

**GROUND**

DAVE & BETH POCTA

# Moving the Heart of a Teen

A Bible Study

## INTRODUCTION

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It is tempting to address the actions and behaviour of teenagers without getting to their hearts. Teens can learn compliance but the test of real change is who they are when we are not around. Hearts are moved through relationships and in no particularly scientific order.

- » Change the heart - change the person.
- » Only change the behaviour - produce a religious person.<sup>1</sup>

### John 13:34-35 HEARTS ARE MOVED WHERE THERE IS LOVE

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- » Teens need relationships.
- » Care about their struggles, daily life, school, and home situation.
- » Initiate with them and let them know it's okay for them to initiate with you.
- » Spend time and encourage them outside of a Bible study environment.
- » Take an interest in something about them and their world.

### Prov 20:5 HEARTS ARE MOVED WHEN THEY ARE DRAWN OUT

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- » Learn to ask revealing questions (What two adjectives describe how it makes you feel to know that God loves you? vs. What do you think of this scripture?).
- » Jesus often drew out his followers by asking them questions to help them make their own decisions instead of just telling them what to do.<sup>2</sup>

### Matt 13:14-15 HEARTS ARE MOVED WHEN THEY FEEL LISTENED TO

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- » Hearing is an action of the ear but active listening requires empathy.
- » We all want someone to really listen to us and understand where we are coming from.

### 2 Cor 12:9-10 HEARTS ARE MOVED WHEN THEY SEE VULNERABILITY

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- » Be appropriately<sup>3</sup> open about your sin (current struggles as well).
- » Share your 'thought' world with them (your temptations and insecurities).

### Psalms 16:1-2 HEARTS ARE MOVED WHEN THEY FEEL SAFE

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- » Do not downplay how intensely teenagers feel things.
- » It will not promote openness if they feel judged or belittled about their feelings.
- » If something comes up that their parents should know, encourage the teenager to initiate the conversation themselves with their parent. This protects trust.

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1 [Matthew 23:25-26](#)

2 [Matthew 16:15, 26, 18:1, 22:41-43, Mark 9:33, Luke 12:24-26, John 6:67](#)

3 Consider their age and maturity. Only share what is helpful. If you are not sure, get advice before sharing.

### Acts 8:30-35 HEARTS ARE MOVED WHEN THE BIBLE COMES ALIVE

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- » Philip explained about Jesus to the Ethiopian.
- » Explain at their level and use relatable examples.

### 1 Thess 5:11 HEARTS ARE MOVED WHEN THEY FEEL ENCOURAGED

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- » Teenagers can be very insecure and fearful.
- » They need help but they also need a lot of validation and encouragement.

### John 13:15 HEARTS ARE MOVED WHEN THEY FEEL INSPIRED

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- » Everyone needs heroes and great examples to inspire them.
- » Teenagers need adults and other teens in their life to look up to.
- » Teens involved in their other peoples Bible studies is important.

### Psa 84:10 HEARTS ARE MOVED WHEN THEY ARE CLOSE TO GOD

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- » Everyone connects with God somewhat differently.
- » Help them find ways to connect emotionally with God.
- » Help them to develop their own walk with God.
- » Help them to find books, journals, Bible studies, prayer partners, etc.

### Psa 62:8 HEARTS ARE MOVED WHEN THEY ARE EXPRESSED

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- » Teens often need assistance identifying and expressing themselves.
- » Writing helps many teenagers.<sup>4</sup>
- » Give options of what they may be feeling (Are you sad? Angry? Disappointed?).

### Prov 28:13 HEARTS ARE MOVED WHEN THEY DEAL WITH SIN

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- » Identify sin [Psalms 51:3-5](#)
- » Confess sin [James 5:16](#)
- » Repent of sin [Acts 3:19](#)

Talking opens doors but dealing with sin is the only way to build lasting change.

### John 8:31-32 HEARTS ARE MOVED WHEN THEY ACT

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- » We need to actively obey God's word to see its power.
- » Ensure that the teenager is actively putting God's word into practice.

### 2 Cor 5:14-15 HEARTS ARE MOVED BY THE CROSS

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- » Teenagers need to see and understand Jesus' death on the cross.
- » Looking at the cross helps people to get their eyes off themselves.

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4 They could keep a daily journal or write out their prayers. Ask them to bring what they have written next time you meet.