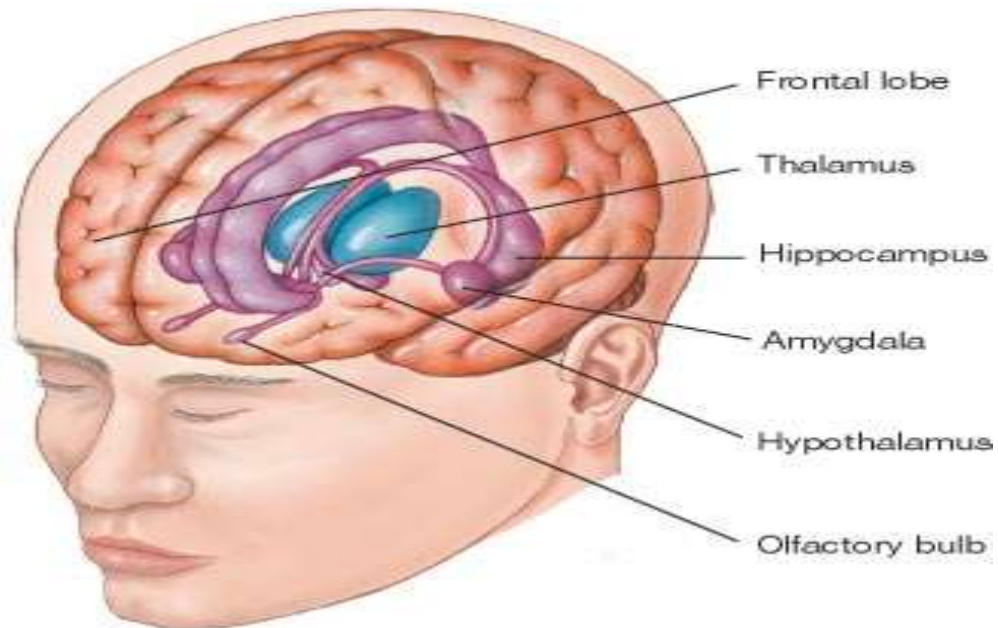




## 1. Physical Maturity

- a. Idea of limbic system growing faster than the frontal lobe – higher cognitive function



### i. Leads to the following

#### 1. Increased

- a. Fear,
- b. Anxiety,
- c. Stress
- d. Loneliness

#### i. Leads to Depression

#### 2. Increased hormonal activity – leading to an increased desire to be loved by your family and others

##### a. Five Hormones

- i. Oxytocin – Sexual Pleasure
- ii. Serotonin – The feel Good Hormone
- iii. Noradrenaline – The Risk taking Hormone
- iv. Estrogen – Moodiness
- v. Testosterone – Hormone of Independence and protection.

##### b. The idea that you have to be there for that person and how it takes up your whole world.

##### c. These hormones also make you extremely moody

#### 3. Increased urge to be independent without the concept of higher frontal lobe

- i. Fighting with parents
- ii. Fighting with friends

#### 4. Increased Risk Taking activities

- a. Drugs
- b. Alcohol
- c. Dare Devil Things
- d. Sex
  - i. SMH Oct 6 – yr 12 girls 66%
  - ii. Boys – 44%
- 5. Really Poor decision making
  - a. Emotionally driven not mentally driven
    - i. Leaving Home – Ya what is wrong no problems.

## **SO HOW DO WE WORK THROUGH THESE THINGS**

1. Learn from the previous generation of teens

- a. How they went through it
- b. The challenges the faced
- c. The advice they have for you

**The way of a fool is right in his own eyes, but a wise man listens to advice  
Proverbs 12:15**

2. Don't be afraid to ask questions

- a. If your uncertain about something
- b. If you don't understand what is happening with you
  - i. **Knowledge is power**

3. Don't Listen to everything you heart tells you and learn to say STOP

- a. Don't be to rash in your decisions.
- b. Don't do things just for a laugh or acceptance.

**Beloved, do not believe every spirit, but test the spirits to see whether they are from God, for many false prophets have gone out into the world. - 1 John 4:1**

4. Choose your friends super wisely

- b. It's better to have no friends than to have the wrong friends

**Do not be deceived, "Evil Company Corrupts Good Habits" 1 Cor 15:33**

- 5. Be Holy people
  - a. Christ Says “be Holy for I am Holy”
  - b. St Paul says “imitate me as i imitate Christ”
    - i. Don’t Forget your roots
      - 1. Prayer
      - 2. Fasting
      - 3. Liturgy
      - 4. Confession
      - 5. The SAINTS
- 6. Don’t Fill your mind with rubbish rather fill your mind with godly things
  - a. Music
  - b. Pornography
  - c. Magazines
  - d. TV shows – e.g. “nerd finds a wife”