

A PARENT'S GUIDE TO

FEAR & WORRY



Connecting Parents, Teens & Jesus
in a Disconnected World

AXIS PARENT GUIDES SERIES

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A Parent's Guide to Fear & Worry

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A Parent's Guide to Fear & Worry

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In a way, anxiety is the opposite of fear. Fear is about something that is in front of you that is predictable and imminent. Anxiety is the opposite. It is worrying about something that is in the future that may or may not happen.

CHRISTIAN GRILLON

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A LETTER FROM AXIS

Dear Reader,

We're Axis, and since 2007, we've been creating resources to help connect parents, teens, and Jesus in a disconnected world. We're a group of gospel-minded researchers, speakers, and content creators, and we're excited to bring you the best of what we've learned about making meaningful connections with the teens in your life.

This parent's guide is designed to help start a conversation. Our goal is to give you enough knowledge that you're able to ask your teen informed questions about their world. For each guide, we spend weeks reading, researching, and interviewing parents and teens in order to distill everything you need to know about the topic at hand. We encourage you to read the whole thing and then to use the questions we include to get the conversation going with your teen—and then to follow the conversation wherever it leads.

As Douglas Stone, Bruce Patton, and Sheila Heen point out in their book *Difficult Conversations*, “Changes in attitudes and behavior rarely come about because of arguments, facts, and attempts to persuade. How often do *you* change your values and beliefs—or whom you love or what you want in life—based on something someone tells you? And how likely are you to do so when the person who is trying to change you doesn’t seem fully aware of the reasons you see things differently in the first place?”¹ For whatever reason, when we believe that others are trying to understand *our* point of view, our defenses usually go down, and we’re more willing to listen to *their* point of view. The rising generation is no exception.

So we encourage you to ask questions, to listen, and then to share your heart with your teen. As we often say at Axis, discipleship happens where conversation happens.

Sincerely,
Your friends at Axis

¹ Douglas Stone, Bruce Patton, and Sheila Heen, *Difficult Conversations: How to Discuss What Matters Most*, rev. ed. (New York: Penguin Books, 2010), 137.

**“IT’S NOT TIME
TO WORRY.”**

THESE WORDS WERE WRITTEN by Harper Lee in her classic novel *To Kill a Mockingbird*, and they certainly ring true when it comes to our own parental propensity to worry. Will there ever be a convenient time to worry? Hardly! But worry has an ugly way of rearing its head at inconvenient times, as we all know. We try not to worry, but our attempts often seem futile, which in turn makes it hard to be confident in helping our kids navigate through their own fear and worry.

Fear is real—in fact, God created it (more on this below)—but worry is never beneficial. By looking a little closer at the problems of fear and worry, we can learn where they come from, what they are at their root, how to overcome them through the power of God, and how to help our kids do the same.

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