



**13 Reasons Why** grabbed the attention of teens in 2017. Suicides resulted. With season 2 nearing release, it's time to consider the antidote. Do you know God's Word well enough to discover how to influence people in such a way that you contribute to their inner health ... which in turn enables them to overcome the struggles that can lead to despair?

**BLUFF** (bottom line up front):      *Speak LIFE to your children.*

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**1. \_\_\_\_\_ the Power of Your Words**

Proverbs 18:21; 15:4; 12:18; 1 Peter 3:10; James 3:6

You speak death into your child, or, you speak life into your child.

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**2. \_\_\_\_\_ Life-Generating Truths Through Your Words**

I ran across a blog written by Julie Lowe, faculty at *Christian Counseling & Educational Foundation* entitled "13 Reasons Why" ([www.ccef.org](http://www.ccef.org))

- 1) You are not alone – Psalm 23:4
- 2) You have value – 1 Peter 2:9; Matthew 10:31
- 3) God cares about your tears – Revelation 21:4; John 11:33-35
- 4) You can find help – Psalm 46:1; Hebrews 4:15-16
- 5) Your life has purpose – Jeremiah 29:11
- 6) What you are going through is temporary – 2 Cor. 4:16-18
- 7) There is a good way forward, even when life is hard—1Cor.10:13
- 8) You are more than your outward appearance – 1 Samuel 16:7
- 9) You cannot imagine what good lies in store for you – 1 Cor. 2:9
- 10) You will not always feel this way – 2 Cor. 4:8-9; Psalm 30:5
- 11) You are greatly loved – Jeremiah 31:3; Ephesians 3:17-19
- 12) You will not be put to shame – Isaiah 54:4; Hebrews 13:5-6
- 13) God is up to good in your life – Genesis 50:20; Romans 8:28