

TEEN NIGHT Favorites

Best Use

Strengthen the parent/teen relationship by having fun making a special meal, fostering good conversation and discovering one another's favorite things.

Advance Preparation

- Ask your teen to pick his or her favorite meal
- Gather the ingredients (do together if possible)
- Set a night to cook together to teach them how to make their favorite meal
- Write out the recipe for your teen with a special note on the back from you

During the Date

Ask

Ask your teen why he or she chose this particular meal. Is there a unique memory or something else special about the meal?

Do

Take the time to show them how to make the meal. Use the time for life coaching as you prepare them for the future by teaching how to follow a recipe.

Share

If the meal has a special meaning to you or your family, share any stories, memories, or pictures with your teen.

Ask

After cooking, spend time going through the following questions as you eat together. Remember, this is a time to listen and learn more about what your teen thinks, not to criticize or critique their answers.

What is your favorite...

1. Activity you are involved in right now? Why?
2. Thing about school? Why?
3. Quality that you look for in a friend? Who in your current group of friends is like that?
4. Book?
5. Song or artist?
6. Thing about our family?
7. Thing about our church?
8. Thing about your walk with God?
9. Thing to do when you have down time?
10. Thing you have accomplished?

Answer

Invite your teen to ask you similar “favorites” questions and/or come up with different questions. The goal is to enjoy dialogue together.

Read

Read James 1:17 together: *“Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.”*

Pray

Thank God for your meal and for the many good things that He gives. Pray together: “We thank you, Lord, that we have so many things that are our ‘favorites.’ We acknowledge that every good and perfect gift is from you. Thank you for our time together. In Jesus name we pray, Amen.”