

# *How to talk with your child*

How to talk with your teen about their Freedom Appointment (FA).

For many reasons, teens are often anxious about their FA. Therefore it is important to intentionally broach the subject in a way that lessens the anxiety of the teen and reduces the leverage of enemy spirits in the mind of the teen inquirer. Provide your child or teen with some *background information* about the counselor.

- Get your teen a copy of “Restored” by Neil Anderson. Offer to go through the book with them before the parent session. The book is a short read and is written on a lower grade reading level.
- Fill out the CPI with your teen. This can spark some very meaningful conversation over your own journey to freedom in Christ. Filling out a form can facilitate indirect communication that can lead to a deeper discussion on extended family, teen culture, campus life, etc.
- Review with your teen the *reason(s) they are being scheduled for a Freedom Appointment*. Reinforce the fact that they are not scheduled as a form of punishment. A Freedom in Christ Encourager does not “fix” people; instead an encourager is trained to help people walk through a prayer encounter with God that is designed to find any corrupt data that may have been planted deep in the mind. The FA affords a safe space for teens to process feelings, and resolve interpersonal and spiritual conflict that influences behavior..
- Have as much *background information* about the encourager and the FA for your teen as possible (Where will I meet the encourager? What are they like? Do they work with teens? How long will this take? What can I expect? What if this doesn’t work? ). These are all common questions that mom and/or dad can address with calm assurance and the promise of God’s goodness.
- Explain what the FA will be like. Ultimately, the FA has 2 really simple goals based on James 4:7:
  1. Submitting to God in all areas of our life.
  2. Resisting the Devil in the authority and power of the Lord Jesus Christ.
- Talk with your teen about their hopes or concerns about the outcome(s) of the FA. This is something that the Encourager will most likely ask at some point, and it is important for the minor to understand that the FA is the inquirer’s personal time to listen to God and address whatever is impeding/blocking their freedom. The teen needs to be told that the FA is a place where they are free to share whatever is in their heart and on their

mind for the purpose of being released from bondage. Even if your teen is initially unsure about personal hope in outcomes, ask them to begin thinking about this question so they will be able to open their hearts and minds to a biblical process that has been proven time and again to produce the ultimate outcome of freedom.

- *Inform your child or teen what a FA IS and what a FA IS NOT.* Encouragers are not magicians. Encouragers cannot read minds. Encouragers are--- Encouragers who are present to love, reassure and gently direct the teen through a thorough prayer practice of resolving spiritual conflict and interpersonal conflict.
- Encourage your teen to understand that the FA is a shame free environment. There will be no condemnation or judging on the part of the Encourager or prayer partner. Encourage your teen to give themselves over to the prayer encounter with God.
- Encourage your teen that the battle is spiritual in nature, therefore, there will be another safe person in the room who is interceding for protection from spiritual attack and perfect illumination from God.