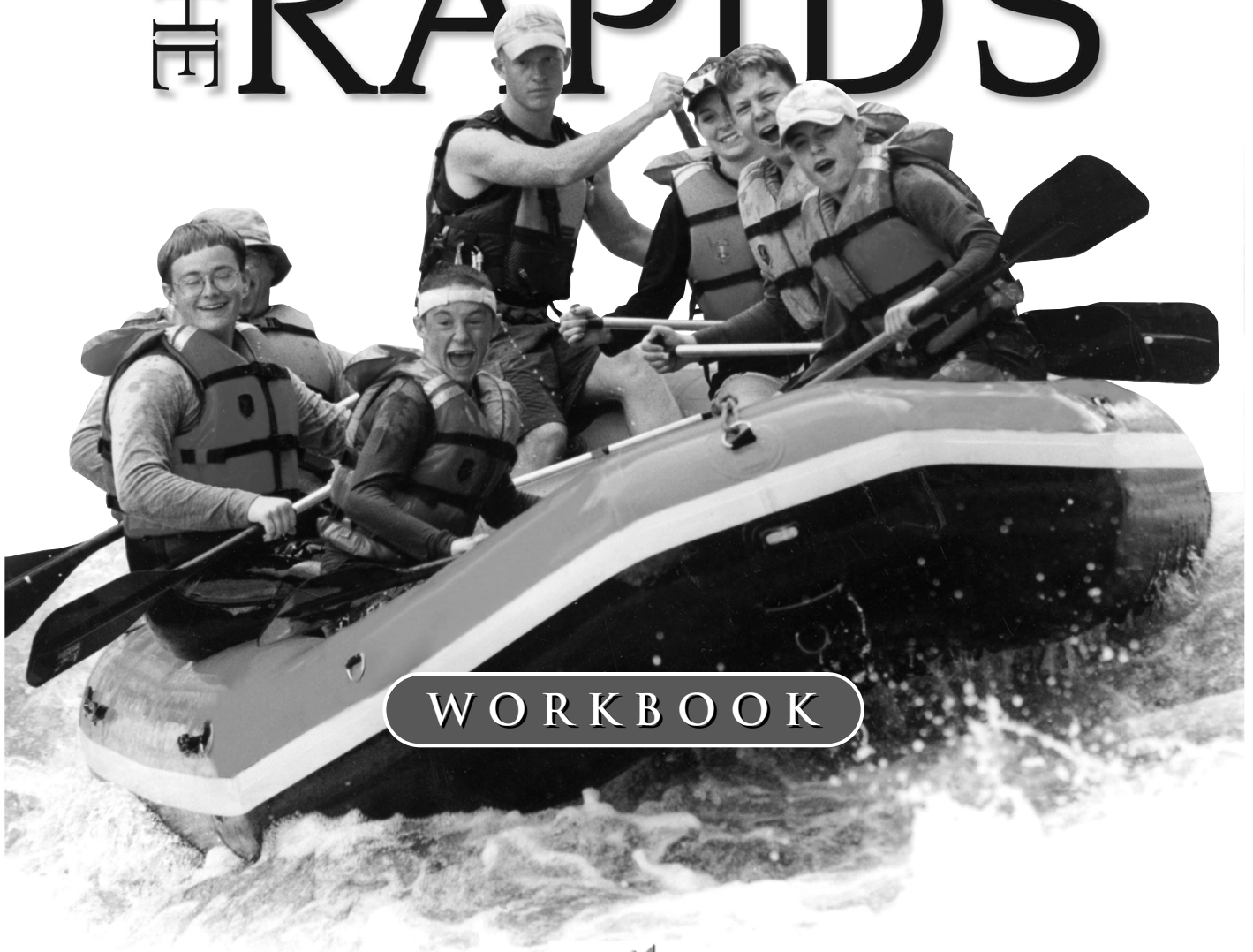


DR. KEVIN LEMAN

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 RELATIONSHIPS

Practical Guidelines for Surviving the Trip Together

SCRIPTURE



And now a word to you parents. Don't keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with the loving discipline the Lord himself approves, with suggestions and godly advice.

Ephesians 6:4

“You cannot bring up teenagers today with just a set of rules.”

Nearly everyone questions authority today, but teenagers need to understand the healthy imprint of authority. You are the authority in the home. Ephesians 6 teaches this truth. You cannot bring up teenagers today with just a set of rules. You need relationships.

Healthy teenagers exist on three pillars of understanding.

1. **They have to respect and obey their parents.** Have positive expectations for your children.
2. **They need to gain ownership of the belief that they are special people.** Have a special relationship with each of your kids.
3. **They should expect the best that life has to offer them.** Plant seeds in your child's life that give him or her things to look forward to in life.

Be open to your kids. Have open arms and an open mind. Follow through on what you say. Set realistic standards. Do not make life impossible. Give your child some slack when necessary.

Accept your child where he/she is. Don't keep bringing up your child's previous mistakes. Take time to listen to and respect your child's choices. Do not harangue or badger him/her. Respect your child's privacy.

If you love your child, you will discipline him/her. But never put your child in jail and throw away the key. Learn to use “reality discipline.” Use every opportunity to teach and to mold your child's life.

Be honest with your teenager, and own up to your part of the relationship. Relationships in this raft (the home) are the most important in life. Neither sports nor school is more important than relationships in the home.

Use encouraging words: “Now you’re getting it.” “Nice job.” “Looks like the extra practice is paying off.” “These good grades must make you feel great.”

Believe in your child. If you err, err on the side of believing your child.

Do not go to one extreme or the other. Stay inside the boundaries where God’s love can reach you. Improve your relationship by questioning your child less and encouraging your child more.

Key Thoughts from Video Lesson 5

“Be open to your kids.
Have open arms, an open mind.”

1. Teenagers need to know the healthy imprint of authority.
2. You are the authority in the home.
3. It’s dangerous to overdo or underdo things.
4. Healthy teenagers exist on three pillars of understanding.
 - A. They have to respect and obey their parents.
 - B. They need to own the belief that they are special people.
 - C. They should expect the best that life has to offer them.
5. Follow through on what you say. (Illustration of child who did not mow the lawn)
6. Set realistic standards. Don’t make life impossible.
7. Accept your child where he or she is.
8. Take time to listen. God gave us two ears and one mouth.
9. Respect their choices. Allow kids to live with the consequences of their choices.
10. Respect your child’s privacy.

DISCUSSION

1. When today's adults were growing up, it was common to have a good relationship with one parent and practically no relationship with the other. If this was true for you as an adolescent, why was your relationship poor or nonexistent with one parent? What was missing in that relationship that you needed? Write down your memories and discuss them with the group.

2. Is history repeating itself? Sometimes in spite of our best efforts, we may treat our kids the way we were treated—both for the good and the bad. If you are having a rocky relationship with one of your teenagers, do you see any similarities between that relationship and the poor relationship you had with one of your parents? Consider this for a moment and jot down your thoughts.



3. **LIFESCENE:** *Jill cringes every time she thinks about her teenage years. Her father was never home, and her mother was a strict disciplinarian who seldom allowed Jill time to breathe. As a teen, Jill rebelled against her parents in every way possible—morally, socially, and academically. If only she could erase the horrible memories of those years! Today she and her husband, Rob, are actively involved in their children's lives—from sports to school to friends. Their children seem to be normal teenagers, but Jill believes that their daughter Meredith is living a secret life. Jill doesn't trust Meredith and checks up on her frequently. She keeps Meredith on a short leash and frequently confronts her about her clothes, her friends, and her whereabouts. Their once-tranquil home is now a tense pressure cooker of anger and strife. What do you think needs to be done to improve the relationships in this family? Jot down your thoughts and discuss them with the group.*

4. Ephesians chapters 5 and 6 provide guidance for parents and children on relationships in the home. Read the scriptures below. In the space to the right, summarize the truth of these verses in your own words.

Follow God's example in everything you do just as a much loved child imitates his father. Be full of love for others, following the example of Christ who loved you and gave himself to God as a sacrifice to take away your sins. (5:1–2a)

You wives must submit to your husbands' leadership in the same way you submit to the Lord. For a husband is in charge of his wife in the same way Christ is in charge of his body the church. (He gave his very life to take care of it and be its Savior!) So you wives must willingly obey your husbands in everything, just as the church obeys Christ. (5:22–24)

And you husbands, show the same kind of love to your wives as Christ showed to the church when he died for her . . . That is how husbands should treat their wives, loving them as parts of themselves. For since a man and his wife are now one, a man is really doing himself a favor and loving himself when he loves his wife! No one hates his own body but lovingly cares for it. (5:25, 28–29)

Children, obey your parents; this is the right thing to do because God has placed them in authority over you. Honor your father and mother. This is the first of God's Ten Commandments that ends with a promise. And this is the promise: that if you honor your father and mother, yours will be a long life, full of blessing. (6:1–3)

And now a word to you parents. Don't keep on scolding and nagging your children, making them angry and resentful. Rather, bring them up with the loving discipline the Lord himself approves, with suggestions and godly advice. (6:4)

5. One of the pillars of understanding for teens is respect for and obedience to parents. How can parents earn and keep this respect during these tumultuous years? Write down your thoughts and discuss them with the group.

6. What do you do with teenagers to convince them that they are special? What has worked for you in conveying this special identity to your children?

7. Being consistent is a challenge for parents. Sometimes we say one thing and do another. Or we warn and threaten and then fail to follow through. Check the statement that most closely describes your level of consistency in the home.

- I'm as consistent as they come. What I say is what I do.
- I am consistent, but I also consider each situation and adjust my response as necessary.
- Consistency is good, but I don't want to exasperate my kids.
- Sometimes I speak too quickly and then find I cannot back up what I say.

8. Parents often feel that teens make poor choices: clothing, diet, study habits, schedule, etc. Yet teenagers need to develop decision-making skills and learn to live with the consequences of their decisions. Think of a decision that your teenager made recently, a decision you questioned or knew was less than the best. How did you handle that situation? Did you allow your child to live with the consequences? Write down what happened, and share your experience with the group.

9. Dr. Leman describes “reality discipline” as a way of allowing children to experience the unpleasant consequences of unacceptable behavior and bad choices. Sometimes experiencing the consequences of a poor decision is a more powerful teacher than being punished for a bad decision. Consider how you would apply it in the following situations. In the right column, write a note describing how reality discipline could be applied in each situation.

Apply Reality Discipline

Your son got a second speeding ticket in two months.

Your teen’s grades are sliding as she tries to juggle an active social life, sports, and a part-time job.

Your daughter was to pay for her prom dress by baby-sitting, but she turned down several baby-sitting invitations to spend time with friends. She needs more money.

10. Integrity, love, and consistency in a parent are crucial in building a successful relationship with a teenager. In many families, parents are so busy with their own jobs and interests that they have little time for their kids. Take a moment to evaluate your contribution to your relationship with your teenager.

	Healthy	Adequate	Sporadic	Poor
Amount of time I spend with my teen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Encouragement and affirmation I give my teen	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My ability to listen without criticizing and judging	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My knowledge of my teen’s friends and whereabouts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Communication with my teen’s teachers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Example I set for my teen in church attendance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opportunities I take to ask for forgiveness	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
My level of consistency in discipline and teaching	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Honesty and truthfulness in all my relationships	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- 11.** Dr. Leman says that “believing your teenager” is important, and he uses the illustration from the Andy Griffith TV show. When a parent errs, it’s good to err on the side of “believing your child.” Do you agree or disagree? Explain your answer in the space below, and discuss this issue with the group.

- 12.** Of all the subjects and ideas discussed in this lesson, which concepts and ideas are most important to you? Jot down these ideas and share them with the group.

- 13.** Pray with others in your group, asking the Lord to give each parent wisdom and grace for building a healthy, loving relationship with his or her child.