

My Teens, My Nest

Josué Lainey – May 31, 2026

Over the years of youth ministry and from the questions I asked our youth group one Wednesday, there are three key themes teens desire from the adults in their lives:

1. See Them

- Teens long to be seen, heard, and understood.
- Teens today are living in a very different world than many of us grew up in.
Stats:
 - 99.2% of Canadian youth are online.
 - 15% of youth report being cyberbullied or cyberstalked.
 - Canadian youth with 6+ hours of daily screen time are 2.5x more likely to report high anxiety, 2x more likely to report depression, 3x more likely to experience severe mental distress.
 - In 2019, 12% of Canadian youth rated their mental health as fair or poor. By 2023, that number doubled to 26%.
 - For ages 16–24, suicide is the 2nd leading cause of death — 24% of youth report suicidal ideation.
- Creating a safe space for them to share and feel heard makes them feel seen.

James 1:19 (NLT)

You must all be quick to listen, slow to speak, and slow to get angry.

- If we actively live this out, it creates a culture in our home where it's easier to share one another's burdens

2. Know Them

- Take time to know who they are right now, in this season.
- The connections you build now become the foundation of your relationship with them as adults.
- Consider their love language. How does your teen best receive love?

Psalm 103:13 (NLT)

"The Lord is like a father to his children, tender and compassionate to those who fear him."

- When you are tender and compassionate to your kids, you demonstrate the Father's love.

3. Show Them

- Your life is the greatest sermon they could ever hear.
- Integrity doesn't mean perfection. But it means being real; bring your mess to the open and deal with it.

- If you model brokenness at the feet of Jesus, you'll encourage them to do the same.

Proverbs 20:7 (NLT)

The godly walk with integrity; blessed are their children who follow them.

- What we prioritize, they notice — and what they see us prioritize, they often prioritize.

Deuteronomy 6:6–9 (NLT)

And you must commit yourselves wholeheartedly to these commands that I am giving you today. ⁷ Repeat them again and again to your children. Talk about them when you are at home and when you are on the road, when you are going to bed and when you are getting up. ⁸ Tie them to your hands and wear them on your forehead as reminders. ⁹ Write them on the doorposts of your house and on your gates.

- Small consistent steps of faithfulness leave a strong legacy.

Isaiah 41:10 (ESV)

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."