

# CEDAR GROVE STUDENT MINISTRIES



Grades 6-8  
Pastor Avie Lingal  
aviel@the-grove.net



Grades 8-12  
Pastor Michael Nono  
michaeln@the-grove.net



Director Student Ministries  
Steve Swaddling  
steves@the-grove.net



Ages 18-28  
Pastor Steve Swaddling  
steves@the-grove.net



## PARENT'S NEWSLETTER

### CGYOUTH.CA

Experience Jesus, Build Relationships, Have a Blast!



Volume 1: Issue 2

### Hey Parents!

As we approach the end of the school year, there are a lot of reasons why the end brings stress. This can be especially true for our grade 12 students and our grade 7 students who are going to be transitioning to a new phase of their lives. As the end of the school year approaches, talk to your teens and pre-teens about this transition. If we can be of any assistance in this, let us know.

This month we are working on a series in youth called "Choose Wisely". We are looking at how we approach issues in life from a biblical perspective and how we make choices based on the faith that we believe in. For instance, can a Christian smoke Marijuana? What about who are friends are or how far should we go sexually before getting married. We are learning a 3 step process for determining whether or not something is sin, not a sin, a grey area which is ok or a grey area that is not ok. In the next few weeks, ask your teen what issues were covered and what conclusions they are making.

As always if you have any issues with your teen or pre-teen, questions about building their faith, concerns about anything they are involved in, please don't hesitate to email and set up a time to chat or ask for any resources we can share with you.

### PARENTING TEENS SEMINAR 2: FAITH FORMATION IN MY TEEN AND PRE-TEEN

Tuesday, April 23 from 7:00pm to 8:30pm

Back of Sanctuary (right side)

- How to get my teen to church, youth, read the bible
- What tools are available to help discuss spiritual things with my kids
- What are the top ways we can positively influence our kids spiritual formation

This month I share additional articles and information that you can use to raise your kids in a spiritually healthy environment and what their needs might be.

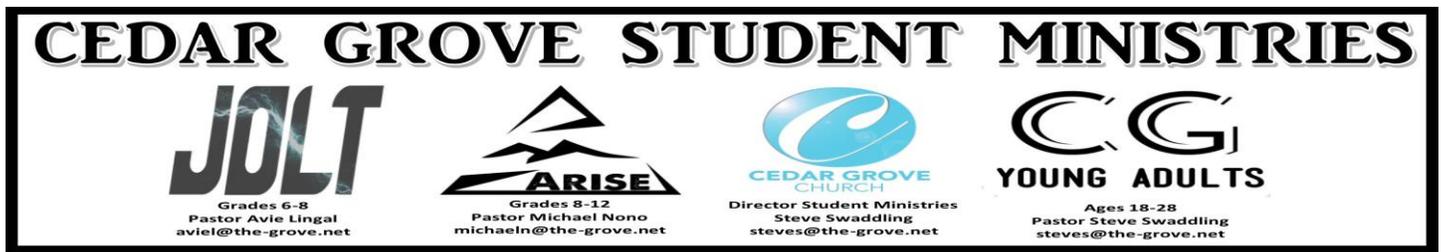
One of the sites you might like to visit is <https://www.heritagebuildersglobal.com/> Heritage Builders goal is to give families the tools needed to follow the Lord in unity. Check it out. At our workshop we will talk about our spiritual legacy, one that we inherited and one that we are leaving for our kids.

Serving You and the King,

Steve, Michael, and Avie

THEREFORE EVERYONE  
WHO **HEARS** THESE  
WORDS OF MINE AND  
PUTS THEM INTO  
**PRACTICE** IS LIKE  
A **WISE** MAN WHO  
BUILT HIS HOUSE  
ON THE **ROCK**.

MATTHEW 7:24 NIV



## Raise a Godly Daughter in an Ungodly World

The culture your daughter must face today is often hostile to God's values. Too many girls are simply sucked into the culture, losing their virtue in the process. But with your help, your daughter can counteract the culture and live the life God wants for her. Here are some ways you can raise a godly daughter in an ungodly world:

- **Prepare for battle.** Don't sit back and allow your daughter to be indoctrinated into the culture's current popular thinking by default. Commit to investing as much time and energy as it takes to train her to counteract the culture with God's timeless truths. Recognize the great power you have as her mother to influence your daughter. Model a life of faith in action for her, and regularly discuss biblical principles with her.
- **Monitor her outside influences.** Know who your daughter's friends are and what values they embrace. Help her eliminate negative influences and build a peer group of strong, godly friends. Set boundaries on the types of television shows, movies, music, magazines, books, and Web sites your daughter accesses. Regularly discuss media content with her and talk about how it relates to her faith.
- **Help her choose courage over conformity.** Teach your daughter how to be in the world without being of the world. Help her understand how to be transformed by the renewing of her mind. Explain to her why God set up moral absolutes of right and wrong so she doesn't cave into the fuzzy thinking of our culture's moral relativism. Demonstrate in your own life how to consistently follow God's Word. Acknowledge times when your faith has been inconsistent, ask your daughter's forgiveness for not modeling the integrity you want her to see, and ask God to help you do better.
- **Teach her how to define her true self worth.** Explain to your daughter that the world's formulas for defining self worth don't work. Let her know that her worth doesn't equal what she looks like (God is more concerned with her inner heart than her outward appearance), what she does (God cares more about who she is than her accomplishments), or what other people think of her (it only matters what God thinks). Tell her that God's formula is the only one that works: Her worth equals who she is in Jesus Christ.
- **Refute myths about sex with the truth.** Realize that you should be your daughter's primary source of information about sexuality. Strive to provide her with lots of accurate information. Refute the common myths that "Everyone is doing it," "As long as you love the person, it's okay to have sex," "It's not sex unless you go all the way," and "Condoms protect against unwanted pregnancies and STDs."

Help her understand some of the reasons she should wait until she's married to have sex: Her body is not her own; it belongs to God. A large majority of teen girls who have sex regret it. She will likely get a bad reputation if she does have premarital sex. One in four sexually active teens gets a sexually transmitted disease every year. Forty percent of sexually active girls will become pregnant at least once by age 20.

Help your daughter see that God's call for sexual purity is not exclusively meant for sexual intercourse, but for all sexual activity. Encourage her to make a personal pledge to God to save sex for marriage, and to seek out friends who have also made such pledges themselves. Let her know that God created sex as something beautiful to be enjoyed in the confines of marriage, and that if the gift is misused, it can have devastating physical, emotional, and spiritual consequences.

- **Encourage her to dress modestly.** Explain to your daughter why dressing modestly is an important way to honor God with the body He has given her. Help her understand that immodest clothes send wrong messages to guys and stimulate

# CEDAR GROVE STUDENT MINISTRIES



Grades 6-8  
Pastor Avie Lingal  
aviel@the-grove.net



Grades 8-12  
Pastor Michael Nono  
michaeln@the-grove.net



CEDAR GROVE  
CHURCH  
Director Student Ministries  
Steve Swaddling  
steves@the-grove.net



Ages 18-28  
Pastor Steve Swaddling  
steves@the-grove.net

them to think lustfully toward her. Let her know why choosing to be modest is a vital part of respecting her dignity as a person. Ask God to give her the confidence she needs to refrain from seeking attention in the wrong way, such as by dressing immodestly to flaunt her body and gain approval from others.

- **Help her discern the difference between facts and fairy tales.** Help prevent your daughter from falling for the cultural lie that finding her Prince Charming will equal a life that's happily ever after. Know that if she expects a guy to complete her, she's setting herself up for disappointment and heartache. Tell her that only Christ's love can completely fill her heart. Encourage her to pursue her ultimate needs through a relationship with Christ rather than trying to get them met through a romantic relationship. Let her know that it's unfair and unreasonable to place the burden of her personal happiness on another person. Help her realize that healthy marriages include a big dose of reality and require time and hard work from both spouses.

- **Create a wise plan for dating.** Ask God to help you develop a plan for when your daughter becomes old enough to date. Don't allow her to date simply for fun or to be able to say that's she's going out with someone. Let her know that dating is not something she should enter into lightly.

Help her avoid dating that's based more on feelings than on God's standards. Don't let her get into a "joined-at-the-hip" dating relationship in which she and her boyfriend spend more time with each other than they do with their family and friends. Save her much heartache by not allowing her to date guys who aren't Christians.

- **Help her choose kindness over meanness.** Help her make sure that her peer group doesn't become a clique (a group that purposely excludes others and acts superior to everyone else). When another girl is mean to her, pray for that girl with her and encourage her to do something nice for the girl, knowing that her act of kindness may change the girl's heart.

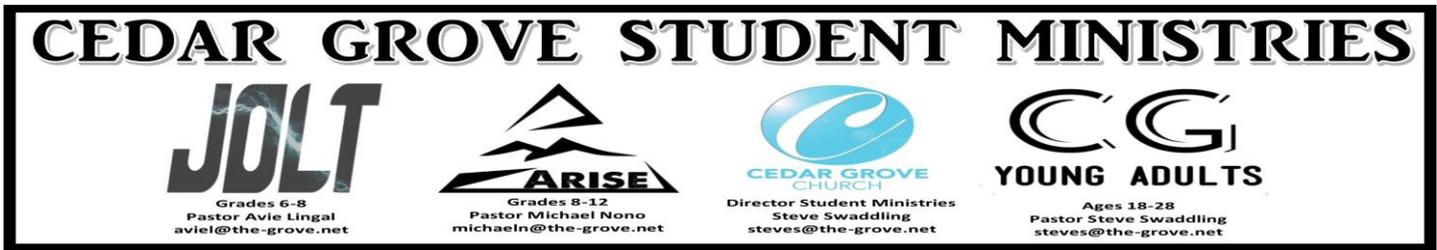
Encourage your daughter not to participate in gossip, no matter how many others around her are doing so. Help her to avoid jealousy by coming to believe in the unique and special person God created her to be. Help her process moments of disappointment before they grow into jealousy.

- **Help her get to know and trust the Bible.** Explain to your daughter why the Bible isn't just another book filled with nice stories and principles; it's God's inspired, living Word. Help her understand that the Bible is God's revelation of Himself to people, unveiling His eternal plan for all humankind.

Let her know how the Bible's reliability is supported by archaeology, Scripture's consistency over the years, and fulfilled prophecy. Show her how the Bible is relevant to her life. Buy her a Bible of her own and help her set and maintain a regular devotional time.

- **Help her learn how to pray.** Encourage her to pray often, and to listen to God instead of just talking to Him. Explain the different types of prayers (praising God, confessing her sins and asking for forgiveness, thanking God, and asking God for something for herself or other people) and encourage her to pray a variety of prayers. Pray with and for your daughter regularly.

- **Don't compromise your own faith so she won't want to compromise hers.** Avoid these attitudes and behaviors: Not attending church regularly, worshipping only on Sundays (not integrating your faith into your life every day), worrying or failing to trust God in times of adversity, failing to follow God's principles for how you should use your money, whining instead of being grateful for God's blessings, not sharing your faith with others, molding your faith to fit your life rather



than molding your life to fit your faith, letting your past rule your present and future rather than trusting God to heal you and help you move forward, being prideful and legalistic, and failing to have a daily quiet time.

Adapted from *Your Girl: Raising a Godly Daughter in an Ungodly World*, copyright 2004 by Vicki Courtney. Published by Broadman & Holman, Nashville, Tn., [www.broadmanholman.com](http://www.broadmanholman.com).

## Raising Godly Boys In An Ungodly World

When Nebuchadnezzar besieged Jerusalem in 605 BC, one of the young men who was taken back to Babylon was Daniel. The captives were soon fully indoctrinated into Babylonian culture and religion. In America today, our public schools are not so different. Every day our children are saturated with secular humanism. In school they are stripped of their spiritual heritage. Though only a teenager, Daniel became one of the finest examples of godly manhood. Through the example of his life, we can gain helpful leverage to counteract today's societal pull and grow strong men of the faith.

### Help your son decide his convictions before he faces the choices

When Daniel was faced with eating from the king's table, he "purposed in his heart that he would not defile himself" (Daniel 1:8). The choice required courage, but it was not difficult, because it was a choice he had already made.

Help your son decide what his convictions are before temptation grabs him. Many parents avoid discussing important issues because they are embarrassed or fear they might stimulate undue interest. Some question whether their pre-teen is mature enough. Ask the Holy Spirit to nudge you when the timing is right. He will! Then guide your son with Scripture toward establishing right convictions on his own.

### Teach your son never to underestimate the importance of his choices

Each choice your child makes is a step into his future—in one direction or the other. Don't let him underestimate the life-changing impact of each one. You can teach him this by discussing biblical examples (read about Joshua and Caleb, Abraham, David, Joseph, and Solomon). Or by offering clear examples from your own life of how one choice affected your future. And while older boys need the freedom to make some choices independently, don't hesitate to step in and help.

### Train your son to determine the risk factor in every situation

The aggressive nature of boys explains, in part, their risk-taking behavior. Unfortunately, analyzing those risks is seldom part of a boy's thought process. And even accidents are not always deterrents. Here's the point: Train your son to understand that most situations involve risk. Determining the risk factor of every situation will help your son avoid trouble and become a man of godly character.

### Show your son how to depend upon God every day

Understanding God's omnipresence will give your son unmatched strength and courage (Joshua 1:9). Train your son to develop a personal quiet time with God. Teach him to be consistent even when he doesn't feel like it. Then, slowly remove yourself from the process over time. Also, model the importance of communicating with God through prayer. Finally, encourage your son to journal some of his own choices along with the outcomes.

### Motivate your son to declare his decisions with courage

Not once did Daniel compromise his convictions—but he did remain gracious to those around him—so much so that his captors called him "O Daniel, greatly beloved." Communicate this to your son by role playing potential scenarios involving peer pressure and decision making. Then help him formulate specific responses for saying no to bad situations. The goal should be to remain consistent, while influencing others in a positive way.

# CEDAR GROVE STUDENT MINISTRIES



Grades 6-8  
Pastor Avie Lingal  
aviel@the-grove.net



Grades 8-12  
Pastor Michael Nono  
michaeln@the-grove.net



Director Student Ministries  
Steve Swaddling  
steves@the-grove.net



Ages 18-28  
Pastor Steve Swaddling  
steves@the-grove.net

## Encourage your son to develop friends who will stand with him

Studies show that with just one person on your side, you are more likely to stand up for your convictions. As a parent, the most important thing you can do is pray about your child's friends. Then, as he chooses friendships, encourage him to look for the kinds of qualities God would admire. Loyalty, integrity, and high moral standards are a few that should make the list.

## Finally, the most effective way to raise a courageous son is to BE courageous yourself

We all know what we tell our sons has little impact when we ourselves live timidly for Christ. Being a parent is no easy task, but God is with you. Bow to Him in prayer and ask Him to make you the kind of Christ follower that compels your son to stand up for Christ. If you live your life boldly for God, your son will notice, he will remember, and with God's guidance, he will follow your example.

This article was excerpted from Turning Points, Dr. David Jeremiah's Devotional Magazine.

## Top Ten Mistakes Christian Parents of Teens Make

10. Not spending time with your teen.
9. Letting your teen's activities take top priority for your family.
8. Spoiling your teen.
7. Permissive parenting.
6. Trying to be your teen's best friend.
5. Holding low expectations for your teen.
4. Not prioritizing youth group/church involvement.
3. Outsourcing your teen's spiritual formation.
2. Not expressing genuine love and like to your teen.
1. Expecting your teen to have a devotion to God that you are not cultivating within yourself.

Jeff Strong is the Senior Pastor of Nelson Evangelical Covenant Church in Nelson, British Columbia.

## Becoming A Tech-Wise Family

To resist the pull of technology's siren call of easy everywhere, Crouch offers a Rule of Life for technology use within families. He begins by framing our struggle as one that involves three central commitments:

1. **Priority of Character.** Our family rejects the easy everywhere lifestyle. We will do hard things that challenge us to cultivate the virtues of wisdom and courage.
2. **Intentional Space.** We will structure our home so that we are nudged towards meaningful creativity and interaction, and away from passive, isolating consumption.
3. **Quality Time.** We will intentionally build rhythms into our lives that help us get to know one another, God, and our world in deeper and richer ways.

Crouch then shares several principles that he and his family used to live into this mission to become tech-wise:

1. We develop wisdom and courage together as a family. This means we support each other in growing and developing all of our God-given gifts and capacities.
4. We want to create more than we consume. So we fill the center of our home with things that reward skill and active engagement (e.g. musical instruments, art tables, board games, books, etc.)
5. We are designed for a rhythm of work and rest. So one hour a day, one day a week and one week a year, we turn off our devices and worship, feast, play, and rest together.

# CEDAR GROVE STUDENT MINISTRIES



Grades 6-8  
Pastor Avie Lingal  
aviel@the-grove.net



Grades 8-12  
Pastor Michael Nono  
michaeln@the-grove.net



CEDAR GROVE  
CHURCH  
Director Student Ministries  
Steve Swaddling  
steves@the-grove.net



YOUNG ADULTS  
Ages 18-28  
Pastor Steve Swaddling  
steves@the-grove.net

6. We wake up before our devices do, and they “go to bed” before we do. This means no technology the first hour upon rising, and no technology the final hour before bed.
7. We aim for “no screens before double digits” at school and at home. If this means struggling with boredom at times, so be it. We will create a habit of non-use during the early and formative stages of our children’s brain and social development.
8. When we do use screens, we will use them for a purpose. We will use them together whenever possible in order to stimulate conversation and create shared experiences.
9. Car time is conversation time. We do not isolate ourselves during times of extended travel. Instead we take advantage of these rare opportunities for conversation and connection.
10. We show up in person for the big events of life. We learn how to be human by being fully present at our moments of greatest vulnerability. We hope to die in one another’s arms.

The Tech-Wise Family by Andy Crouch

## HOW TO KEEP YOUR KIDS SAFE ONLINE

A 2013 survey of Canadian kids in Grades 4 through 11 found that:

- Almost all of them (99 per cent) had access to the internet outside of school.
- Cellphones and smartphones were one of the primary devices kids used to access the Internet. More than half of students in Grade 11 said they sleep with their phones, just in case they get a text or call during the night. And a fifth (20 per cent) of Grade 4 students said they do the same.
- A majority (60 per cent) of boys in this age group accessed the internet through gaming consoles. This was far less popular for girls.
- More parental rules correlated with less risky online behaviours.

1. Ask Before They Post Things They Should Consider:
  - a. What does this post reveal? (Avoid posting personal information.)
  - b. Who can see it? (Keep your privacy settings as high as possible.)
  - c. How will this information be perceived now and in the future? (Cultivate a positive online reputation.)
2. Don’t respond to a bully or try to retaliate. STOP, BLOCK, TELL is a good rule.
3. Teach your kids to stop communicating with someone who is sending insulting, hurtful or disturbing messages through social networks, emails, videos, and/or text messages. If the messages continue, ask your child to save them and then block that person. Then they need to tell a parent or trusted adult.
4. Think before you click. Kids should never click links in messages from people they don’t know or in messages that look suspicious. And they should not download files to their phones or computers unless they are absolutely sure they’re safe.
5. Be wary. Young children should not get together with anyone they “meet” online without a parent being involved. And teens should be wary. The person they think they’re talking to online may not always be who they say they are.
6. Inform yourself. As parents, it can be difficult to keep up, but just as you want to know where your kids are in their offline lives, you should know where they go in their online lives. As noted earlier, open communication with your children is your best route to finding out what they’re up to.
7. Be a role model. Use your own online behavior as a role model for your kids. Model good manners and avoid over sharing about your family life.
8. Learn about your own digital identity. In what’s been called the “privacy paradox” we love the convenience of having online access, but in doing so we give up personal privacy. Do you know where and how your data is being used? Work through the Privacy Paradox challenges...you may be surprised at what you learn.