

THE TEENAGE BRAIN:

Understanding the physiological, emotional and
spiritual world of an adolescent

Kristy Williams



josiahventure



ΕΠΟΧΑ

A movement of God among the youth of
Central and Eastern Europe that finds its home
in the local church and transforms society.

God and the Brain (Ps. 139:13-15)

For you created my inmost being;
you knit me together in my mother's womb.

I praise you because I am fearfully and wonderfully
made;

your works are wonderful, I know that full well.

My frame was not hidden from you
when I was made in the secret place,
when I was woven together in the depths of the earth.

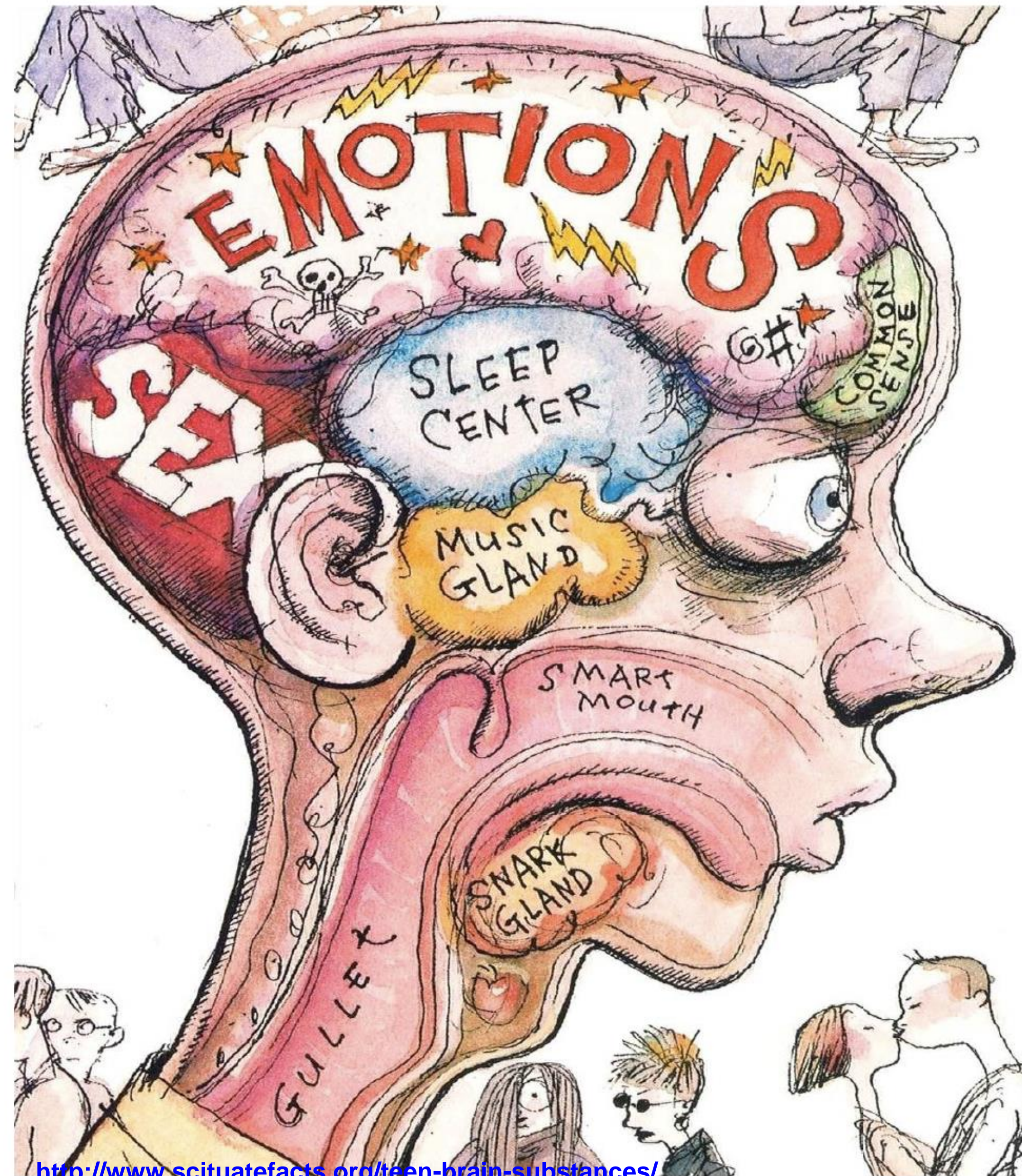
Your eyes saw my unformed body;

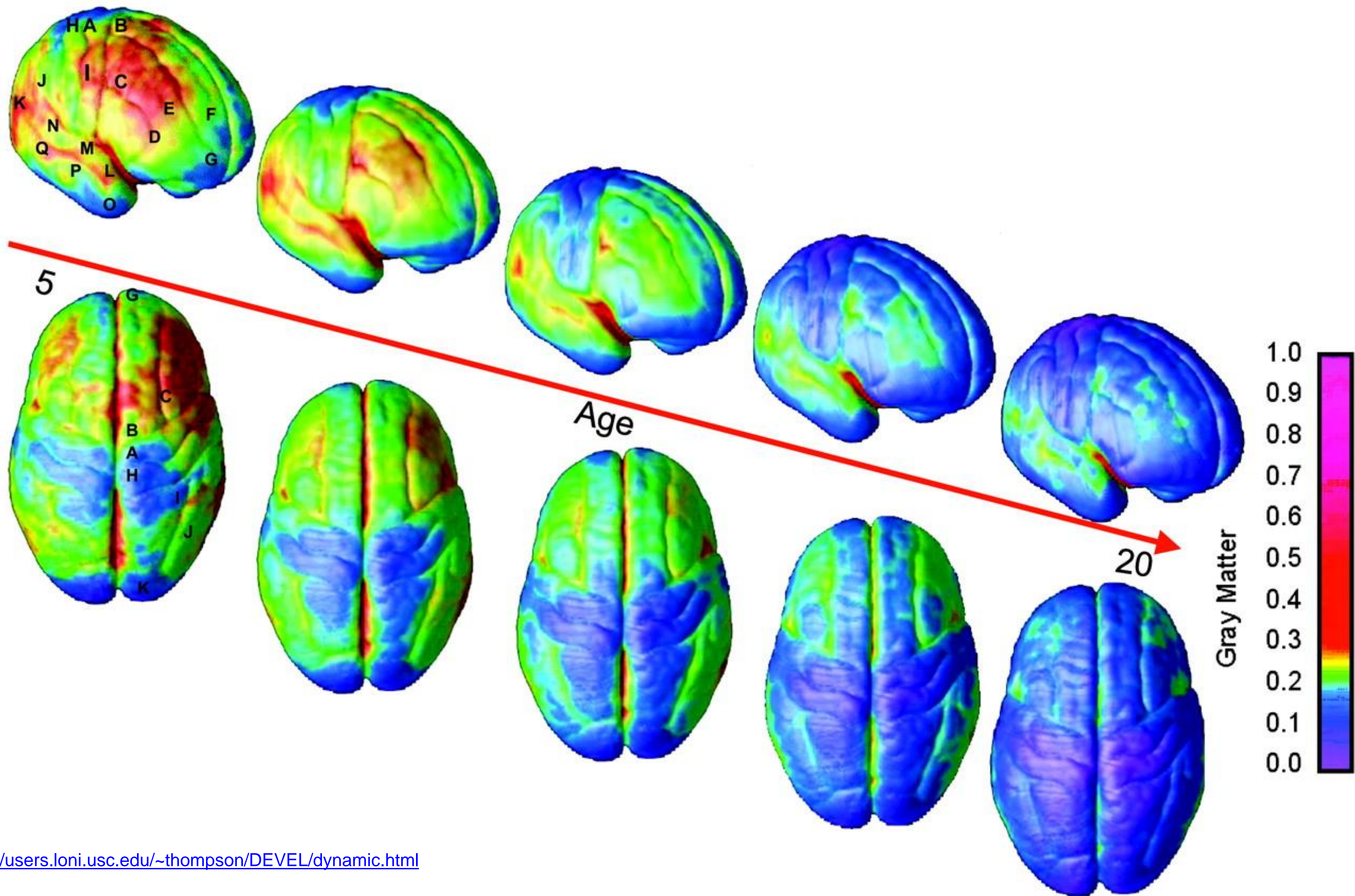
**HOW MUCH DO
YOU KNOW ABOUT
THE BRAIN?**





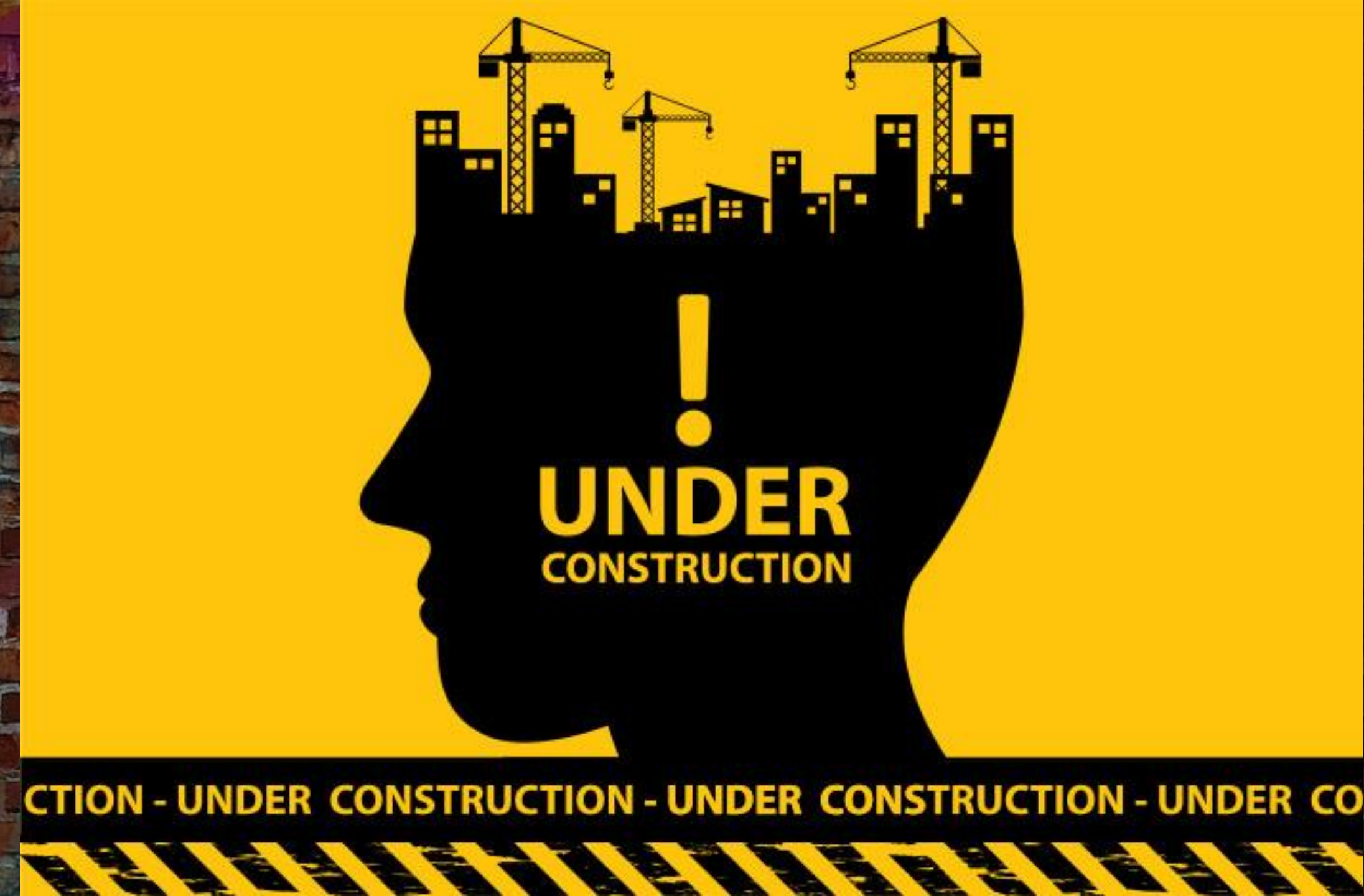
WHAT DO ADULTS THINK ABOUT TEENAGERS? (TYPICAL STEREOTYPES)





Prefrontal Cortex & Executive Functions

1. Personality formation
2. Planning skills
3. Organization
4. Responsibility
5. Following through
6. Wise decision-making
7. Emotional stability
8. Impulse control
9. Resisting temptation
10. Self-awareness
11. Objectivity
12. Others-centered point of view



THE TEENAGE BRAIN: SUPER POWERFUL, AND SUPER SENSITIVE



Learning





before

Pruning

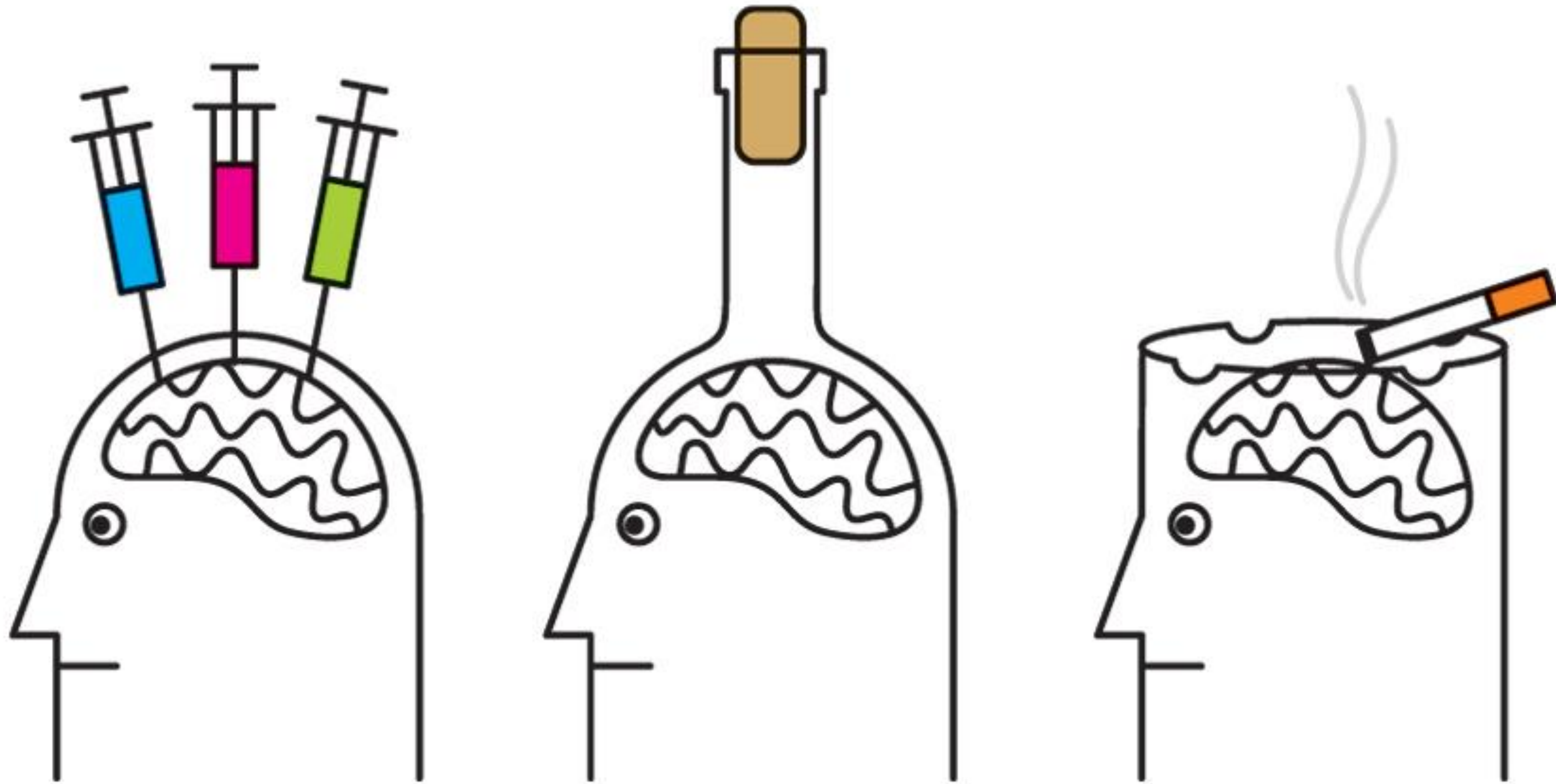


after

Learning Ruts: Good Learning Bad Learning



Addiction



Also:
Pornography
Sugar
Online Gaming

Risk Taking



FOR A TEEN, RELATIONSHIPS ARE EVERYTHING.



Stress, Future, Multi- tasking





OUR CHRISTIAN RESPONSE

**WHEN JESUS SAW
THE CROWDS, HE
HAD COMPASSION
ON THEM, FOR THEY
WERE LIKE SHEEP
WITHOUT A
SHEPHERD. MT. 9:36**

IDENTITY

- WHO AM I?
- WHERE DO I BELONG?
- WHAT IS MY PURPOSE?

GOD'S ANSWER

All praise to God, the Father of our Lord Jesus Christ, who has **blessed us** with every spiritual blessing in the heavenly realms because we are **united with Christ**. Even before he made the world, **God loved us and chose us** in Christ to be holy and without fault in his eyes. God decided in advance to **adopt us into his own family** by bringing us to himself through Jesus Christ. This is what he wanted to do, and it gave him great pleasure. So we praise God for the **glorious grace he has poured out on us** who belong to his dear Son. He is so **rich in kindness** and grace that he purchased our freedom with the blood of his Son and **forgave our sins**. He has showered his **kindness** on us, along with **all wisdom and understanding**. Eph. 1

NEW YORK TIMES BESTSELLER

FRANCES E. JENSEN, MD

with AMY ELLIS NUTT

THE

TEENAGE BRAIN

A NEUROSCIENTIST'S SURVIVAL
GUIDE TO RAISING ADOLESCENTS
AND YOUNG ADULTS

"Frances Jensen, a neuroscientist and single mother of two boys . . . delved into the emerging science of the adolescent brain [and] came out with provocative new insights for parents, educators, public policymakers, and teens themselves." —*Washington Post*

THE NEW YORK TIMES BESTSELLER

AN INSIDE-OUT GUIDE TO THE EMERGING

ADOLESCENT MIND, AGES 12–24

BRAINSTORM

THE POWER AND PURPOSE
OF THE TEENAGE BRAIN

DANIEL J. SIEGEL, M.D.

bestselling author of *The Whole-Brain Child*
and *Parenting from the Inside Out*

THE ADULT'S RESPONSE

1. Teenagers need loving adults! Don't abandon them.
2. Put down your phone. Be available. Listen well.
3. Do not panic when they rebel. They will test all limits.
4. Remember! They are not adults yet. Have realistic expectations.
5. Take advantage of their learning potential (talents, growth mindset).
6. Help with decision-making, planning, responsibility, organization, spiritual disciplines, and choices for the future.
7. Raise awareness regarding the danger of addiction, risky behavior
8. Remove extra pressures and help them cope with stress.
9. Set consistent boundaries (phone, social media, curfew, family time, sleep).
10. Point them to the Father, Son and Spirit for their identity.