

Lifting a Generation

Mark 9:16-29

1. Adolescent Mental Health Continues to Worsen (CDC 2023 Youth Risk Behavior Survey)
 - a) 40% of high school students reported persistent sadness or hopelessness.
 - b) 20% seriously considered attempting suicide.
 - c) 9% attempted suicide.
2. What parents and families can do (CDC)
 - a) Communicate openly and honestly, including about their values.
 - b) Supervise their adolescent to facilitate healthy decision-making.
 - c) Spend time with their adolescent enjoying shared activities.
 - d) Become engaged in school activities and help with homework.
 - e) Volunteer at their adolescent's school.
 - f) Communicate regularly with teachers and administrators.
3. Here's what we know...
 - a) The invisible realm is real.
 - b) The deciding factor is faith.
 - c) The energizing principle is prayer.