:41)*

I'm pretty good at spotting "specks" in my brother's eye. Just the other day, I told my brother not to do something. Then, later that day, I was doing the same thing—only worse! That wasn't a very smooth move on my part.

I'd be in big trouble if God judged me for all the bad things I do. But instead of judging me—which he's allowed to do, since he's God—he gives me grace, because I know Jesus. He forgives my sins, no matter how bad I mess up. And he calls me his very own child. Since God's been so merciful to me, I have no excuse for judging my brother.

—**Matt**

What about You?

- 1) Why is it easy to judge other people for their sins? Why isn't that the right option for a Christian?
- 2) Get a piece of paper and list sins you've committed. Ask God to forgive those sins. Now take a bright red marker and write "FORGIVEN" across your sins. Since God did this for you, remember to forgive others when they mess up.
- 3) Thank God for showing you his grace.

### Getting Along with the Fam

Other passages to read and study

• Leviticus 19:3

*give a little respect*

• Proverbs 6:20-22

*hold on to godly family values*

• Psalm 127:3

*you're a gift to your parents*

• Proverbs 11:29

*a troublemaker's "reward"*

<ul style="list-style-type: none"> <li>• Proverbs 23:24-25 <i>how to make Mom and Dad smile</i></li> </ul>	<ul style="list-style-type: none"> <li>• Ephesians 4:31 <i>get rid of these bad qualities</i></li> </ul>
<ul style="list-style-type: none"> <li>• Ephesians 6:2-3 <i>a promise for you</i></li> </ul>	<ul style="list-style-type: none"> <li>• Ephesians 6:25 <i>be truthful with each other</i></li> </ul>
<ul style="list-style-type: none"> <li>• Colossians 3:12-14 <i>valuable virtues</i></li> </ul>	

### Try This!

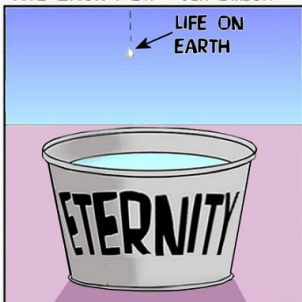
Write about each passage in a journal or notebook. Here are some ideas to help you get started:

- 1) How can this passage help you get along better with your family?
- 2) What are three questions you have about the passage? Write down your own answers, then as a Christian friend or your youth leader how they would answer. Write down their answers, too.
- 3) Write a poem, a song or a prayer that expresses your feelings about the passage.
- 4) Using the devotions in "Faith Builders" as a model, write your own devotion based on the passage.

The devotions in this section were taken from *The NIV Teen Devotional Bible* (Zondervan).

Featuring 260 devotions written by students, this Bible also offers help for personal and spiritual growth.

### THE BACK PEW - JEFF LARSON



Our time on earth is a DROP IN THE BUCKET OF ETERNITY.. so live with eternity in mind.

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Thanks to Deborah

10-10-2001

NEED A LIFT?

## *Their Teasing Really Hurts*

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*I'm 5'6" and weigh only 90 pounds. I know there are overweight people who think I'm lucky, but the truth is people make fun of me all the time. They say I'm bulimic and anorexic. I eat plenty and I'm very healthy, but I don't seem to gain weight. My family tells me to just laugh it off, but the harsh words people say really hurt. How can I gain more self-confidence so the things people say won't hurt me so much?*

You are thin for your height. I checked in with a doctor I know and he agreed it would be wise for you to get a very thorough physical examination. You might want to go to a specialist called an endocrinologist—a doctor who specializes in hormones. The doctor can make certain there are no physical problems keeping you from gaining weight.

Also, keep in mind that during your teenage years, physical development happens fast. Once you're sure there are no health concerns, the best you can do is wait for your body to grow and change. You may experience a major growth spurt, complete with weight gain, any day. It could happen tomorrow, it could happen years from now. You may even be thin because of your genetic makeup. Is the rest of your family on the thin side? If so, there's very little you can do to change the shape of your body.

I would also encourage you to keep eating a healthy diet. It might be tempting to load up on junk food in the hope you'll put on weight. But in the long run, you'll do your body more harm than good.

Once you've seen a doctor and been given a clean bill of health, I think you should take your family's advice. It may be difficult to laugh off the harsh words, but there's very little you can do to change the things other people say. All you can change is your reaction to them.

If you're doing everything you can to be healthy, it's time to accept the fact that for now, you're thin. Here's a scripture that has helped me along the way with things I don't necessarily love about my body. These words don't make our physical issues go away, but they can remind us of who made us and that we are all unique in God's eyes:

*For you created my inmost being, you knit me together in my mother's womb. I praise you because I am fearfully and wonderfully made; your works are wonderful, I know that full well. My frame was not hidden from you when I was made in the secret place. When I was woven together in the depths of the earth, your eyes saw my unformed body. All the days ordained for me were written in your book before one of them came to be (Psalm 139:13-16).*

## **What about My Problems?**

*My friends always talk to me about their problems. I'm glad they trust me and know they can lean on me, but I'm getting really irritated with them. They never ask me how I am, or how I'm doing. I'm pretty independent and secure, so I guess they think I can handle my own problems. But I feel like I give and give, and never get anything back from them. How can I get my friends to see that I sometimes need them too?*

Tell them. It's wonderful you are a person others can talk to. But sometimes you just need to lay the cards on the table and share *your* burdens with your friends. They need to know you need them, too.

Some people just don't think about other people's problems; they're too busy with their own pain. That doesn't mean they don't care about others; it just doesn't always occur to them to ask about their friends' lives. You seem to have the intuition to ask about your friends' problems. That's why people expect you to be the listener and not the person in need of help. But as you're discovering, that can be frustrating.

I've been in your shoes. Lots of people come to me to talk about their problems. But, like everyone else, I have struggles of my own to talk about. For me, the best place to do this is in a support group at my church. This small group gets together once a week to spend time sharing and praying for each other. Because I'm able to talk openly about myself in the group, I feel I'm better prepared to counsel my friends.

If you continue to experience the frustration you feel now, it will become more and more difficult for you to be the caring friend you want to be. By leaning on others for support when you need it, you'll be an even better source of help to your friends. So it's important for you to meet regularly with a small group of friends who can bring you support and encouragement. If you don't know where to find such a group, ask your youth pastor for help. Ask if you can team up with others who can offer you not only a shoulder to lean on, but a chance to air your frustrations and receive wise counsel and advice.

You may also want to take a look at the people you hang around with. If all your friends are needy, I suggest you actively pursue a few friendships where there is some mutual give-and-take in the relationship. Several years ago I was feeling really drained and friendless. Then I looked at the people I was spending time with. Almost all of them were people who demanded a lot of attention from me. For some reason I was surrounded by needy people. I realized I needed a few friends who would fill me up, rather than drain me. Sure, these people have their share of problems, but they're also friends who show an interest in my life.

Good, caring friends are hard to find. Your friends are fortunate to have you in their lives. I wish you the best as you find a few more friends who can offer you the same support you've given to others.