

Real Talk Parent Guide: Creating A Healthy Pace

Whether you see it or not, your teenager is feeling the impact of a busy schedule, constant pressure, and the nonstop “noise” of life. School, sports, activities, social media, friendships, expectations, and family demands can quickly create a pace that leaves everyone exhausted and disconnected. This guide is designed to help you have an open and honest conversation with your teenager about the rhythm of life your family is living. The goal isn’t guilt or criticism, it’s awareness, connection, and creating healthier rhythms together. Set aside a time to have this conversation with your teenager and do your best to create a light and inviting atmosphere. As you talk, listen carefully to your teenager’s perspective and honestly evaluate whether your family may need to make some changes so everyone can move toward a more sustainable, life-giving pace.

Scripture

Read these out loud:

“Be still and know that I am God.”

- Psalm 46:10

“Come to me, all you who are weary and burdened, and I will give you rest.”

- Matthew 11:28

Personal Reflection

Start by talking about this question: Do our current rhythms help us experience peace, connection, and a growing faith, or do they mostly leave us stressed and exhausted?

Family Discussion

After you have had the big picture conversation, discuss any of these questions that would be helpful:

- What are some things you like about our family's rhythm or pace of life? What are some things you dislike or think we need to consider changing?
- When you look at your life and schedule, do you feel too busy? If you could change anything about your rhythm right now, what would you change and why?
- Do you feel like we are too busy as a family? If you could change anything about our family's schedule (or any individual family member's schedule), what would you change and why?
- What activities, commitments, or habits give you life and energy? Which ones tend to drain you emotionally, physically, or spiritually?
- What is most important to you in this season? What do you hope to grow in personally, spiritually, or relationally? What would you love for our family to prioritize together?
- Are there some things you feel like you need to say "no" to in order to create healthier rhythms? Are there any habits our family may need to reconsider?
- On a scale of 1–10, how are you doing when it comes to making spiritual growth a meaningful part of your life rhythm? What score would you give our family? Why?
- Where do you feel closest to God right now? When do you feel most distracted from Him?
- How can you create more space for rest, margin, meaningful relationships, and time with God? How can our family create more space for those things together?

Final Reflection & Prayer

As you finish, identify 2–3 practical action steps your family can work on over the next few months. Keep them realistic and specific. Then spend time praying together, asking God to help your family live with wisdom, peace, intentionality, and healthier rhythms together.