

Get Outta My Face! Chapter Assignments

Chapter 1

Key Idea: “Your first words to an angry teen will strongly push that interaction toward one of two outcomes...” (p 19): your teen *receiving* your words, or *shutting down*.

Assignment:

- Memorize Proverbs 16:21
- Pray daily for wisdom, discernment, and sweetness of speech with your teen
- Journal five conversations you have with your teen this week (or recent past conversations if less than five this week). Use the following outline.

Date:

Topic:

How did you begin:

How did the conversation end:

What went well:

What didn't go well:

Chapter 2

Key Idea: View your teen biblically rather than through your own expectations.

Assignment:

- For each of the eight biblical lenses, write down:
 - a. Ways you see the truth illustrated in your teen
 - b. Ways you've failed to recognize or live out those truths in your relationship.
- Spend time each day praying through 1-2 of these truths as they apply to yourself and your teen.

Chapter 3

Key Idea: Identify the “wise wants” of your teen that are rooted in the image of God.

Assignment:

- Memorize James 4:1-2
- Identify the “wise wants” the father appeals to in the following proverbs.

○ Proverbs 3:1-2	○ Proverbs 10:4
○ Proverbs 3:7-8	○ Proverbs 11:10
○ Proverbs 3:23	○ Proverbs 12:8
○ Proverbs 5:7-14	○ Proverbs 12:22
○ Proverbs 10:1	○ Proverbs 12:24
	○ Proverbs 13:4



An answer key (*these aren't the only correct answers*)

- Proverbs 3:1-2 (a long, peaceful life)
- Proverbs 3:7-8 (health, refreshment)
- Proverbs 3:23 (security)
- Proverbs 5:7-14 (avoiding ruin, suffering, and embarrassment)
- Proverbs 10:1 (pleasing parents)
- Proverbs 10:4 (wealth)
- Proverbs 11:10 (blessing to those around him)
- Proverbs 12:8 (praise, affirmation, respect)
- Proverbs 12:22 (to have God's favor)
- Proverbs 12:24 (to have responsibility and freedom, rather than being subject to others)
- Proverbs 13:4 (to have longings/desires fulfilled)

Chapter 4

Key Idea: Your focus must be completely on God's glory, not on "peace at all costs."

Assignment:

- Study the passages cited in the chapter:
 - 1 Peter 4:12–16
 - Psalm 2:1–4, 12
 - 2 Corinthians 12:9–10
 - Proverbs 18:10
 - 2 Kings 19:14–19, 34
- Think back through times that you have given in to your teen's threats, pleadings, arguments, or other behavior that has made you feel bad or helpless. List 3 occasions and write out how you should have responded if your chief concern had been for God's glory.

Chapter 5

Key Idea: Christians are sinners, so we need to be humble enough to confess and repent of our own failures. This models repentance for our teen and softens our approach to them.

Assignment:

- Study Matthew 7:1–5 and write a list of "logs" (sins) that you need to address.
 - Pray and confess the sins to the Lord, asking for his forgiveness by the blood of Jesus, and for his help in overcoming them.
 - For any ways that you have sinned against or in front of your teen, confess and seek forgiveness from them.
 - Have a conversation about the Gospel with your teen, focusing on your own need for Christ.



Chapter 6

Key Idea: “Listen Big.” Listening well builds a bridge to your teen.

Assignment:

- Aim to have at least 3 conversations with your teen where you simply “listen big.”
- Keep a record of your conversations (when, what about, how it went).
- For at least 3 conversations, evaluate yourself on how well you did the following:
 - Echo what your teen says as you listen carefully to what they say, without interruption.
 - Identify what your teen does **not** want.
 - Practice “RESOLVE” body language, and note your teen’s body language. Particularly, focus on *enjoying* your teen and maintaining a winsome *tone of voice*.
 - Affirm your teen, without necessarily agreeing with everything they say.
 - Identify the paradoxes where they think they *can’t* do something, but have at other times demonstrated that they *can*. Ask, “How did you do that?” Marvel at and affirm the ways they made wise choices or overcame a challenge.

Chapter 7

Key Idea: “Clarify narrow.” Clarify with your teen their wise wants and the choices available to them, including the consequences of those choices.

Assignment:

- Memorize Proverbs 20:5.
- In your conversations with your teen this week, clarify:
 - Their “wise wants”
 - The fact that they have a choice
 - The options available to them, good and bad
 - The consequences of those choices
 - What they can control and what they cannot control
 - What their relationship with Christ has to do with these things
- Take notes on each point and discuss with a wise counselor, mentor, or friend

Chapter 8

Key Idea: “Look wide.” Help your teen think through past “exceptions” where they were able to reach a solution, come to a compromise, or overcome a challenge to fulfill a “wise want.”

Assignment:

- Memorize Hebrews 10:24.
- List 5 times your teen made wise choices that led to desirable outcomes.
- Next, talk to your teen and ask them for times that they made wise choices that led to desirable outcomes. Ask the five bullet-point questions from page 126.



- Try to have your teen come up with their own, but if they have difficulty with this, use your 5 instances to remind them and encourage them.
- Add to your list any additional instances your teen can recall.

Chapter 9

Key Idea: “Plan small.” Help your teen think through and plan small, realistic steps that lead to change.

Assignment:

- Your plan(s) will be highly tailored towards the specific problem(s). Work with your teen to come up with a plan that is:
 - Feasible (attainable, doable)
 - Specific and measurable. For instance:
 - Did you study for one whole hour after school each day?
 - Did you write down assignments and due dates in your planner?
 - Did you turn in all your homework assignments on time?
 - Each of these can be evaluated with a simple yes/no
- Write down the plan and agree to it. Choose a time to review for accountability.

Chapter 10

Key Idea: Keep the conversation going in the right direction.

Assignment:

- Memorize Ephesians 4:29.
- Focus on what your teen does well by aiming to compliment/affirm them in every conversation.

Chapter 11

Key Idea: You must point your teen to Christ, for only the Gospel can produce lasting change.

Assignment:

- Write out how you would explain the Gospel to someone in one paragraph.
- Study Romans 12:1–2 and consider that you are (or are being) transformed by the renewal of your mind. Write out:
 - Conformities to the world that you should reject or remove from your life.
 - Specific ways you can “present your body” to the Lord.
 - Specific ways you are working to transform your thinking.
- Have a conversation with your teen about these things.

