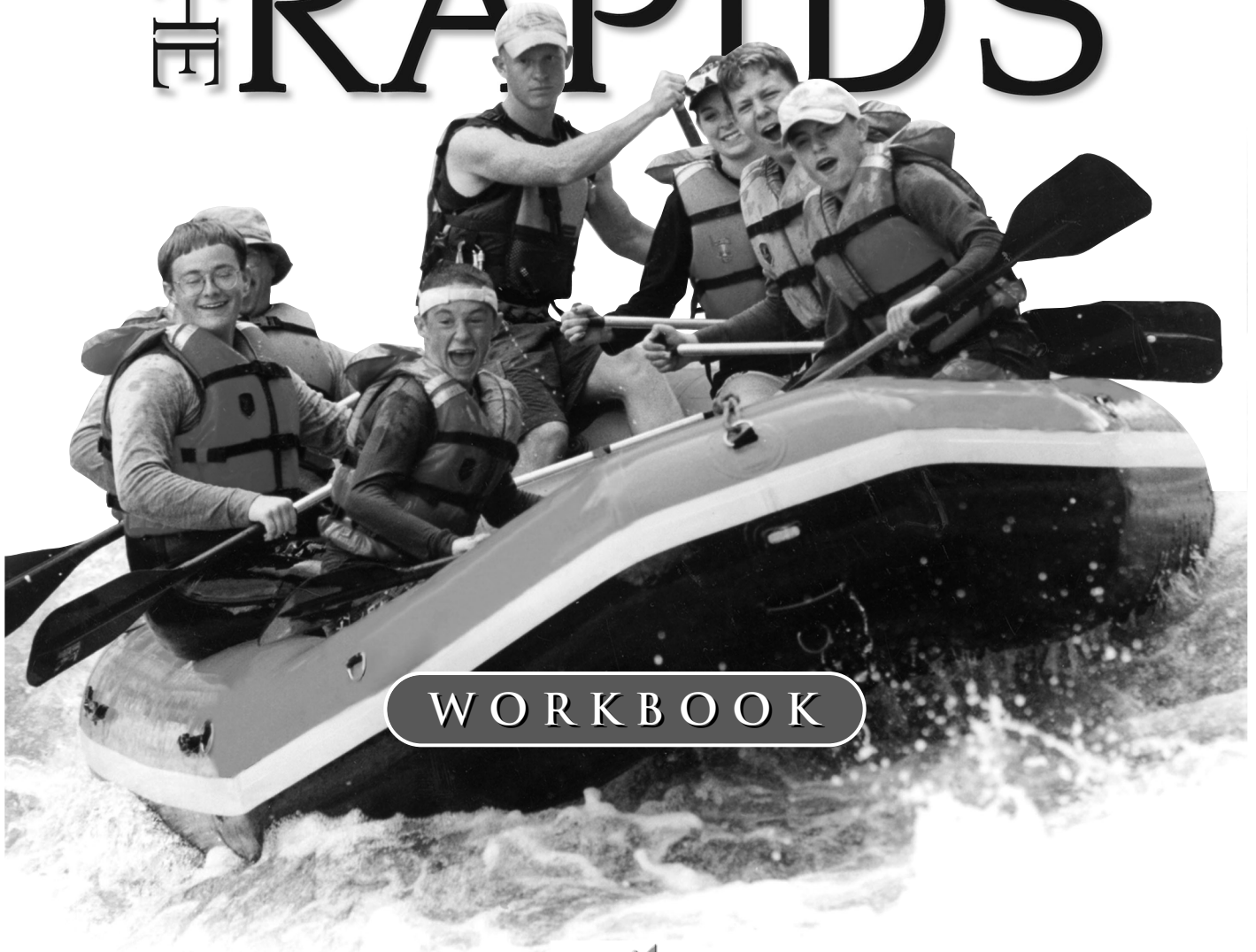


DR. KEVIN LEMAN

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 REALITY

You Don't Have To Navigate the River of Adolescence Alone Unless You Choose To

“You are the captain of the ship. You are the guide.”

Adolescence is here, and it's not going away. Parents need to talk to their teens about potential problems before they arise. No one cares about your son or daughter the way you do. Don't let the “experts” run your life.

Invite your child's peer group to your house and pay for the pizza. Pick out a decent video or DVD. Let your child's friends discover you and your family. You will have the home-court advantage.

Believe in your kids and trust them until they prove untrustworthy. Pay special attention to changes in your child's behavior—abrupt or gradual. Find something your teen likes to do, and orchestrate a situation or event in which you and your teen can participate together. When a time opens up, talk to your teen about the change in his or her behavior. Be ready to listen. Keep your stance open.

Six ways to use peer pressure for your kid's benefit:

1. **Create a sense of belonging.** Help your child feel that he or she belongs in your family.
2. **Encourage close relationships.** Take time to get to know your child's friends.
3. **Get extraordinarily involved in the life of your kid.** Don't sell yourself short.

SCRIPTURE



There is a right time for everything:... A time to cry; A time to laugh; A time to grieve; A time to dance

Ecclesiastes 3:1, 4

4. **Select the environment in which your kids will grow up.** Where will your kids go to school? Will you homeschool?
5. **Provide stability.** We live in a mobile society, and sometimes we have to make difficult decisions. Live as close as you can to one set of grandparents so your kids will have contact with them.
6. **Become your child's excuse.** Sometimes your teenager does not want to go along with the crowd and needs your no as an excuse for backing out.

Your kids need a sense of realness from you. They love to hear about times in your life when you messed up, when you were less than perfect. They need to know that you are real and make mistakes too.

Go and do life well. Your kids are counting on you.

Key Thoughts from Video Lesson 6

“Kids need a sense of realness from you.”

1. Invite your child's peer group to your home.
2. POS – Parent Over Shoulder
3. What do you do if your teenager starts to tune you out?

Six Ways to Use Peer Pressure for Your Kid's Benefit

- A. Create a sense of belonging. Help your child feel that he belongs to your family.
- B. Encourage close relationships.
- C. Get involved in the life of your child.
- D. Select the environment in which your child will grow up.
- E. Provide stability. What about that promotion that would force your family to move?
- F. Become your child's excuse. (Illustration of wanting the car to go to IHOP.)



DISCUSSION

1. Having already gone through adolescence, parents recognize the dangers along the river and the hope that's waiting at the end. Having "been there," how can you use your experience to provide hope and assurance to your teenager that he or she can make it successfully?

2. Dr. Leman encourages parents to orchestrate situations and events so they can spend time with their teenagers. Such occasions provide opportunities to listen, to learn, and to build rapport. Think about your schedule this week. How can you orchestrate some time with your teenager to get reacquainted? Jot down ideas and discuss them with the group.

3. One way to use peer pressure for your child's benefit is to create a sense of belonging. When teens feel they belong to the family, they are less likely to drift into groups that will exert negative influences. How can parents help their teens feel connected and needed in the family and still allow their kids freedom to be with other teenagers away from the family? Write down some ideas and discuss them with the group.

4. **LIFESCENE:** *Rachel believes that she is always saying no to her son Caleb. Almost every day Caleb asks to go somewhere with his friends or to do something that Rachel believes is not suitable or good for him. Caleb is beginning to develop a negative relationship with his mother and accuses her of trying to keep him from having a normal life and enjoying his friends. Hardly a week goes by without an angry exchange or standoff. The distance between Rachel and her son seems to grow daily. Rachel does not want to give in to Caleb just to keep the peace, but she also does not want to lose him altogether. What do you recommend to help Rachel and Caleb create and maintain a close relationship? Write down your thoughts and discuss them with the group.*



5. Dr. Leman says that parents can encourage close relationships for their teenagers by orchestrating their children's friendships. How can parents orchestrate friendships for their teens without appearing controlling and dictatorial?

6. How can parents learn more about their teenagers' friends? How can parents discover whether someone is the kind of person who would be good for their child? Write down your ideas and discuss them with the group.

7. How can parents be involved in the lives of their teenagers without becoming their children's shadow or 24/7 bodyguard? What are some positive ways to be involved in your child's life? Discuss your ideas with the group.

8. Providing stability in their children's lives is a crucial gift parents can give their kids. But stability comes at great personal sacrifice and demands wisdom and discernment on the part of parents. Meet with your group and discuss the following questions. In the right column below, list various issues that need to be addressed when considering the opportunities noted in the left column. How do these opportunities bring both blessing and chaos to a family?

Opportunity	Issues to be Addressed
Teenage son wants to try out for a competitive sports team	
Mom wants to work part-time to help make extra money for the family	
Daughter wants to work after school to earn money for a car	
Dad receives a major promotion that will require his traveling more	
The family receives a large inheritance from a relative	

9. Dr. Leman recommends that parents at times become their child's "excuse." Perhaps your teenager does not want to go along with the crowd and needs your no as an excuse for backing out. Being your child's "excuse" can be an unpopular, lonely role, especially when other parents seem more lenient or permissive. If you have been your child's excuse, how did you feel about that role? Jot down some real-life situations and discuss them with your group.
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10. Driving skills, car insurance, money for gas, and other important issues surround your teenager's experience in driving an automobile. Discuss with your group the following questions, and jot down some notes in the space to the right.

When can a teenager get a driver's license?

Who pays for car insurance?

Who pays for gas and car maintenance?

What happens when a teenager has an accident or gets a speeding ticket?

What responsibilities accompany the privilege of driving a car?

Should parents require their child to take driver's education training?

REVIEW

11. Take a moment to review all six lessons in this workbook. In the space to the right of each lesson title, jot down one main idea from that lesson.

1. Know the River _____

2. Know the Raft _____

3. Know the Riders _____

4. Know the Risks _____

5. Know the Relationships _____

6. Know the Reality _____

12. Congratulations on completing these six practical lessons on “guiding teenagers through the turbulent waters of adolescence.” Think about all of the ideas, insights, and inspiration you have gained through this study. Read the following statement and complete it according to what you plan to add to your raft.

Having experienced and survived adolescence myself and knowing and loving my child as I do, I want to help my teenager run the rapids with joy and assurance and enter adulthood with a sense of confidence and optimism. As a parent committed to honoring the Lord, I commit to guide my teenager by . . .

Signature

today's date

13. Complete this study by praying with the group. Pray specifically for each parent and for the members of each family. Ask the Lord to guide you and give you wisdom, grace, and love for the journey ahead.