

Marriage and Family Study  
Heritage Christian Fellowship  
6.13.12  
Becoming aware of “changes”  
Adolescence  
Communication  
Part Three

I. Introduction:

Think about your style of communication with your children for a moment. Up to a certain age our children have been hearing things like:

- Stop doing that.
- Don't do that.
- Get away from there.
- Come here.
- Didn't I tell you not to.....
- What are you doing?
- Don't bother me.
- Don't bother me now.
- Do you have to....?
- Not now.
- Go ask you mom (dad).
- Where have you been?
- Stop talking so much.
- Do you have to ask so many questions?
- Didn't I just tell you...?
- How many times do I have to tell you?
- Why are you spending so much time in your room?
- Talk to me while I do....
- I'm busy, let me finish...
- Let's play the quiet game, let's start with you.

II. Prerequisites to good communication.

A. Listen carefully

1. **Pr 18:13**

B. Respond biblically

1. **Eph 4:29**

C. Reflect Christ

1. **Eph 4:30-32**

### III. Talking and listening\*

#### A. Why teens don't talk.

1. My dad and mom don't talk to me.
2. They answer before I even finish talking.
3. We never agree anyway. So why talk?
4. There's nothing to talk to them about.

#### B. Why teens don't listen.

1. My folks don't do what they say; so why should I listen to them?
2. I've already heard it a dozen times.
3. My parents are sarcastic. They put me down.
4. I know just as much as my mom and dad do.
5. My parents don't expect me to listen.

### IV. Communication is more than talking.

If we as parents desire to communicate with our children and they with us it must start with us the parent. We must:

- A. Listen carefully.
- B. Respond biblically.
- C. Reflect Christ.

## HOMEWORK

Evaluate your relationship with your teen and make what ever corrections, if any, are necessary. If you find that you have established a biblical from of communication continue implementing what the bible requires.

\* The main points are taken from Reaching the Heart of Your Teen by Gary and Anne Marie Ezzo.