

The Praying Parent

YOUTH CULTURE HOT QUOTE

“...it’s time for me to say goodbye. This no longer serves me as positively as it serves me negatively, and I think that’s the right time to call something... I’ve always been portrayed as the strong clap back girl but I’m just not. My desire to be liked and fear of pi##ing people off has made me somebody you didn’t sign up for, and a different human than I started out here as!”

Chrissy Teigen, in a final series of Twitter posts to her fans before deleting her account, Twitter, March 24, 2021.



WALT MUELLER, CPYU President



With my own four children now out of their teenage years and into adulthood, I’ve had plenty of opportunity to think back on my own parenting journey. On the one hand, I’m grateful for the Godly advice that was given to me by older parents who had already raised their now adult children. All of the good advice I had chosen to follow paid great dividends. On the other hand, hindsight leaves me with some regrets. . . things I wish I had done differently as a dad.

One of my personal parenting regrets relates to prayer. Yes, we prayed for our children. But all too often those prayers were squeezed in between other activities on our busy and frantic schedules. Looking back, I also realize that our prayers were “amped up” in frequency and intensity when we were in the midst of navigating difficult parenting matters with our kids. I’m sure that’s not unusual, but I do wish that the frequency and intensity of those “tough time” prayers had been the usual rather than the from time-to-time.

Since this is the month that we celebrate Easter, why not take some time to challenge yourself to pray regularly for your children in the same manner that Jesus prayed in the Garden of Gethsemane the night before His death. The great English preacher Charles Spurgeon wrote that there are five aspects to the way Jesus prayed in Matthew 26:39 that we would do well to emulate. How might enlisting each of these aspects change the way you pray for your children?

First, our prayer for our children should be *lonely prayer*. This does not mean that we are to feel alone as we parent our kids. Rather, we are to look regularly for opportunities to withdraw from all the regular activities, hurriedness, and distractions of life to focus solely on prayer. Jesus was deliberately by himself where no ears but God’s ears would hear his prayers. A lonely prayer is an intense and focused prayer.

Second, our prayer for our children should be *humble prayer*. When Jesus approached his Father in prayer he fell with his face to the ground. This was a position that represented humble recognition of his Father’s power, sovereignty, and holiness. Sometimes we get lost in thinking that we know what to do and how to do it. Reality is, that if we depend solely on ourselves and not on God for guidance, direction, wisdom, and power, we are doomed to eventually fail. It’s better to humbly fall flat on your face while crying out to God in prayer, than falling flat on your face through failure rooted in self-reliance.

Third, our prayer for our children should be *filial prayer*. The word “filial” signifies the affection, respect, and devotion from a son or daughter to a parent. Jesus assumed a filial posture as he approached his Heavenly Father. In the same way, those of us who have been adopted by God as His sons and daughters must “plead” our adoption, recognizing that God has given us the right and privilege to approach Him as His children.

Fourth, our prayer for our children should be *persevering prayer*. The Bible tells us that while he was in the Garden, he prayed three times. Prayer for our children should be regular and ongoing.

And fifth, our prayer for our children should be *submissive prayer*. If you’re like me, your prayers are uttered while assuming that you know what the most desirable answer and outcome should be. But the prayer of Jesus reminds us that we must trust God’s wisdom, as He will give us the answer we need. We must pray, “not my will, but Your will be done.”

Perhaps you’ve only understood Easter as a time to celebrate new life. But Easter is much more than that. This year, make it an opportunity to learn new ways to pray. ★

TOP 10...

Apps

{ on iOS platform, United States,
week of March 29, 2021
Source:
appannie.com }



1. League of Legends: Wild Rift



2. Crash Bandicoot: On the Run!

3. YouTube

4. TikTok

5. Instagram

6. Facebook

7. Snapchat

8. Messenger

9. Gmail

10. Amazon Shopping

QUICK STATS

Young adults who spend over 5 hours a day on social media are 3x more likely to suffer from depression than those who spend less than 2 hours a day online.

(University of Arkansas)

For parents of children under the age of eighteen, 57% of mothers and 32% of fathers say that worry or stress related to the coronavirus has had a negative impact on their mental health.

(Kaiser Family Foundation)

FROM THE NEWS:

AMERICAN GIRL DOLL LGBT STORYLINE

Little girls love the American Girl line of dolls. Many adult woman still have their American Girl dolls from their childhood, and now their daughters are enjoying the dolls and all their accessories. Many families even make the pilgrimage to the American Girl Doll store in New York City so that their daughters can pick out dolls for themselves. The popularity of these dolls clearly has a long-lasting impact on those who purchase, receive, and play with them. The American Girl 2021 Doll of the year is like all other American Girl Dolls. She has a story. This year's doll is a ten-year old name Kira Bailey who hails from Michigan. As the story goes, Kira's adventure is a trip to Australia with her mom, where she stays at an animal sanctuary run by her great-aunts, two women who are in a same-sex marriage. Parents, you need to be aware that God's good design for marriage and sexuality is being challenged by the stories that are present even in the world of play. Be sure to teach the truth about God's design to your kids. Whoever speaks to them first will own the conversation.

TRENDS:
BIGOREXIA

Body dysmorphia occurs when one obsessively believes that a body part or appearance is severely flawed, and then wants to somehow hide or fix it. In today's appearance-obsessed culture, body dysmorphia is on the rise. A growing number of kids spend lots of time worrying about perceived flaws in their appearance. These so-called flaws are typically exaggerated, and usually unnoticeable to others. One new

type of body dysmorphia has been labeled "bigorexia."

The opposite of anorexia where a person obsesses over being fat while wasting away to nothing, bigorexia is marked by an obsession to be bigger, bulkier, and more muscular. Teens

navigating bigorexia focus on muscle and developing six-pack abs. They lift weights obsessively and oftentimes resort to the dangerous practice of ingesting steroids. If you suspect that a child you know is suffering from any kind of body dysmorphia, secure the help of a qualified Christian counselor who has training and experience.

**LATEST RESEARCH:****BUILDING RELATIONSHIPS WITH KIDS**

This month's research spotlight is an important message for every adult who is reading. This includes parents, grandparents, friends, neighbors, youth workers, teachers, and anyone else who is involved in a church where there are children and teens. Authors

David Kinnaman and Mark Matlock have researched the variables that lead to young people growing into a vital adult faith in Jesus Christ. One variable that sets strong Christian young adults apart from those who leave the church is the presence of relational connections. In other words, young adults who are strong in their faith cite the church being a

place they feel like they belong and connections to a community of Christians as vital to faith development. Their churches feel and function like a family. Their churches are made up of people they want to be around. To every adult who is reading we offer this challenge: go out of your way to connect and build significant, caring relationships with the children and teens in your church.

**COLLEGE
TRANSITION
INITIATIVE**

a resource of CPYU

www.CollegeTransitionInitiative.com

**Seeking Truth**

by Walt Mueller



It is a bad thing when we get swept up in the current of what the Apostle Paul calls "the course of this world", leaving our minds and the ability to discern between truth and lies at the door. Rather than seeking to evaluate everything under the microscope of biblical truth, we simply choose to believe and embrace the "truth" we like in the moment, and jettison that which we choose not to believe.

It was over 25 years ago that social critic Gene Veith wrote these words that so accurately foresaw our situation today: "With no absolute canons of objective truth, the rational is replaced by the aesthetic. We believe what we like."

Students who head off to college will be challenged with this reality in serious and impactful ways, and they'll be tempted to follow along with the campus culture in disregarding objective truth. As Christians, we should know and do better. The Psalmist says of Scripture, "The sum of your word is truth." On the night before his death, Jesus prayed these words for his followers: "Sanctify them in the truth; your word is truth." Teach your kids the truths of God's word, and encourage them to look for truth where it can be found, that is, in the Bible. Doing so will provide them with a foundation to stand on when they reach the college or university years.

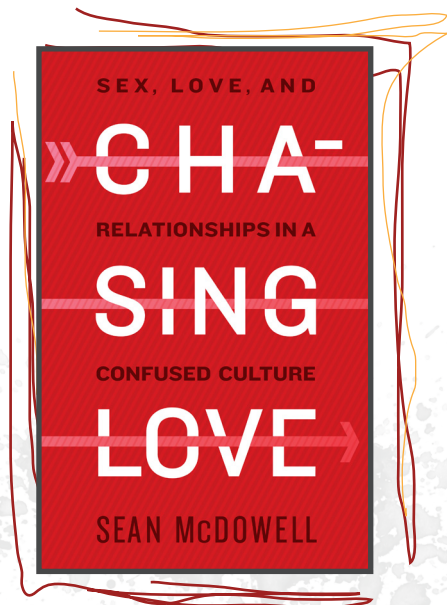
New Podcast

Youth Culture Matters
is a long-format
podcast from CPYU
co-hosted by Walt Mueller
and Jason Soucinek.



Listen at
www.cpyu.org/podcast.

Be sure to check out
Episode 126 titled
“Love. Sometimes Culture
Gets It Right, Sometimes
Culture Gets It Wrong” with
Sean McDowell



FROM THE WORD

Perhaps you’ve heard the old saying, “Idle hands are the devil’s workshop.” But, it’s not just a life spent lazily doing nothing that thwarts and derails Christian growth. It’s also being way too busy.

As parents, we tend to get wrapped up in the frantic pace of life that’s being lived by just about everyone else around us. Time flies, important tasks fall by the wayside, and before we know it, our kids are all grown up. And one of the most important endeavors that we tend to let fall by the wayside is tending to our own spiritual growth. When the tanks of our spiritual lives empty out or run on fumes, we lack the ability to pass on faith to our kids. With no spiritual vitality to give, they are left with no spiritual vitality to get.

**“I HAVE STORED
UP YOUR WORD IN
MY HEART, THAT
I MIGHT NOT SIN
AGAINST YOU.”
PSALM 119:11 (ESV)**

Psalm 119 is a poetic call to immerse one’s self in God’s Word. The Psalm’s length (it’s the longest chapter in the Bible) emphasizes the urgency of the Psalm’s message. In verse 11 the Psalmist shares his resolve to fill his being with the truths of God’s Word. Constantly “shoveling” God’s Word into the storehouse of our hearts results in a life of faithful obedience. Conversely, when we run dry as a result of biblical ignorance, we not only suffer, but that suffering extends to our kids. Theologian John Stott says, “Ignorance is probably the greatest enemy of the Christian faith today.”

Do your kids have parents who are ignorant? Or are they blessed with parents who are wise?

HELPFUL RESOURCE ←

The music we listen to, the movies we watch—they’re all telling us to keep chasing love, and that we’ll finally be happy when we find it.

But is love really all we need?

The love that the world tells us to pursue is all about self, about following your heart’s desires. But what is the Christian worldview on love? When we follow Jesus, we realize that he invites us to reorient the focus of our lives, so instead of chasing love primarily for our own happiness, we are first and foremost to give love—to God and to others.

Written with students in mind, *Chasing Love: Sex, Love, and Relationships in a Confused Culture* invites readers into Jesus’ radical, upside-down approach to love. In doing so, author Sean McDowell will answer some of the toughest questions we’re asking about love today:

- How does Jesus speak to singleness?
- What does the gospel say about LGBTQ issues?
- Can sexual sin truly be forgiven?
- What if I’m not happy in my marriage?

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PHONE: (717) 361-8429 EMAIL: CPYU@CPYU.ORG
PO BOX 414, ELIZABETHTOWN, PA 17022 | WWW.CPYU.ORG