

TEEN NIGHT

Disco Ball Reality

Best Use

Strengthen the parent/teen relationship by listening to a simple devotional together and discussing what you think. Bonus - go get to ice cream or grab a soda & treat before listening to the podcast.

Advance Preparation

- Ask your teen to pick his or her treat
- Make sure you can stream the Unlocked podcast “Disco Ball Reality” at this code:



During the Date

Listen:

Together, listen to the devotional by author Abigail Aswegen & host Dylan Kraayenbrink

Answer the following questions:

- Do you ever pressure yourself to be happy for everyone else?
 - Because of Jesus, we can slowly let down our guard, be honest about our brokenness, and rely on Him to bring healing.
- When you feel the chaos inside of you ramping up—whether it's anxiety, emotions, or pressure—how can you step back, slow down, and recenter on Christ?
- Who are trusted Christians in your life who can come alongside you and help you do this?

Read:

Laughter can conceal a heavy heart, but when the laughter ends, the grief remains. Proverbs 14:13 (NLT)

Explore:

Look at other podcasts for future use on *Unlocked: Daily Readings for Teens*.