

Your New Playlist

Mindset is a superpower. That’s the message Jon, L.E., and McRae Acuff wanted to pass along to students in their book called, “Your New Playlist”. Incorporating wisdom from the Acuffs’ book, we’re bringing your teen a 5-week series on the role their faith plays when it comes to their mindset and outlook. Thankfully, God cares deeply about our thoughts, so each week we’ll look to Scripture to help us choose mindsets that align with the full life we were created to live.

MEMORY VERSE

“When doubts filled my mind, your comfort gave me renewed hope and cheer.”
Psalm 94:19, NLT

- Week One

Matthew 6:34, Matthew 11:28–30, Psalm 94:19

You create your playlist.
- Week Two

Matthew 10:29–31, Luke 12:6–7, Luke 12:24, Psalm 139:14

You are enough.
- Week Three

Matthew 8:24–25, 26–27, Psalm 23:4

Fear is loud, but it is a liar.
- Week Four

Luke 4:21, Mark 6:3, Psalm 37:5

Quiet the critic.
- Week Five

Ecclesiastes 3:1, 4–8, Psalm 16:8

Feelings aren’t forever.

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High School

ENGAGE IN EVERYDAY MOMENTS TOGETHER



Morning Time

Find out your teen's current favorite song, and one morning this week, play it in the house while they are getting ready to start their day.



Their Time

Ask your teen to teach you something new, something they enjoy doing.



Meal Time

At a meal this week, have everyone answer this question: "What do you imagine your favorite influencer says to themselves in the mirror before starting their day?" Can be comical or motivational or serious etc.



Bed Time

Pray that both you and your teen will recognize the soundtrack in your head, and play a different one if needed.



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