

5 Ways to Care for Teens When They're Hurting

by Doug Fields

Training Notes

1. Be present

2. Avoid giving advice

3. Communicate compassion

4. Reserve judgment

5. Expect discouragement

- Facilitate stronger connections
- Share appropriately
- Provide serving opportunities

? Reflection questions:

To get the most out of your online video experience we encourage you to take some time to answer the following questions:

- Evaluate yourself on each of the five ways to care for teenagers: [On a scale from 1-10: 1= so far to go, 10= I've arrived]
- **Be present.** What is one way you can become more present with the teenagers you're caring for?
- **Avoid giving advice.** Why is this action easy or difficult for you?
- **Communicate compassion.** Why is this action easy or difficult for you?
- **Reserve judgement.** Why is it so much easier to immediately express disappointment rather than grace?
- **Expect discouragement.** What is an example of a time when you were discouraged while working with teenagers?
- Read 2 Corinthians 1:2-3 (NLT): *"All praise to God, the Father of our Lord Jesus Christ. God is our merciful Father and the source of all comfort. He comforts us in all our troubles so that we can comfort others. When they are troubled, we will be able to give them the same comfort God has given us."* Reflect back on a time when you experienced God's comfort in your life. What made that time so significant to you? Has that experience better prepared you to offer comfort to others?



If you'd like to receive a DYMU certificate at the end of this course, be sure to answer the questions online.

💬 Talk it over:

- Consider sharing what you've learned with others.
- Process this information with another leader on your team.
- Write out specific questions you want to ask someone on your leadership team.
- Leave a comment in the space below the video window and engage with other DYMU participants.



ABOUT THE AUTHOR

Doug Fields

Doug Fields is most well known for his longevity in youth ministry (30+ years as a youth pastor) and the award-winning book Purpose Driven Youth Ministry—which is a youth ministry textbook translated in over 20 languages and used all over the world. He's also the author of 60+ books, including Your First 2 Years in Youth Ministry and Speaking To Teenagers. He's the co-founder of DownloadYouthMinistry.com where he currently spends his time creating resources like this for people like you.