

## ***Dr. James Dobson's Parents' Answer Book***

### ***Q255—Explain in greater detail the role of power in the life of a teenager.***

Let's begin with a definition. *Power* is the ability to control others, to control our circumstances, and especially, to control ourselves. The desire for it lies deep within the human spirit. We all want to be the boss, and that impulse begins very early in life. Studies show that one-day-old infants actually reach for control of the adults around them. Even at that tender age, they behave in ways designed to get their guardians to meet their needs.

The desire for power is evident when a toddler runs from his mother in a supermarket or when a ten-year-old refuses to do his or her homework or when a husband and wife fight over money. We see it when an elderly woman refuses to move to a nursing home. The common thread between these and a thousand other examples is the passion to run our own lives—and everything else, if given the chance. People vary in the intensity of this urge, but it seems to motivate all of us to one degree or another.

Now, what about your sons and daughters? Have you wondered why they come home from school in such a terrible mood? Have you asked them why they are so jumpy and irritable through the evening? Perhaps they are unable to describe their feelings to you, but they may have engaged in a form of combat all day. Even if they haven't had to fight with their fists, it is likely that they are embroiled in a highly competitive, openly hostile environment where emotional danger lurks on every side. Am I overstating the case? Yes, for the kid who is coping well. But for the powerless young man and woman, I haven't begun to tell their stories.

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That's why they are nervous wrecks on the first day of school or before the team plays its initial game or any other time when their power base is on the line. The raw nerve, you see, is not really dominance but self-worth. One's sense of value is dependent on peer acceptance at that age, and that is why the group holds such enormous influence over the individual. If he or she is mocked, disrespected, ridiculed, and excluded—in other words, if that individual is stripped of power—he or she feels it deeply.

### ***Q251—What is the most difficult period of adolescence, and what is behind the distress?***

The eighteenth year is the time of greatest conflict between parent and child, typically. But the thirteenth and fourteenth years commonly are the most difficult twenty-four months in life for the youngster. It is during this time that self-doubt and feelings of inferiority reach an all-time high, amidst the greatest social pressures yet experienced. An adolescent's sense of worth as a human being hangs precariously on peer-group acceptance, which can be tough to garner. Thus, relatively minor evidences of rejection or ridicule are of major significance to those who already see themselves as fools and/or failures. It is difficult to overestimate the impact of having no one to sit with on the school-sponsored bus trip or of not being invited to an important event or of being laughed at by the "in" group or of waking up in the morning to find seven shiny new pimples on your forehead or of being slapped by the girl you thought had liked you as much as you liked her. Some boys and girls consistently face this kind of social catastrophe throughout their teen years.

Dr. Urie Bronfenbrenner, eminent authority on child development at Cornell University, told a Senate committee that the junior high years are probably the most critical to the development of a child's mental health. It is during this time of self-doubt that the personality is often assaulted and damaged beyond repair. Consequently, said Bronfenbrenner, it is not unusual for healthy, happy children to enter junior high school but then emerge two years later as broken, discouraged teenagers.<sup>1</sup>

### ***Q278—Give me your shortest answer: How can I best survive the tumultuous years of my teenager(s)?***

- Keep the family schedule simple.
- Get plenty of rest.
- Eat nutritious meals.
- Keep your teenager involved in nonstop, wholesome activities.
- Stay on your knees.

When fatigue and ill health lead adults to act like hot-tempered teenagers, anything can happen at home.

*Parents' Answer Book*, 2003, Tyndale Publishing

<sup>1</sup>Urie Bronfenbrenner, "The Social Ecology of Human Development" in *Brain and Intelligence: The Ecology of Child Development*, ed. Fredrick Richardson (Hyattsville, Md.: National Educational Press, 1973)

## Youth Volleyball Finale March 17th and 18th

As sad as it is to see our season come to a close, we always look forward to our finale.

This year our guest speaker is Timothy Barton, Jr. Timothy grew up participating in the sports ministry at First Presbyterian. He attended Appalachian State University, graduating with an English degree. Now married and a seminary student, he hopes to serve the Lord as a college minister in Brazil.



All teams will play in a mini-tournament and are guaranteed an event full of volleyball, fun, and Christian fellowship.

### Friday March 17th

Team 1 — Thessalonians  
 Team 2 -- Deeres  
 Team 3 -- Spikers  
 Team 8 -- Covenant  
 Team 9 -- Apostles  
 Team 10 -- Silver Bullets  
 Team 11 -- Code Red  
*All teams be here at 6:00pm*

For our middle age group, we're excited to include in our finale a developmental team from Lake Norman.

### Saturday March 18th

Team 4 -- SWAT  
 Team 5 -- Smashers  
 Team 6 -- Spikers  
 Team 7 -- Blockers

*Teams 4 & 5 be here at 8:45am*

*Teams 6 & 7 be here at 9:30 am*

Do unto  
 others as you  
 would have  
 them do unto  
 you.

**Luke 6:31**

We're on the web!

[www.fpcstanley.org](http://www.fpcstanley.org)

## Financial Freedom

Journey to Financial Freedom- the latest live seminar from Crown Financial Ministries combines biblical principles of money management with practical applications.

First Presbyterian is hosting this seminar on

**March 25th**

**8:30am—4:30pm**

The registration fee is \$20 and covers materials, continental breakfast, snacks and lunch. You can register online at [www.crown.org](http://www.crown.org).



## JOURNEY to FINANCIAL FREEDOM

Among topics discussed are:

- Fundamental, Biblical principles of managing resources, saving, debt and setting priorities.
- Societal pressures that result in decisions which prevent you from experiencing God's best for your life.

- God's nature and how He uses money in your life to lead you to financial freedom.
- Practical steps to establish a plan to properly manage resources.
- Practical steps to avoid or eliminate debt.
- A scripturally balanced approach to giving in all areas of your life.

For additional information, contact us at  
 704.263.4275

## Did You Know...

- The sports ministry at First Presbyterian is in its 16<sup>th</sup> year.
- Other than volleyball, we offer youth soccer, baseball/softball and basketball
- We average more than 350 total participants each year
- Adults meet on Thursday nights at 7:00 to play volleyball. This is free play and open to anyone over the age of 16. Their season will run until the end of April.
- In an average year, coaches, players, parents, friends, officials, and volunteers consume 400 hotdogs and 50 gallons of ice cream

• Our league verse is

*Whatever you do, work at it with ALL your heart, as working for the Lord, not men.*  
 Col. 3:23

- There are many other ministries in our church, including:

Women in the Church  
 Short-term mission trips  
 Youth groups  
 Care groups / Bible study  
 Best Years / Golden Heirs clubs  
 Drama Team  
 Preschool / After-school care



Presenting Everyone Complete in Christ

### Morning Service

8:30 Worship Service  
 9:45 Sunday School  
 11:00 Worship Service

### Evening Service

6:30 Worship Service