



PARENT SHEET



PRO-LIFE SESSION 2 UNBOUND



Eating disorders, cutting, self-hatred, and suicide all have the same root cause: they all start with us telling ourselves a lie. God loves us and wants us to be free of misery and pain. He wants us to be unbound to live freely and fully. The fallen nature of this world doesn't make that entirely possible, but the root cause of a lot of pain and suffering is that we get bound by lies that we tell ourselves.

The CONNECT section of the Parent Sheet connects you with the information that was presented to your teen in our last small discipleship group. The DISCUSS section contains questions that you can use to start meaningful discussion on the topic covered and how it relates to your teen's life. The COMMIT section explains to you the commitment or challenge that your teen committed to as a way to grow in his/her faith.



CONNECT

Sixteen percent of high school teens have seriously considered suicide, according to the Centers for Disease Control. Cutting (self-inflicted wounds to relieve emotional pain) is one of the fastest growing trends among teenagers, especially girls. The pain many teens carry affects the quality of their lives and attacks the dignity of their lives.

In this session, we unpacked and discussed the root of these difficult problems, which lies in the mind. We helped teens to evaluate their own lives and what lies they tell themselves, while also helping to unbind teens from misconceptions that they may have by listening to God's truth.



"The LORD sets the prisoners free; the LORD opens the eyes of the blind. The LORD lifts up those who are bowed down; the LORD loves the righteous. The LORD watches over the sojourners, he upholds the widow and the fatherless; but the way of the wicked he brings to ruin."

—Psalm 146:7c-9



PARENT TIP

Consider purchasing the talk *Contemporary Sainthood* by Mark Hart at Lighthouse Catholic Media.

lighthousecatholicmedia.org/store/title/contemporary-sainthood



DISCUSS

Here are some conversation starters to help you engage in discussion with your teen. Remember to share your own perspectives as well.

- » Why is it so important to know and understand who and how God made you as a person?
- » If you have negative thoughts about yourself, do you believe that is how God sees you?
- » Why does God love us so much?



COMMIT

This week your teen was asked to commit to pray every day asking Jesus two things:

- » Jesus, please reveal the lies in my life that I believe about myself.
- » Jesus, please replace these lies with Your truth.



“You will know the truth, and the truth will make you free.” —John 8:32

