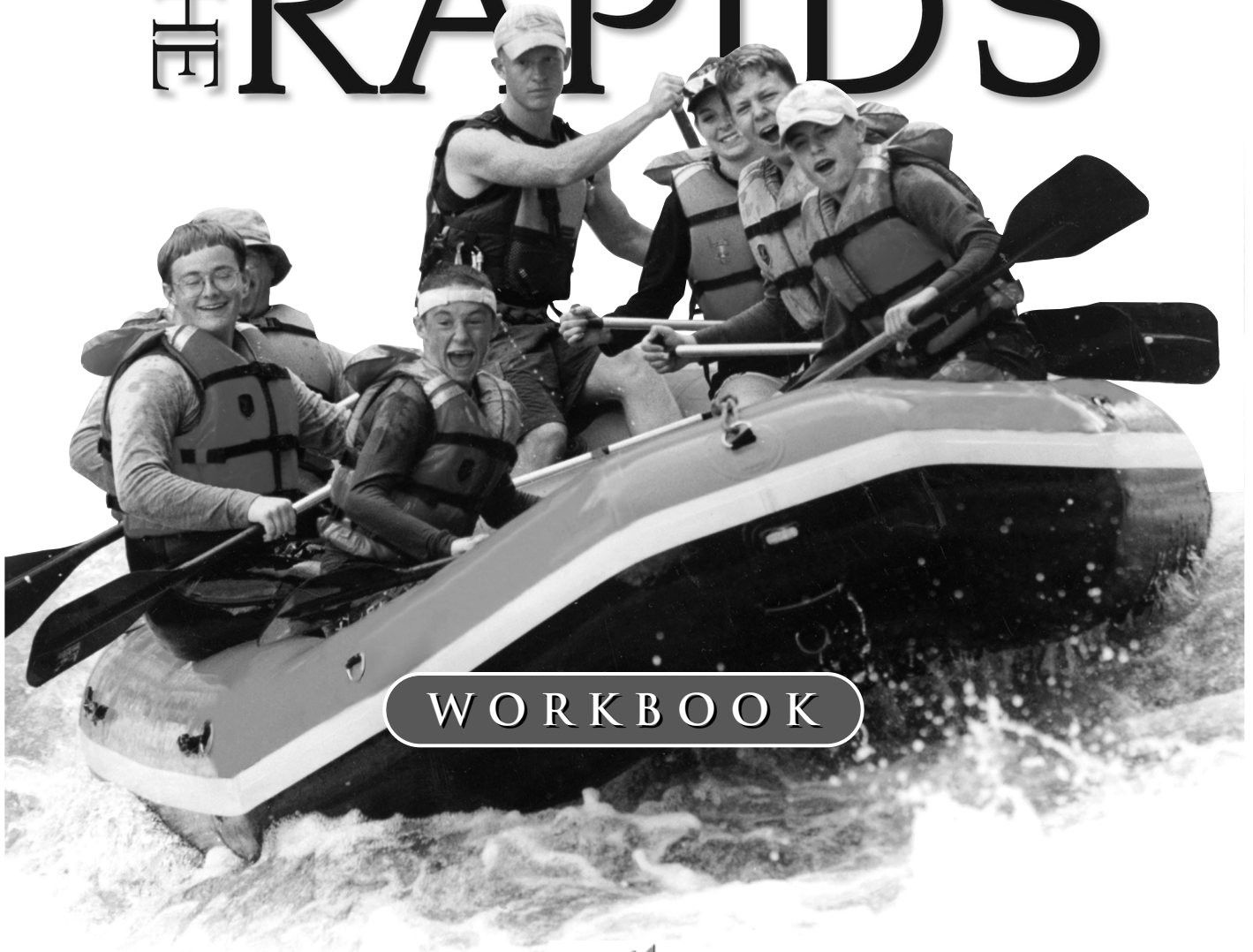


DR. KEVIN LEMAN

RUNNING THE RAPIDS



WORKBOOK



SAMPSON
RESOURCES

4887 Alpha, Suite 220 • Dallas, Texas 75244 • (972) 387-2806 • (800) 371-5248 • FAX 972-387-0150
www.sampsonresources.com info@sampsonresources.com

© 2005 THE SAMPSON COMPANY (All Rights Reserved)

NOTE: Reproduction or duplication in any form of all or any portion of the material contained in this publication is strictly prohibited by U.S. Copyright Law.

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.

Unless otherwise indicated, all Scripture quotations are from The Living Bible, copyright © 1971. Used by permission of Tyndale House Publishers, Inc., Wheaton, IL 60189.

TABLE OF CONTENTS

| | |
|---|-----------|
| LESSON 1 | |
| KNOW THE RIVER | 4 |
| <i>What's So Scary about Adolescence Anyway?</i> | |
| LESSON 2 | |
| KNOW THE RAFT | 9 |
| <i>Home Is Where You Transfer the Values That Teenagers Need To Build a Positive Life</i> | |
| LESSON 3 | |
| KNOW THE RIDERS | 15 |
| <i>What Is Acceptable and Unacceptable Teenage Behavior and Why?</i> | |
| LESSON 4 | |
| KNOW THE RISKS | 21 |
| <i>Tough Questions That Deserve Straight Answers</i> | |
| LESSON 5 | |
| KNOW THE RELATIONSHIPS | 26 |
| <i>Practical Guidelines for Surviving the Trip Together</i> | |
| LESSON 6 | |
| KNOW THE REALITY | 33 |
| <i>You Don't Have To Navigate the River of Adolescence Alone Unless You Choose To</i> | |



KNOW THE RISKS

Tough Questions That Deserve Straight Answers

“Talk less. Say more.”

There are a lot of risks out there, and kids will discover life as it really is. When they do, you will have a variety of emotional responses. Be sure that you are in control of yourself and your feelings. At times you may need a twenty-four-hour cooling-off period before you address a problem in your child's life.

Have a frank talk with your child, and be right out in the open. Suppose you find a pornographic magazine in your son's bedroom. Rather than beginning with, “What a bad person you are!” consider saying, “I'm glad to see that you are interested in the opposite sex.”

There is little consensus today among teens about what constitutes sex. What do you do when you learn that your teenage daughter is sexually active? Tell your child that her behavior is dangerous and wrong. Birth-control pills may protect her from pregnancy but not from sexually transmitted diseases (STDs). Do not be surprised if other parents are not alarmed by their children's sexual promiscuity. Fifty percent of today's high-school students have had sexual intercourse. By twelfth grade, the percentage is 60; by their twentieth birthday, the percentage is 80.

Too many parents today stick their heads in the sand and do not talk straight to their kids about sex. Parents must address these issues head-on. Do not hesitate to set boundaries and curfews for your kids. Talk less and say more. Actions speak louder than words.

SCRIPTURE



Discipline your son in his early years while there is hope. If you don't, you will ruin his life.

Proverbs 19:18

Let your action make your child responsible for his/her behavior. Take tough action and be willing to endure your child's momentary anger. If you love your kids, you will discipline them.

Kids are ridiculed today for being virgins. They don't date anymore; they hang out. Your honest disclosure that you know what is happening in the world today goes a long way in helping protect your son or daughter.

If you need a method for talking to your child about sex, take him or her for a drive on an interstate highway. Then you can look out the window as you talk about sexual issues. Sometimes more can be accomplished in sex education by a father talking to his daughter and a mother talking to her son. A father can tell his daughter how guys think, and a mother can tell her son how young women want to be treated.

A prime indicator of how well a child will do in college is the value the parent places on higher education. Don't sell yourself short: you do make a difference.

Key Thoughts from Video Lesson 4

"If you love your kids, you will discipline them."

1. You find a pornographic magazine in your son's room. What do you do?
2. You discover that your daughter is sexually active. What do you do?
3. Teenagers are ridiculed today for being virgins.
4. Kids don't date anymore; they hang out.
5. Do you want to talk to your child about sex? Take him or her for a ride on the interstate.
6. The future for your child is Friday.
7. Don't tear your children down. Build them up.
8. A prime indicator of how well a child will do in college is the value the parent places on higher education.
9. If you cooperate with me, I'll cooperate with you.
10. Even though you may feel hopeless sometimes, you can make a difference in your child's life. Don't sell yourself short.

DISCUSSION

1. Think again about your teenage years. When you were going through adolescence, how did your parents help you understand and face the risks of those years? Jot down your memories and discuss them with the group.

2. Considering all that you know about your children, their friends, your community, and today's culture, what do you believe are the greatest risks facing your kids today?

3. **LIFESCENE:** *Connie is a single mother with two children: Kevin, age seventeen, and Courtney, age twelve. Connie depends on Kevin to pick up Courtney at school in the afternoon. While washing clothes, Connie discovered some drug paraphernalia in Kevin's jeans. When she confronted Kevin about the items, he shrugged it off, saying that everyone was experimenting with drugs, that it was no big deal. When Connie kept pressing Kevin to stay away from all drugs, he told her to back off, that he could handle it. Every time Connie brings up the subject, Kevin treats her as though she is unreasonable and is overreacting. What, if anything, should Connie do? Write down your thoughts and discuss your ideas with the group.*



4. According to statistics, 50 percent of students in junior and senior high school have had sexual intercourse. What approach have you adopted, if any, to help your child save sex for marriage? Write down your plan or philosophy in the space below.

Discuss your approach with the group. Jot down any additional ideas or approaches that you discover through this dialogue.

5. Dr. Leman recommends that fathers talk to their daughters and mothers talk to their sons about sex. What do you think are the advantages and disadvantages of this approach?

6. When seeking cooperation from your kids or searching for disciplinary ideas for risky, unacceptable behavior, what privileges or freedoms can you control to gain your child's cooperation?

7. Sometimes parents who abused sex or drugs as teenagers are hesitant to confess their past behavior to their children. Do you think parents should openly discuss their failures with their children or keep such matters private? Explain your answer in the space below, and discuss this question with the group.

8. Try the following activity with your children this week. Write each "talking point" on a separate index card. On a sheet of paper, list these subjects in the order of importance you believe your teenager will give them (1 = most important, 10 = least important). Give the cards to your teen and ask him/her to read each subject and then arrange the cards in the order of importance to him/her. Next compare your list with your teenager's list. Invite your teenager to discuss these subjects with you at his or her convenience.

Talking Points

- | | |
|-----------------------------------|----------------------------|
| What clothes to wear and why | Getting into college |
| A reasonable curfew | Borrowing the family car |
| Understanding the opposite sex | Knowing how far is too far |
| Cell-phone privileges | (making out) |
| Part-time work and chores at home | When friends are cruel |
| Being a better student | |

9. Dr. Leman recommends (1) cooling off before confronting a teenager's risky behavior, (2) having frank talks with your teenager—being right out in the open about the issues, (3) talking less and saying more, (4) taking tough action, (5) teaching boundaries to your child, and (6) helping your teenager see how his/her actions will influence him/her for years to come.

The writer of Proverbs understood the danger of sexual temptation and the risks involved for his sons. Read chapter 5, verses 1–15:

Listen to me, my son! I know what I am saying; listen! Watch yourself, lest you be indiscreet and betray some vital information. For the lips of a prostitute are as sweet as honey, and smooth flattery is her stock-in-trade. But afterwards only a bitter conscience is left to you, sharp as a double-edged sword. She leads you down to death and hell. For she does not know the path to life. She staggers down a crooked trail and doesn't even realize where it leads.

Young men, listen to me, and never forget what I'm about to say: Run from her! Don't go near her house, lest you fall to her temptation and lose your honor, and give the remainder of your life to the cruel and merciless; lest strangers obtain your wealth, and you become a slave of foreigners. Lest afterwards you groan in anguish and in shame when syphilis consumes your body, and you say, "Oh, if only I had listened! If only I had not demanded my own way! Oh, why wouldn't I take advice? Why was I so stupid? For now I must face public disgrace."

Drink from your own well, my son—be faithful and true to your wife.

10. How many of Dr. Leman's six recommendations can you find in Proverbs 5:1–15? List your responses in the space below.

11. Review your notes from this lesson and your responses to the questions above. What issues or risks do you need to address with your teenager . . .

this week?

this month?

this year?

12. Pray with others about the issues discussed in this lesson. Ask the Lord to open your eyes to the issues and risks facing your child. Also ask the Lord to give you wisdom and courage to speak to your child about these issues at the teachable moment.