

**SIGNIFICANCE + GOAL
OF THE MILESTONE:**

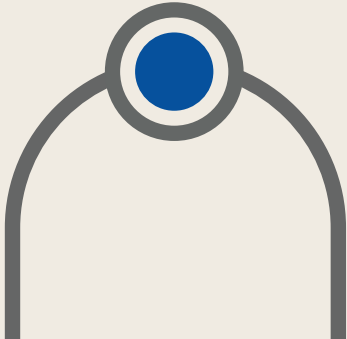
The Door to Adulthood equips parents to guide teens toward maturity, integrity, and ownership of faith and life. Parents transition from a teaching role to a coaching role, fostering independence by encouraging honest conversations, wise decision-making, and affirmation. The goal of this milestone is to prepare teens to step confidently into adulthood with personal conviction, responsibility, and a Christ-centered purpose.

SESSION TOPICS:

- 1 Owning Their Own Faith: Life as Worship, on Mission, and in Community
- 2 Living With Integrity: Honesty, Responsibility, and Consistency
- 3 Seeking Wisdom and Mentorship
- 4 Parent Tips and Discipleship Tools



MILESTONE 5:
The Door to Adulthood



**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.



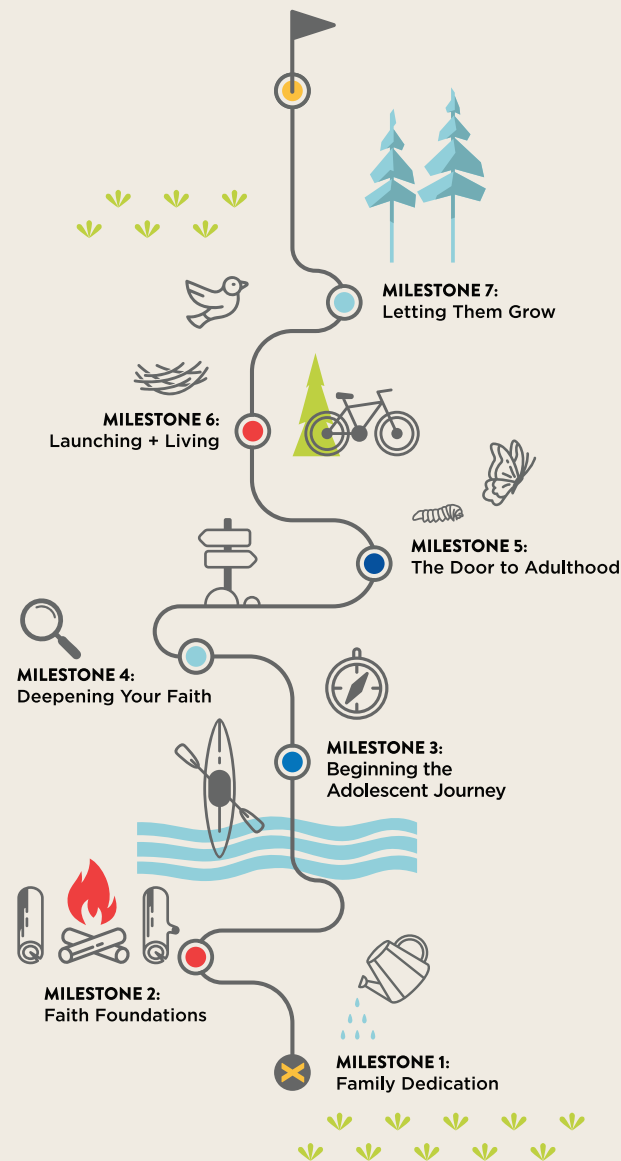
MILESTONE 5
THE DOOR TO ADULTHOOD



AGES 14 - 16

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 14 - 16)

- 1 Self-Reflection:** Teens are increasingly self-aware. They evaluate what they believe and why it matters to their lives.
- 2 Relationships:** Mentorship and peer influences are powerful. They're watching adults closely and looking for people they can trust.

WHAT PARENTS SHOULD KNOW

- 1 Forming a Moral and Spiritual Framework:** They are deciding what they believe on their own terms. Don't assume inherited faith will last without honest engagement.
- 2 Want Freedom with Safety:** Give them space to grow, but stay involved through conversations, accountability, and presence.
- 3 Need Honest Conversations:** Don't shy away from hard topics. Talk openly about doubt, sex, media, mental health, and cultural issues through a biblical lens.
- 4 Learn Best by Watching You:** More than ever, they're evaluating if your faith is real. Live authentically, admit your struggles, and show grace.

- 3 Relevance:** They engage when they see how truth intersects with real-world issues - identity, relationships, injustice, and calling.
- 4 Ownership and Experience:** They want to lead, make decisions, and discover purpose. They learn best when trusted and challenged.
- 5 Critical Thinking:** They are capable of nuanced thought, ethical reasoning, and spiritual questioning.

- 5 May Drift Emotionally:** If they seem distant or disinterested, don't panic. Stay relationally connected. This is often a protective measure, not rejection.
- 6 Crave Purpose:** Help them connect their unique gifts and interests to God's mission. Teens who feel their faith matters are more likely to keep it.
- 7 Still Need Boundaries:** Loving limits and expectations show care. Don't retreat from parenting just because they are getting older and more independent.

EVERYDAY MOMENTS, ETERNAL IMPACT

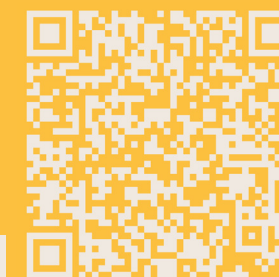
*Discipleship doesn't have to be
complicated to be powerful.*

BEST METHODS FOR ENGAGING (AGES 14 - 16)

- 1 Give Space to Wrestle:** Don't rush to answer or fix. Let them ask hard questions about faith, culture, suffering, and purpose.
- 2 Through Mentorship:** One-on-one or small group discipleship can be more effective than lectures or large-group teaching.
- 3 Connect Faith to Life:** Explore how faith intersects with dating, anxiety, social justice, identity, success, and calling.
- 4 Use Real Voices:** Invite testimonies, young adult stories, or student-led discussions. They want to hear from people who are a step ahead of them.

TOOLS FOR THE JOURNEY AHEAD SCAN QR CODE FOR RESOURCES

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



- 5 Challenge Them to Lead:** Involve them in leading worship, mentoring younger students, planning events, or teaching younger classes.
- 6 Equip Them with Tools, Not Just Rules:** Teach how to read the Bible for themselves, discern truth, pray sincerely, and make faith-driven choices.