

Teen Topics

Understanding Our Parents (Part 5)

One of the things our study has revealed to us is that though our parents may not be perfect, they do make many sacrifices for us. For this reason, let's consider the fact that we should be grateful for our parents, and willing to show it!

Bible Verses on Being an Encouragement

Note what we can learn from the following verses about how or why we should show gratitude to our parents:

- > **Prov. 31:28** – Recognize your mother for her good qualities.
- > **Eph. 4:29** – Speak encouraging words to your parents.
- > **I Thess. 5:11** – Try to encourage and build up your parents.
- > **I Thess. 5:18** – Be grateful for the parents God has given you.

Learning to Show Appreciation

Displays of appreciation are a tremendous encouragement to parents. With that in mind, take these points seriously:

> Even if there are moments of frustration in your home or things you wish your parents would change about themselves, be willing to recognize that there are countless things they do for you that deserve your gratitude.

> Consider all the reasons you should be grateful. If your parents love you, care for you and provide for you, you should be grateful. Can you list ten reasons that you can be grateful for your parents? (You may find it is easier than you think.)

> Show your appreciation. Consider how your parents like to be shown appreciation. Tell them you love them, give them a hug, write them an encouraging note, or do whatever special things you know would make their day!

If you do not show your parents appreciation because you assume they already know you appreciate them, you are simply making excuses to be lazy in this area. Step up your game and show your parents the appreciation they deserve!