

WEST RIDGE | STUDENTS

Resources for Parenting Students

Table of Contents

Counseling services	2
Websites	3
Books	4
Podcasts	5
Scripture on	
Anxiety/Stress	6
Loneliness	7
Depression	8
Loved	10
Bullying	12
Forgiveness	14
Fear	16

Counseling Services:

1. rallypointcounseling.com
2. heritagecounseling.com

WEBSITES:

* <https://www.openbible.info/topics/> search for verses by TOPIC

*Rootedministry.com has articles, books, blogs and podcasts to choose from

1. Gospel-Centered Parenting
2. Discipleship
3. Anxiety/Worry/Fear in Parenting
4. Culture
5. Politics
6. Development
7. Devotionals
8. Fathers
9. Mothers
10. Talking to Your Kids about Sex and Sexuality
11. Addiction and Substance Abuse
12. Anxiety
13. Body Image and Eating Disorders
14. Depression
15. Disability Ministry
16. Doubt
17. Grief
18. Perfectionism
19. Pornography
20. Racial Justice
21. Self-Harm
22. Sex, Gender, and Sexuality
23. Sexual Abuse
24. School and Extracurriculars
25. Social Media and Technology
26. Suicide
27. Suffering

*centerforfaith.com – Parenting LGBTQ kids

BOOKS:

1. "Embodied" by Preston Sprinkle talks about Transgender Identities, the church and what the Bible has to say
2. "Teens and Sex: How Should we Teach Them" by Paul David Tripp
3. "Parenting" by Paul David Tripp
4. "5 Love languages of Teenagers" by Gary Chapman
5. "Boundaries with Teens" by John Townsend
6. "Are My Kids on Track" by David Thomas and Sissy Goff
7. "Guiding Families" by Bill Henson

For every pastor, every parent, and all who care, *Guiding Families of LGBT+ Loved Ones* provides practical insights on how to honor God and radically love LGBT+ people in your life.

8. "Living in a Gray World"

In today's world, the topic of homosexuality seems to be part of everyday conversation in the media, in politics, and even inside churches, with pressure to accept one view or the other. And if you're a Christian teen, there seems to be few easy answers to the issues you regularly encounter, such as: Can you be friends with someone who is gay? What if your sister is a lesbian, or you sometimes wonder if you might be as well? Does the Bible really say homosexuality is wrong? What does God want us to do and say?

Preston Sprinkle has encountered these same questions, and as a theologian and a college professor he has dealt with these issues firsthand. Through honest conversation, real-life examples, and biblical research, Sprinkle unpacks what we can know to be true, and how Scripture's overall message to us today allows us to move forward and find answers that align with God's intent.

PODCASTS:

[*Raising Boys and Girls*](#)

SCRIPTURE:

Anxiety/Stress:

Does your student need to hear any of these? Write it on their mirror or write it out and put it on their bed...

1. Cast all your anxiety on Him, for He cares for you. (1 Peter 5:7)
2. And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:7)
3. Come to me, all you that are weary and are carrying heavy burdens, and I will give you rest. Take my yoke upon you, and learn from me; for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light.. (Matthew 11:28-30)
4. In the world you face persecution. But take courage; I have conquered the world! (John 16:33)
5. May the God of hope fill you with all joy and peace in believing, so that you may abound in hope by the power of the Holy Spirit. (Romans 15:13)
6. Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid. (John 14:27)
7. Seek the Lord and His strength, seek His presence continually. (1 Chronicles 16:11)
8. Now may the Lord of peace Himself give you peace at all times in all ways. (2 Thessalonians 3:16)
9. 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 victorious right hand. (Isaiah 41:10)
10. For I am sure that neither death, nor life, nor angels, nor principalities, nor things present, nor things to come, nor powers, nor height, nor depth, nor anything else in all creation, will ever be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:38-39)

Loneliness:

1. Though my father and mother forsake me, the LORD will receive me. (Psalm 27:10)
2. For the sake of his great name the LORD will not reject his people, because the LORD was pleased to make you his own. (1 Samuel 12:22)
3. What, then, shall we say in response to these things? If God is for us, who can be against us? He who did not spare his own Son, but gave him up for us all—how will he not also, along with him, graciously give us all things? Who will bring any charge against those whom God has chosen? It is God who justifies. Who then is the one who condemns? No one. Christ Jesus who died—more than that, who was raised to life—is at the right hand of God and is also interceding for us. Who shall separate us from the love of Christ? Shall trouble or hardship or persecution or famine or nakedness or danger or sword? As it is written: "For your sake we face death all day long; we are considered as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am convinced that neither death nor life, neither angels nor demons, neither the present nor the future, nor any powers. (Romans 8:31–38)
4. Turn to me and be gracious to me, for I am lonely and afflicted. (Psalm 25:16)
5. And teaching them to obey everything I have commanded you. And surely I am with you always, to the very end of the age. (Matthew 28:20)
6. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:10)
7. Cast all your anxiety on him because he cares for you. (1 Peter 5:7)
8. A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families, he leads out the prisoners with singing; but the rebellious live in a sun-scorched land. (Psalm 68:5–6)
9. One who has unreliable friends soon comes to ruin, but there is a friend who sticks closer than a brother. (Proverbs 18:24)
10. He heals the brokenhearted and binds up their wounds. (Psalm 147:3)

Depression:

1. And after you have suffered a little while, the God of all grace, who has called you to his eternal glory in Christ, will himself restore, confirm, strengthen, and establish you. (1 Peter 5:10)
2. The Lord is near to the brokenhearted and saves the crushed in spirit.(Psalm 34:18)
3. The Lord is near. Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. (Philippians 4:5b-7)
4. I consider that our present sufferings are not worth comparing with the glory that will be revealed in us. (Romans 8:18)
5. Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day. For our light and momentary troubles are achieving for us an eternal glory that far outweighs them all. So we fix our eyes not on what is seen, but on what is unseen, since what is seen is temporary, but what is unseen is eternal. (2 Cor 4:16-18)
6. When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze. (Isaiah 43:2)
7. Consider it pure joy, my brothers and sisters, whenever you face trials of many kinds, because you know that the testing of your faith produces perseverance. Let perseverance finish its work so that you may be mature and complete, not lacking anything. (James 1:2-4)
8. "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." (John 16:33)
9. Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)
10. And we know that in all things God works for the good of those who love him, who have been called according to his purpose. (Romans 8:28)
11. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honor when Jesus Christ is revealed. (1 Peter 1:6-7)

12. Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him. (James 1:12)
13. Not only so, but we also glory in our sufferings, because we know that suffering produces perseverance; perseverance, character; and character, hope. And hope does not put us to shame, because God's love has been poured out into our hearts through the Holy Spirit, who has been given to us. (Romans 5:3-5)
14. In the same way, the Spirit helps us in our weakness. We do not know what we ought to pray for, but the Spirit himself intercedes for us through wordless groans. (Romans 8:26)
15. Weeping may stay for the night, but rejoicing comes in the morning. (Psalm 30:5b)
16. There is a time for everything, and a season for every activity under the heavens: a time to be born and a time to die, a time to plant and a time to uproot, a time to kill and a time to heal, a time to tear down and a time to build, a time to weep and a time to laugh, a time to mourn and a time to dance. (Ecclesiastes 3:1-4)
17. Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up. (Galatians 6:9)
18. Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God. (2 Corinthians 1:3-4)
19. For the eyes of the Lord range throughout the earth to strengthen those whose hearts are fully committed to him. (2 Chronicles 16:9a)
20. Therefore, there is now no condemnation for those who are in Christ Jesus. (Romans 8:1)
21. Being confident of this, that He who began a good work in you will carry it on to completion until the day of Christ Jesus. (Phil 1:6)
22. "Therefore everyone who hears these words of mine and puts them into practice is like a wise man who built his house on the rock. The rain came down, the streams rose, and the winds blew and beat against that house; yet it did not fall, because it had its foundation on the rock. (Matthew 7:24-25)

Know you are LOVED:

1. But God showed how much he loved us by having Christ die for us, even though we were sinful. (Romans 5:8)
2. But anyone who does not love does not know God, for God is love. (1 John 4:8)
3. We know how much God loves us, and we have put our trust in his love. God is love, and all who live in love live in God, and God lives in them. (1 John 4:16)
4. For this is how God loved the world: He gave his one and only Son, so that everyone who believes in him will not perish but have eternal life. (John 3:16)
5. You were saved by faith in God, who treats us much better than we deserve. This is God's gift to you, and not anything you have done on your own. (Ephesians 2:8)
6. The Lord has appeared to me, saying: "Yes, I have loved you with an everlasting love; Therefore with lovingkindness I have drawn you." (Jeremiah 31:3)
7. But when the goodness and loving kindness of God our Savior appeared, he saved us, not because of works done by us in righteousness, but according to his own mercy, by the washing of regeneration and renewal of the Holy Spirit. (Titus 3:4-5)
8. Is there any encouragement from belonging to Christ? Any comfort from his love? Any fellowship together in the Spirit? Are your hearts tender and compassionate? Then make me truly happy by agreeing wholeheartedly with each other, loving one another, and working together with one mind and purpose. (Philippians 2:1)
9. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Corinthians 13:4-7)
10. There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love. (1 John 4:18)
11. This is how we know what love is: Jesus Christ laid down his life for us. And we ought to lay down our lives for our brothers and sisters. (1 John 3:16)
12. And above all things have fervent love for one another, for "love will cover a multitude of sins." (1 Peter 4:8)
13. From whom every family in heaven and on earth derives its name, that He would grant you, according to the riches of His glory, to be strengthened with power through His Spirit in the inner man, so that Christ may dwell in your hearts through faith; and that you, being rooted and grounded in love, may be able to comprehend with all the saints what is the

- breadth and length and height and depth, and to know the love of Christ which surpasses knowledge, that you may be filled up to all the fullness of God. (Ephesians 3:15-19)
14. For God has not given us a spirit of timidity, but of power and love and discipline. (2 Timothy 1:7)
 15. You have heard people say, "Love your neighbors and hate your enemies." But I tell you to love your enemies and pray for anyone who mistreats you. Then you will be acting like your Father in heaven. He makes the sun rise on both good and bad people. And he sends rain for the ones who do right and for the ones who do wrong. If you love only those people who love you, will God reward you for that? Even tax collectors love their friends. If you greet only your friends, what's so great about that? Don't even unbelievers do that? But you must always act like your Father in heaven. (Matthew 5:43-48)
 16. But to you who are willing to listen, I say, love your enemies! Do good to those who hate you. (Luke 6:27)
 17. Be sincere in your love for others. Hate everything that is evil and hold tight to everything that is good. Love each other as brothers and sisters and honor others more than you do yourself. (Romans 12:9-10)
 18. You must teach people to have genuine love, as well as a good conscience and true faith. (1 Timothy 1:5)
 19. If I could speak all the languages of earth and of angels, but didn't love others, I would only be a noisy gong or a clanging cymbal. (1 Corinthians 13:1)
 20. For everyone has sinned; we all fall short of God's glorious standard. Yet God freely and graciously declares that we are righteous. He did this through Christ Jesus when he freed us from the penalty for our sins. (Romans 3:23)
 21. The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these. (Mark 12:31)

Bullying:

1. Anyone who claims to be in the light but hates a brother or sister is still in the darkness. (1 John 2:9)
2. Anyone who hates a brother or sister is a murderer, and you know that no murderer has eternal life residing in him. (1 John 3:15)
3. For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline. (2 Timothy 1:7)
4. Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. (Deuteronomy 31:6)
5. Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29)
6. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. (Ephesians 6:12)
7. Do not seek revenge or bear a grudge against anyone among your people, but love your neighbor as yourself. I am the LORD. (Leviticus 19:18)
8. Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. (Matthew 5:11)
9. Whoever would foster love covers over an offense, but whoever repeats the matter separates close friends. (Proverbs 17:9)
10. Drive out the mocker, and out goes strife; quarrels and insults are ended. (Proverbs 22:10)
11. for though the righteous fall seven times, they rise again, but the wicked stumble when calamity strikes. (Proverbs 24:16)
12. Though I walk in the midst of trouble, you preserve my life. You stretch out your hand against the anger of my foes; with your right hand you save me. (Psalm 138:7)
13. You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge another, you are condemning yourself, because you who pass judgment do the same things. (Romans 2:1)
14. If it is possible, as far as it depends on you, live at peace with everyone. Do not take revenge, my dear friends, but leave room for God's wrath, for it is written: "It is mine to avenge; I will repay," says the Lord. (Romans 12:18-19)

15. On the contrary: "If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing this, you will heap burning coals on his head." Do not be overcome by evil, but overcome evil with good. (Romans 12:20-21)
16. "But to you who are listening I say: Love your enemies, do good to those who hate you, bless those who curse you, pray for those who mistreat you. (Luke 6:27-28)
17. But I tell you, love your enemies and pray for those who persecute you, that you may be children of your Father in heaven. He causes his sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous. (Matthew 5:44-45)
18. All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all. For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you. (Isaiah 41:11-13)
19. You have heard that it was said, 'Eye for eye, and tooth for tooth.' But I tell you, do not resist an evil person. If anyone slaps you on the right cheek, turn to them the other cheek also. And if anyone wants to sue you and take your shirt, hand over your coat as well. If anyone forces you to go one mile, go with them two miles. (Matthew 5:38-41)
20. Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from telling lies. Turn from evil and do good; seek peace and pursue it. The eyes of the LORD are on the righteous, and his ears are attentive to their cry; but the face of the LORD is against those who do evil, to blot out their name from the earth. The righteous cry out, and the LORD hears them; he delivers them from all their troubles. The LORD is close to the brokenhearted and saves those who are crushed in spirit. (Psalm 34:12-18)

Forgiveness:

1. Ephesians 4:32 – "Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you."
2. Matthew 6:14 – "For if you forgive other people when they sin against you, your heavenly Father will also forgive you."
3. Colossians 3:13 – "Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you."
4. Luke 6:37 – "Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven."
5. Matthew 18:21-22 – "Then Peter came to Jesus and asked, 'Lord, how many times shall I forgive my brother or sister who sins against me? Up to seven times?' Jesus answered, 'I tell you, not seven times, but seventy-seven times.' "
6. Psalm 86:5 – "You, Lord, are forgiving and good, abounding in love to all who call to you."
7. Mark 11:25 – "And when you stand praying, if you hold anything against anyone, forgive them, so that your Father in heaven may forgive you your sins."
8. Psalm 32:1 – "Blessed is the one whose transgressions are forgiven, whose sins are
Matthew 6:15 – "But if you do not forgive others their sins, your Father will not forgive your sins."
9. 1 John 1:9 – "If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
10. Hebrews 8:12 – "For I will forgive their wickedness and will remember their sins no more."
11. Proverbs 17:9 – "Love prospers when a fault is forgiven, but dwelling on it separates close friends."
12. Proverbs 10:12 – "Hatred stirs old quarrels, but love overlooks insults."
13. Psalm 103:12 – "As far as the east is from the west, so far has he removed our transgressions from us."
14. Daniel 9:9 – "The Lord our God is merciful and forgiving, even though we have rebelled against him."
15. Isaiah 43:25 – "I, even I, am he who blots out your transgressions, for my own sake, and remembers your sins no more ..."
16. Hebrews 10:17 – "Then he adds: Their sins and lawless acts I will remember no more."
17. Psalm 130:3-4 – "If You, Lord, should mark iniquities, O Lord, who could stand? But there is forgiveness with You, that You may be feared."

18. Ephesians 1:7-8 - "In Him we have redemption through His blood, the forgiveness of sins, according to the riches of His grace which He made to abound toward us in all wisdom and prudence."
19. Colossians 1:13-14 - "He has delivered us from the power of darkness and conveyed us into the kingdom of the Son of His love, in whom we have redemption through His blood, the forgiveness of sins."

Fear:

1. 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. (Isaiah 41:10)
2. For he has said, 'I will never leave you nor forsake you.' So we can confidently say, 'The Lord is my helper; I will not fear; what can man do to me?' (Hebrews 13:5b-6)
3. For God gave us a spirit not of fear but of power and love and self-control. (2 Timothy 1:7)
4. Even though I walk through the valley of the shadow of death, I will fear no evil, for you are with me; your rod and your staff, they comfort me. (Psalm 23:4)
5. Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you. (Deuteronomy 31:6)
6. Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid. (John 14:27)
7. The LORD is my light and my salvation; whom shall I fear? The LORD is the stronghold of my life; of whom shall I be afraid? (Psalm 27:1)
8. God is our refuge and strength, a very present help in trouble. Therefore we will not fear though the earth gives way, though the mountains be moved into the heart of the sea, though its waters roar and foam, though the mountains tremble at its swelling. (Psalm 46:1-3)
9. Cast your burden upon the LORD and He will sustain you; He will never allow the righteous to be shaken. (Psalm 55:22)
10. He who dwells in the shelter of the Most High will abide in the shadow of the Almighty. I will say to the LORD, 'My refuge and my fortress, my God, in whom I trust.' (Psalm 91:1-2)