

## Dealing with a Rebellious Teen

Kurt Bruner, *The Center for Strong Families*  
Adapted by *Greenville Oaks Church of Christ*

There is little in life that creates more anxiety than having a teenager who seems out of control. Experiencing emotional outbursts, being lied to, or staying up at night worrying about their safety can greatly damage your relationship with your teen. You may have tried different approaches to help them—being tough one day and then trying to show mercy the next—but nothing really seems to make a difference.

What steps can you take now to best help your child?

### STEP ONE: Assess Your Relationship

As teen expert Josh McDowell has said, “Rules without relationship leads to rebellion.” Considering that your teen’s emotions and behavior are being affected by a surge of changing hormones, it’s vital for you to maintain as strong a relationship as possible in the midst of whatever they may be going through. If you have a solid relational foundation, you can build from there.

Like the father in the story of the prodigal son (Luke 15:11-32), you can hope that your unconditional love and forgiveness will ultimately draw your teen back. So ask yourself several questions, such as...

- Is our relationship generally healthy with a few bumps, or generally unhealthy with rare moments of connection?
- Am I spending time with my teen doing things we enjoy together to create a solid foundation for when tensions occur?
- Does my child feel deeply loved or heavily criticized? (1 Peter 4:8)
- Are my spouse and I on the same page?
- Has the relationship deteriorated to the point we need guidance from a minister or professional help?

What if the relationship is weak? Maybe you’ve been relationally disconnected for a long time, or maybe your teen is a stepchild who has never really accepted you as his or her parent.

Even under these and similar circumstances, you earn respect by building a relationship based on availability, openness, and trying to understand your teen without coming across as judging their words and actions.

### STEP TWO: Be the Parent

Some parents interpret the need for relationship as a call to be good friends to their teens, but you need to be the parent—the one who brings stability and structure to the child’s life by setting boundaries and expectations.

It’s vitally important with rebellious teens not to exasperate them (Ephesians 6:4) when you feel disrespected. As the adult, you need to sacrifice your hurt feelings and anger to do what’s best for your teen. You are called as the parent to *lovingly* direct your teen through the challenges leading to adulthood. Ephesians 4:15 directs us to *speak the truth in love*. Ask God to show you when it’s important to be tough and when you need to lead with gentleness and compassionate love.



### **STEP THREE: If Serious - Seek Professional Help**

In this church body, you are surrounded by parents who have raised teenagers; many of whom faced challenges similar to yours. There's no reason to be embarrassed by the challenges you have or to strive to keep the veneer of a perfect family.

You need the support and wisdom of those who have been where you are. Do you find yourself asking any of these questions?

- How can I find out if my child is using drugs or alcohol?
- Is my teen having sex, and if so, what should I do?
- Why does my child seem so depressed?
- I think my child is looking at on-line pornography. What do I do?

Problems such as alcohol or drug use, pornography addiction, sexual experimentation, severe depression and other challenges may fall beyond your understanding and require the help of counselors and experts who can bring biblical wisdom along with professional understanding of teens and risky behavior.

### **GOING FURTHER - Resources**

#### **Recommended Books:**

*Available for checkout at the Faith@Home Center or for purchase online.*

***Boundaries with Teens: When to Say Yes, How to Say No*** (by Dr. John Townsend) offers advice on how to parent your teen.

***ScreamFree Parenting: The Revolutionary Approach to Raising Your Kids by Keeping Your Cool*** (by Hal Runkel) You can create and enjoy the types of calm, mutually respectful, and loving relationships with your kids that you've always craved.

***Parenting Teens with Love and Logic*** (by Foster Cline & Jim Fay) helps parents address the pressing issues faced by today's teens.

#### **Recommended Website:**

The "Teen Rebellion" topic on [TroubledWith.com](http://TroubledWith.com) site offers helpful articles and resources for parents struggling with a teen.

### **GOING FURTHER – Church Support**

#### **Pastoral Care**

Greenville Oaks Shepherds and Ministers are here for you. Email [info@greenvilleoaks.org](mailto:info@greenvilleoaks.org) and ask to be contacted by a Shepherd or Minister.

#### **Professional Christian Counseling**

Greenville Oaks Church of Christ offers various resources for Christ-centered professional counseling (including premarital counseling). For more information, call the church office at 972-727-2359 or email [info@greenvilleoaks.org](mailto:info@greenvilleoaks.org).

#### **Student Ministry**

The Greenville Oaks Student Ministry is here to help. Call the church office at 972-727-2359 or email [info@greenvilleoaks.org](mailto:info@greenvilleoaks.org).