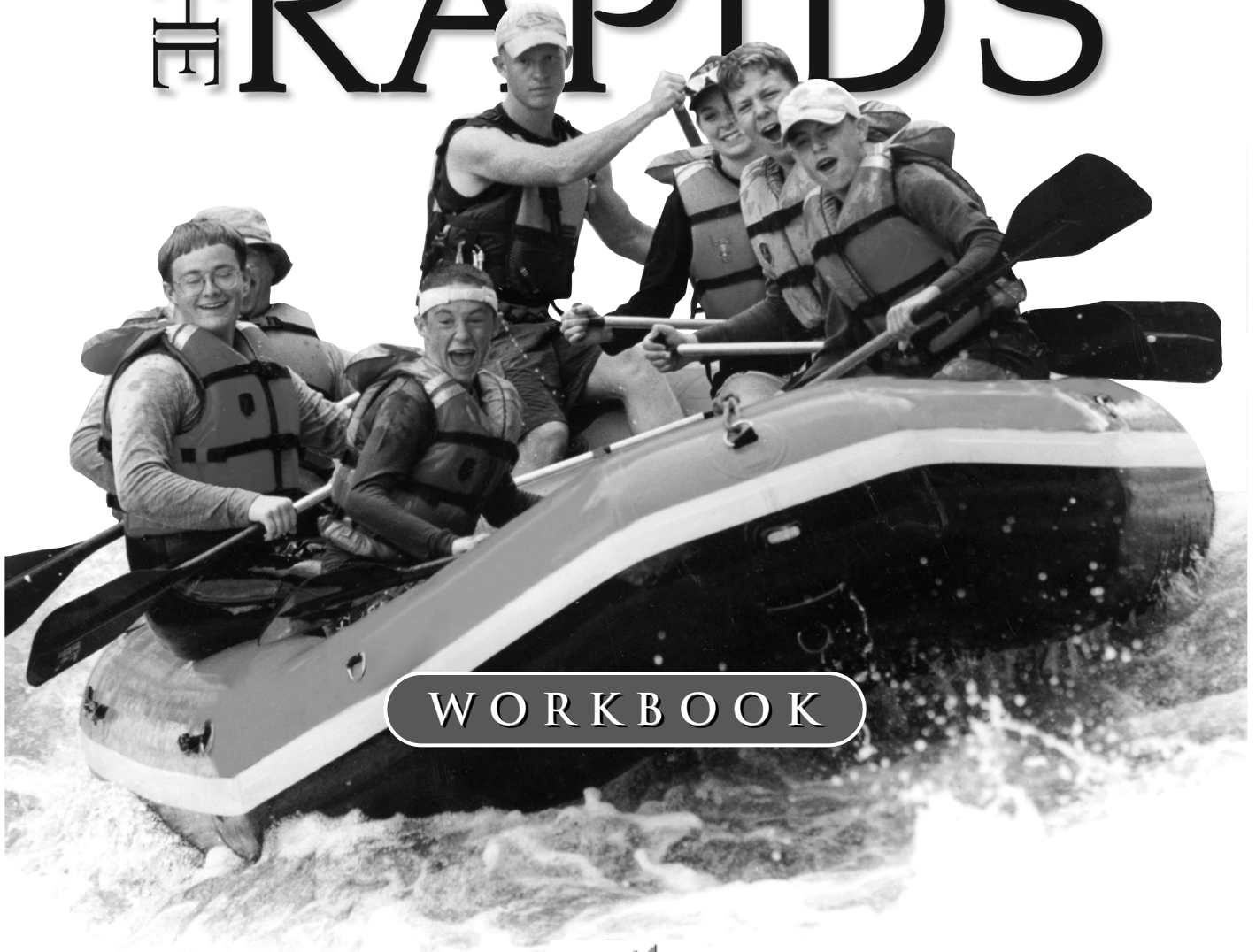


DR. KEVIN LEMAN

RUNNING THE RAPIDS



WORKBOOK



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HOW TO USE THIS WORKBOOK

The RUNNING THE RAPIDS workbook accompanies the six video lessons by Dr. Kevin Leman. The workbook is vital to the study because it helps make practical application of Dr. Leman's video lessons and is a reference to which you can refer for years to come. ***Use it aggressively!*** Whether you are completing the study with a group of couples or on your own, be sure to take notes on the video lessons and then work through the discussion guide, writing down your thoughts, ideas, and comments. Fill in every blank. **NOTE:** Each lesson — video and discussion — is designed to be completed in 55 to 60 minutes, but if you are unable to finish in the allotted time, feel free to continue it in the next session or complete the lessons on your own. May God bless you in your study of RUNNING THE RAPIDS.

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KNOW THE RAFT

Home Is Where You Transfer the Values That Teenagers Need To Build a Positive Life

“The home makes all the difference in the world.”

The raft represents your home and the things you do and don't do in your home. The home makes all the difference in the world. The home is where you transfer your values to your kids. Saying “Now hear this” is not the best method of communicating with your child.

Communication needs to be a regular event in your home, but communication is more than words. It's also actions. Our kids take notes on how we live our lives.

Start with the end in mind. What kind of young adult do you want to see emerge at the end of adolescence? Raise your child with that image in mind. The teenage years are crucial to raising a responsible, caring young adult.

The words we use at home make a major difference in how we move through turbulent times. The Bible says, “*Anyone who says he is a Christian but doesn't control his sharp tongue is just fooling himself, and his religion isn't worth much*” (James 1:26).

Remember that you cannot control your children just as God does not control us. God gives us freedom, but He also holds us accountable for our decisions. Give your teenager freedom but hold him or her accountable, too.

Kids need to feel a part of their family. Ask your child what he or she thinks, and seek input. Talk to them and listen to them. Build trust and teach trust to your child. You are a key person in your teenager's life.

SCRIPTURE



And you must think constantly about these commandments I am giving you today. You must teach them to your children and talk about them when you are at home or out for a walk; at bedtime and the first thing in the morning.

Deuteronomy 6:6-7

Blended families face turbulent times as they work to weave together different family histories and issues. If you are a single parent, be as consistent as possible. If you are able, stay single until your kids leave home.

Sometimes parents are too quick to bail their children out of trouble. Are you raising your child in a home or a hotel? Too often parents give their children everything they do not need. A judicious parent knows what a child truly needs and provides that.

Children need affirmation and a piece of the action. They need to be winners and to figure things out for themselves. They should be able to work and give back to the family and become better prepared for life. Allow your kids to pay the family bills or at least write the checks that pay the bills so they can understand the costs of raising a family.

Key Thoughts from Video Lesson 2

“You teach your values to your children by modeling. Values are caught, not taught.”

1. Your raft represents your home.
2. Communication is more than words; it's also actions.
3. What part of the body did Dr. Leman refer to as the paddle or oar?
4. Parental poker is showing your hand, explaining your strategy to your kids.
5. Single parents: be as consistent as possible.
6. Are you raising kids in a home or a hotel?
7. Ask your child to pay or at least write the check for a family bill (e.g., utility, mortgage, grocery).
8. Create opportunities for your teenager to contribute to the family.
9. God uses ordinary people like you and me to touch and change people's lives.
10. Our kids are watching how we live our lives.
11. When you make a mistake, acknowledge it and apologize to your child or spouse.



DISCUSSION

1. Think about the home in which you grew up. What aspects of that home would you like to duplicate for your children? What aspects do you want to keep out of your children's lives? Jot down your thoughts, and discuss your ideas with others.

2. What values did you gain from your parents and grandparents? List these values in the left column below. In the right column, list some thoughts on how you can pass these values on to your children. Remember: values are *caught* more than they are *taught*.

**Values I Learned
from My Family**

**How I Can Pass These
Values to My Kids**

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3. Read James 3:3–6:

We can make a large horse turn around and go wherever we want by means of a small bit in his mouth. And a tiny rudder makes a huge ship turn wherever the pilot wants it to go, even though the winds are strong. So also the tongue is a small thing, but what enormous damage it can do. A great forest can be set on fire by one tiny spark. And the tongue is a flame of fire. It is full of wickedness, and poisons every part of the body. And the tongue is set on fire by hell itself, and can turn our whole lives into a blazing flame of destruction and disaster.

What effect have words had on the state of your raft (home)? Jot down your thoughts, indicating both positive and negative influences your words have had.



4. LIFESCENE: *Trent is easygoing and laid back in nearly every area of his life. He prefers a hands-off approach to parenting. Trent's wife, Stephanie, is just the opposite. She borders on being obsessive-compulsive and is acutely focused on details and schedules. Trent and Stephanie have three children—ages six, nine, and eleven. What problems or obstacles do you foresee for this family as you look down the river? Jot down your thoughts and discuss them with the group.*

What changes do you think are needed in Trent and Stephanie's home?

5. What kind of values are your children catching in your home? Values are *caught*, not *taught* as kids observe what their parents do. Place an X in the appropriate boxes below, indicating how often your children experience the following behaviors in your family.

Parental Behavior	Never	Seldom	Sometimes	Often
A parent loses his/her temper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent reads the Bible	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent prays other than at mealtime	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent uses profanity	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent watches adult movies at home	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent drinks alcoholic beverages	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent uses a controlled substance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent attends worship in a church setting	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent teaches a Bible class in a church	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent uses sarcasm and ridicule	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent says one thing but does another	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent makes promises and then breaks them	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent affirms and encourages the child(ren)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent spends quality time with each child	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A parent shows love for his/her spouse	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

6. Begin with the end in mind. In what year will your child be 18? _____
 (Write down the date.) Think about the character traits and values you want to see in your child's life by that time. List the three most important character traits or values in the left column below. In the right column, jot down a simple plan or action that could help you instill that quality or value in your child. **Remember:** values are *caught*, not *taught*.

Strengthening the Raft for _____ (child's name)

Character Trait or Value My Child Needs	How I Can Instill This in My Child
_____	_____
_____	_____
_____	_____

7. Have you ever asked your teenager, "What do you think?" when considering a family vacation, a major purchase, or any other major or routine decision? Think of some situations or decisions when you could ask your teen for input. Write down your thoughts below. Discuss your ideas with the group.

8. How often do you bail out your teenager and keep him or her from facing the consequences of a poor decision? Write down a brief sentence describing the last such situation. If you could relive that situation, what would you do differently that would be better for your child?

9. Dr. Leman suggests giving kids "a piece of the action," assigning them work to do that will give back value to the family. What work, chores, or assignments is your child responsible for that help your child feel like a contributing, meaningful part of your family? Jot down these duties and discuss them with your group.

- 10.** No parent is perfect. All of us make mistakes. Have you blown it recently with your teenager? If so, write down a few words that describe your most recent mistake.

- 11.** Every home has problems, challenges, and struggles. Families are composed of imperfect people struggling to live, learn, and grow. First John 1:9–10 reminds parents that all of us sin. No parent is perfect. But when we confess our sins, Jesus will forgive us and purify us.

But if we confess our sins to him, he can be depended on to forgive us and to cleanse us from every wrong. And it is perfectly proper for God to do this for us because Christ died to wash away our sins. If we claim we have not sinned, we are lying and calling God a liar, for he says we have sinned.

- 12.** Close this session by confessing your mistakes, failures, and sins to the Lord in prayer. Ask for His forgiveness. Then make an appointment with your teenager, and ask him or her to forgive you for the incident you described in #10.