



MILESTONE 3: Beginning the Adolescent Journey

SIGNIFICANCE + GOAL OF THE MILESTONE:

Beginning the Adolescent Journey equips parents to navigate identity, influences, and struggles of adolescence. Parents will learn to strengthen relationships, model worship, mission, and community, and guide children toward owning their faith during this pivotal season of rapid growth, self-awareness, and conviction.

SESSION TOPICS:

- 1 The Quest for Identity
- 2 Changes and Challenges in Adolescence
- 3 Relationship is Foundational
- 4 Modeling and Leading a Life of Worship, Mission, and Community

WHY A LIFE MAP MILESTONE PATH?

Milestones mark key moments in our lives where we see God's faithfulness and growth in every area. At Grace, our Life Map Milestone Path helps families pause, reflect, and realign with God's purposes.

Each stage brings new challenges and opportunities, and the Milestone Path equips parents with biblical guidance, practical tools, and intentional planning to disciple their children with clarity and purpose.

Engaging in this lifelong plan strengthens individuals and reinforces the God-given role of parents and grandparents in their child's life. We would love for you to join us!

Visit gcc.org/milestones to find out how your family can get started on this journey.

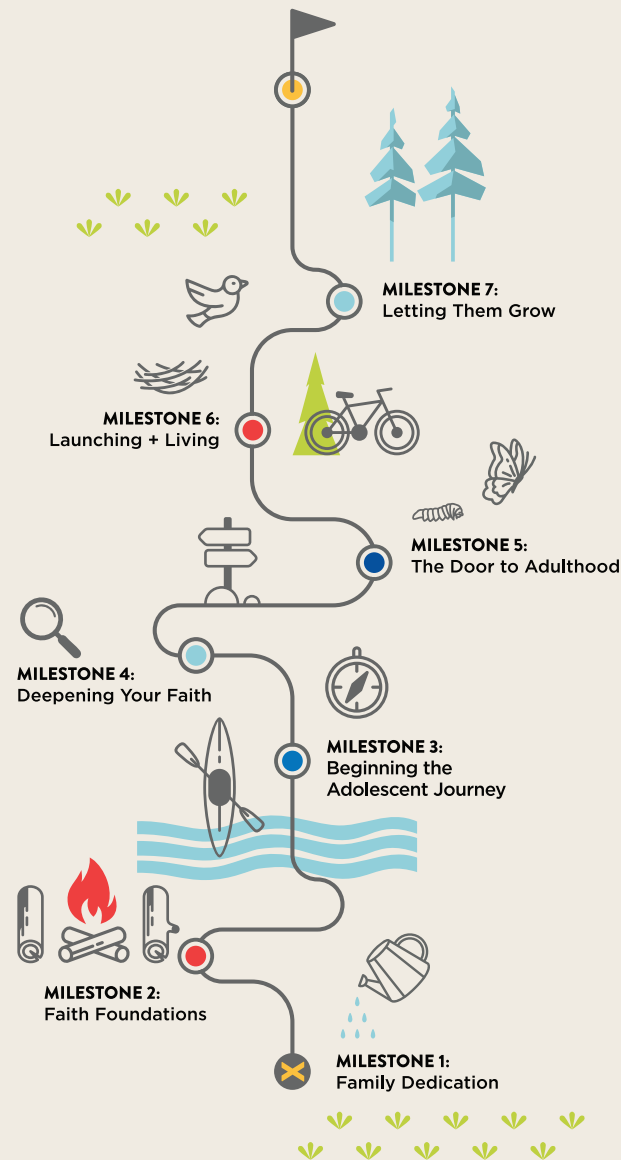
GRACE COMMUNITY SCHOOL
GRACE COMMUNITY CHURCH

MILESTONE 3 BEGINNING THE ADOLESCENT JOURNEY

AGES 10 - 12

EMBRACE THE SEASON, ENGAGE THE MISSION

*Every stage is a new stretch
of trail. Walk it with insight
and intention.*



HOW THEY PRIMARILY LEARN (AGES 10-12)

- 1 Real-Life Application:** They want to know how knowledge applies to the real world. Abstract ideas start to click when tied to everyday life.
- 2 Critical Thinking:** They begin questioning assumptions, analyzing what they hear, and forming their own opinions.

WHAT PARENTS SHOULD KNOW

- 1 They're Asking, "Who Am I?":** Identity is forming - spiritually, socially, and emotionally. This is a prime time to anchor that identity in Christ.
- 2 They Crave Belonging:** Friendships and peer approval are huge. Be proactive about helping them build Christ-centered relationships.
- 3 They're Watching Closely:** They notice inconsistencies in what adults say versus what they do. Authenticity is essential.
- 4 They Want to Be Taken Seriously:** When they ask hard questions or challenge ideas, they're not being disrespectful; they're growing.

- 3 Discussion and Debate:** They process by discussing issues, often with peers. Asking questions is how they learn and test ideas.
- 4 Role Models:** They look to adults and older peers to model maturity, faith, and integrity.
- 5 Experience and Responsibility:** Learning sticks when they are trusted with real responsibility and given room to try and sometimes fail.

- 5 They Can Own Their Faith:** This is often when faith becomes personal, not just "my parents' belief." Parents can guide them in understanding salvation, spiritual disciplines, and calling.
- 6 They Need Boundaries AND Freedom:** They thrive when expectations are clear but also when they are trusted with independence and decision-making.
- 7 They Still Need You Deeply:** Even if they seem more peer-focused, parents remain the most influential voice, especially when the relationship is open, affirming, and honest.

EVERYDAY MOMENTS, ETERNAL IMPACT

*Discipleship doesn't have to be
complicated to be powerful.*

BEST METHODS FOR ENGAGING (AGES 10-12)

- 1 Engage Their Minds:** Ask thought-provoking questions. Invite them to wrestle with Scripture, not just memorize it.
- 2 Let Them Lead:** Give opportunities to serve, mentor younger kids, or lead a devotion. Ownership grows confidence and maturity.
- 3 Use Media and Technology Wisely:** This age is media-saturated, so leverage it for teaching, but also guide discernment and boundaries.
- 4 Encourage Reflection:** Journaling, prayer prompts, or even quiet time alone can help them internalize what they're learning.

TOOLS FOR THE JOURNEY AHEAD SCAN QR CODE FOR RESOURCES

*Because the right resource at the right
time makes all the difference.*



- 5 Validate Their Questions:** Don't shut down doubts or complex questions. They're not signs of rebellion; they're steps toward authentic faith.
- 6 Teach in Community:** Use small groups or peer discussions to help them explore ideas in a safe, interactive space.