

# CPYU PARENT PAGE

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"We will give our attention to prayer and the ministry of the word."

- Acts 6:4 (NIV)

## TOP 6 TV NERDS OF ALL TIME

AS CHOSEN BY  
MTV.COM WRITERS  
(SOURCE: [MTV.COM](http://MTV.COM))

- **Screech Powers - *Saved By the Bell***
- **Warren "Potsie" Weber - *Happy Days***
- **Steve Urkel - *Family Matters***
- **Bill Haverchuck - *Freaks and Geeks***
- **Sheldon Cooper - *The Big Bang Theory***
- **Carlton Banks - *The Fresh Prince of Bel Air***

## YOUTH CULTURE HOT QUOTE

"I wish that in high school I would have realized sooner that it's not worth all the time and effort to hate someone or think about how you're going to hurt someone's feelings."

- Actress Ashley Greene (*The Twilight Saga*), *Seventeen*, June/July 2010

## THE PRAYING PARENT

BY WALT MUELLER, PRESIDENT, CPYU

Because I'm a youth culture watcher, there's one question that I get asked more than any other: "How do you continue to maintain your faith and spiritual sanity when you immerse yourself in so much garbage?" The tone of the question is rarely one of admiration, but of skepticism. My answer is always the same: I confess my reliance on the spiritual disciplines of scriptural study and prayer as two of the anchors the Holy Spirit uses to keep my mind and heart from going places they shouldn't go.

Because you're a parent raising kids who are growing up in today's rapidly changing youth culture, you're a cross-cultural missionary. No doubt, when you survey the landscape of this mission field you're seeing and hearing a host of new things that are contrary to the will of God. This is very real and difficult cultural stuff you have to help your kids wade through on a daily basis. As you venture into today's youth culture for the sake of reaching your kids, you must understand that Christ has not only sent you, but promised to protect you. Still, you can't drop your guard and walk foolishly through a world that can so easily trip you and your kids up. To effectively navigate our way through the culture and to help our kids do the same, we must exercise

discipline. When combined with the discipline of the ongoing study of God's Word, prayer serves as a lifeline that keeps us tethered to the truth.

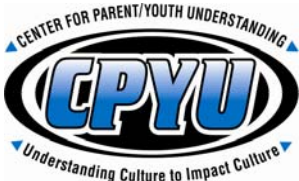
If you're anything like me, then you're familiar with this great contradiction: While we know prayer is our lifeline and the means God uses to conform us to his will, we often get so wrapped up in the parenting task that prayer is moved to the bottom of our priority list. It's too easy not to pray. Our passion for prayer – for ourselves and the kids we're raising – will be fed only by the daily discipline of seeking God, whether we feel like it or not.

Daily we must petition God to fill us with knowledge, wisdom, courage, compassion, grace, kindness, mercy and humility. We must also ask God to protect us from harm and to provide for our spiritual well-being. Of course, the mission field of our children and teens must also be in our prayers. Marva Dawn says, "Children and teenagers know when we love them," and that love for them will build if we "devote time praying for them." Prayer is indispensable if we hope to reach our kids with the life-changing Good News about Jesus Christ.

## CPYU TREND ALERT: DRUG USE

For several decades, researchers at the University of Michigan's Institute for Social Research have been reporting on trends in teenage drug use. The latest news from 2009 is both encouraging and discouraging. Fewer teens reported smoking cigarettes, binge drinking, and using methamphetamine. On the upswing were marijuana use, the abuse of prescription pain pills, and the abuse of attention-deficit drugs. Specifically, the most recent findings indicate that one out of five high school seniors say they have smoked marijuana in the last

month. Lead researcher Dr. Lloyd Johnson says, "so far, we have not seen any dramatic rise in marijuana use, but the upward trending of the past two or three years stands in stark contrast to the steady decline that preceded it for nearly a decade." Regardless of trends upward or downward, far too many kids are experimenting with and abusing illicit and dangerous drugs. Do all you can to talk to your kids about the spiritual, physical, and ethical issues related to drugs.



## LATEST RESEARCH: LACK OF SLEEP AND DEPRESSION

It's very important for us to be sure our kids are getting enough sleep. New research from Columbia University drives that message home once again. The study found that teenagers whose parents let them go to bed after midnight are twenty-four percent more likely to be depressed and twenty percent more likely to have contemplated suicide, than teenagers whose parents make sure they are in bed no later than 10 pm. While researchers caution that the study doesn't consider all variables,

they do believe that earlier bedtimes might be protective because they increase the likelihood of getting enough sleep. This is the first study to show that sleep deprivation might be the cause of depression and suicidal thoughts in teens. Lack of sleep might not only be a symptom of depression, but a cause as well. God made our bodies for rest, and making sure that our kids live in that rhythm in healthy ways is a responsibility we must take seriously.



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## FROM THE WORD

The first seven verses of Acts Chapter 6 recount the efforts of the twelve apostles to eliminate the preoccupation with busyness that kept them from fulfilling their most necessary tasks. The passage describes how they chose seven men to take over the growing number of administrative tasks so that they could focus on their God-given responsibilities to pray and preach.

Being a parent in today's world is a busy and wearisome task. In an effort to do a good job, Christian parents oftentimes fall into the trap of getting so wrapped up in the day-to-day details of administrating their family that they

let the most important things slide. Ultimately, those most important things – knowing and teaching God's Word, and prayer – lay at the core of fulfilling our responsibility to nurture our kids in the faith.

When was the last time you took stock of how you're spending your parenting time? Are you spending your days investing your time and life into your kids *without* investing your time into learning God's Word and prayer? We're busy, busy people. But if we aren't about the business that's most important, adjustments must be made.

## IN THE NEWS: YOUTH AND RISKY BEHAVIORS

In today's world, it's essential that we keep an eye on our kids. In fact, it's necessary to keep both eyes and both ears on our kids. The pressures, problems, challenges, and choices are so vast, that our kids need us to help them navigate the potential difficulties of life. In our diligence, it's important to realize that kids who make poor choices in one area of their lives, are statistically more prone to make poor choices in other areas of their lives. If they are having trouble in one area of life, we need to become more alert by looking to see if there

might be trouble in another area of life. For example, the Youth Risk Behavior Surveillance System tells us that high school students who attempt to control their weight by engaging in unhealthy behaviors like fasting, purging, or using diet aids, are also more likely to have substance abuse problems. In other words, the discovery of one problem, might indicate a variety of additional problems. God has stewarded us with our children. Good stewardship includes diligence.

