

Youth Ministry Parent Newsletter

February 2021



Is your teen struggling during the pandemic? You're not alone.



As the pandemic drags on, many teenagers are suffering from behavioral health challenges. Therapists at Provident Behavioral Health offered their insights on what families are facing and possible ways to address it.

The reasons why so many teens are having a tough time are obvious. They have been isolated from friends and teachers, stressed from learning remotely, disappointed in missing activities and sports and coping with the general uncertainty in things that should feel stable. The lack of structure and routine hits particularly hard for those who already struggle with ADHD, depression or anxiety.

Teenagers are also notorious for trying to hide their struggles because of fear, shame or concern about burdening others. The experts at Provident say it's helpful to take a long view, paying attention to how your teen's behavior has changed over the past weeks, months or year.

Signs to look for include:

- Mood swings that weren't there before, including conflict with friends and family.
- Stepping back from personal relationships. It may be cause for concern if your teen begins to show little interest in texting or video chatting with friends.
- Loss of interest in things they previously enjoyed such as music, games or exercise.
- A hard time falling or staying asleep, or an increase in sleeping during the day. This could also include not getting out of bed.
- Changes in weight or eating patterns.
- Changes in appearance, such as a lack of basic personal hygiene.
- An increase in reckless behaviors.

How to respond:

- Listen to your teen. Adults often want to give advice and do most of the talking. Practice using open-ended questions like "Tell me about the game you're playing" or "What has been easier or harder about school this year?" The Missouri State Social Services Department has downloadable conversation cards on their website call "[Connect with Me](#)" cards that offer suggestions for getting things started.
- Work together to create routine. Setting a daily schedule with goals for getting out of bed at a certain time, planning mealtimes and doing something physical — even just time for cleaning out the basement or doing chores — are all helpful steps.
- Reach out when you need help. The Mt. Shasta Youth Ministry is here for you and is willing to help. We can help get you connected to resources, professionals, and walk alongside of you and your student.

Article link: https://www.nbcrightnow.com/lifestyles/health/is-your-teen-struggling-during-the-pandemic-youre-not-alone/article_8af8e765-3ce2-56b3-8599-a0c9134ba99a.html

TRENDS

Younger Smartphone Ownership: The recently released Common Sense Census offers helpful insights into the ways that our children and teens are using media. One of the most interesting and perhaps concerning findings is the age of initial smartphone ownership. Back in 2015, it wasn't until the age of 13 that the scales tipped over the halfway point, with 50% of 13-year-olds owning their own smartphone. At the time, we issued warnings to parents, encouraging them to be careful about putting smartphones into the hands of their kids too soon. The reason? Smartphones take our kids onto a digital playground that can be healthy, but can also be very dangerous, with all kinds of temptations and traps. The latest research says that in today's world, the tipping point is now lower. 53% of our 11-year-olds now have their own smartphone. Parents, teach your kids to use their phones in ways that glorify God. And, don't give them too much technology too soon.

Youth Group - Sunday Nights

Date: Sunday's 5:00-6:30pm

Location: Mountain Christian Fellowship

What Is It?: Youth Group is a time for students from 7th through 12th grade to play games, read the bible, and have discussion groups about Jesus together. The night starts off by playing either an outdoor game or an indoor game together. Then we start our teaching time as a large group and then split off into smaller discussion groups. Students are separated by grade and gender.

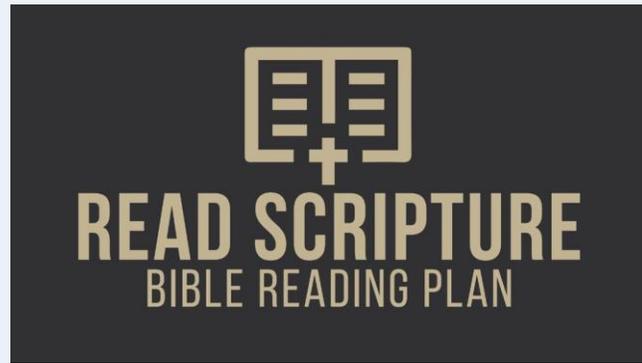
**JAN & FEB
@ THE CROSSING**

-Co-Ed Bible Study M: 7a
-Youth Group Th: 3:30-5:30p
-Open Crossing & Coffee M-Th: 7-9a & 3:30-5:30p
-Friday Night Lights F: 3:30-7:30

Friday night lights is a chaperoned outing at Mt. Shasta Ski park. Rides can be provided. Please reach out if you would like more information.

FOR MORE INFO, OR QUESTIONS ON ANYTHING, PLEASE DON'T HESITATE TO REACH OUT.

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2021 FBC Bible Reading Plan

As the new year is upon us, we want to center our hearts, our lives, and our church on God's Word. Beginning Sunday, January 3rd we are encouraging our entire church and youth group to read through the Bible for 2021.

We will be using the Read Scripture Bible Reading Plan, which will get us through the entire Bible just before the end of the year. Each day you will read a few chapters as well as one Psalm to pray through. The plan is semi-chronological in order and has optional videos to provide background information to each book and major themes in the Bible.

We encourage you to pick up the reading plan late if you didn't start in January. Below are buttons that will take you to the app, the YouTube videos, and a PDF of the reading plan.

[APP IN THE APPLE STORE](#)

[APP IN THE GOOGLE PLAY STORE](#)

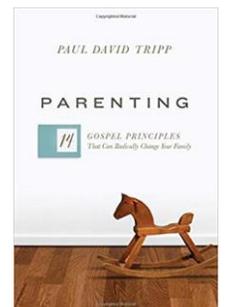
[ONE YEAR BIBLE READING PLAN PDF](#)

[BIBLE READING PLAN VIDEO PLAYLIST](#)

Recommended Reading

Parenting: 14 Gospel Principles That Can Radically Change Your Family by Paul David Tripp

What is your calling as a parent? In the midst of folding laundry, coordinating carpool schedules, and breaking up fights, many parents get lost. Feeling pressure to do everything "right" and raise up "good" children, it's easy to lose sight of our ultimate purpose as parents in the quest for practical tips and guaranteed formulas. In this life-giving book, Paul Tripp offers parents much more than a to-do list. Instead, he presents us with a big-picture view of God's plan for us as parents. Outlining fourteen foundational principles centered on the gospel, he shows that we need more than the latest parenting strategy or list of techniques. Rather, we need the rescuing grace of God—grace that has the power to shape how we view everything we do as parents. Freed from the burden of trying to manufacture life-change in our children's hearts, we can embrace a grand perspective of parenting overflowing with vision, purpose, and joy.



Family Table Talk

Is God In Control?

Read Hebrews 1:1-4

When we read the Bible from cover-to-cover, we encounter a consistent truth about God that brings great peace and comfort, especially during times when we are filled with fear and anxiety. It is a truth known as God's Providence. In the first few verses of Hebrews, we read that God-in-the-flesh, Jesus Christ, is not only the Creator of the world and the One who purifies us from our sins through his sacrifice on the cross, but he "upholds the universe by the word of his power" (v. 3). This is God's providence! After creating all things, God did not step away from his creation, leaving everything to chance, fate, luck, or fortune. Rather, he has remained continually involved with all things he has made, directing them as he wills. He is sustaining, renewing, preserving, ordering, and "holding together" (Colossians 1:16-17) what he has made. What a joy it is to know that God is at work in the midst of all circumstances! Jesus tells us that he is so active in the world, that not a sparrow falls from the air apart from God's providence. He is so involved in all things that he knows how many hairs we have on our head (Matthew 10:29-30)! Even evil actions and circumstances (Coronavirus) are doorways for God – who is not the author of evil- to work in our world, our families, and our lives to bring about great good, including a deeper knowledge of his love. Working to understand the mystery of God's providence might not lead us into an immediate and clear understanding of what God is doing, but it can lead us into an immediate and clear understanding of the fact that God is doing something for our good and his glory!

Discussion Questions:

- How have you seen God's providence at work in the good circumstances and experiences of your life?
- Difficult Providences are hard things that bring blessings. How have you seen God work in the difficult circumstances of your life?
- What might God be doing in the world through the Coronavirus epidemic?

Pray:

Lord, help us to see that you are always in control. We are grateful for your providential care in our lives, our families, and our world. Help us to trust all things to you as you are working out your plans for us, for our family, and for our world.

Family Table Talk by Walt Mueller from cpyu.org

Podcast



Focus on the Family Parenting Podcast

Streaming Platforms: [Spotify](#), [Apple Podcasts](#), [Google Play Store](#)

Their Values: Since Focus on the Family's primary reason for existence is to spread the Gospel of Jesus Christ through a practical outreach to homes, we have firm beliefs about both the Christian faith and the importance of the family. This ministry is therefore based upon six guiding philosophies that are apparent at every level throughout the organization. These "pillars" are drawn from the wisdom of the Bible and the Judeo-Christian ethic, rather than from the humanistic notions of today's theorists. In short, Focus on the Family is a reflection of what we believe to be the recommendations of the Creator Himself, who ordained the family and gave it His blessing.

Background: Need help raising your kids? Focus on the family provides tried and true parenting advice to help your children thrive.