

# RITE OF PASSAGE (16+)

*This is a big, exciting milestone for your young adult. We want to take this year to celebrate and give them a vision for the future as they emerge into adulthood, this is a great time to discuss the Rite of Passage.*



**What is a Rite of Passage?** A Rite of Passage is a special event signifying a transition from one stage to another. This is an ideal time to affirm and help your child anticipate and prepare to accept God's plan for the future. Challenge your teen to leave behind the world of childhood and invite them into the ranks of emerging adulthood.

**How to do a Rite of Passage?** It is less important how you plan your child's Rite of Passage than that you plan it. Some families host a simple dinner with family and close friends. Others do something more elaborate such as a road-trip adventure with various stops. Decide and plan what works best for your teen and your situation.

- **STEP ONE:** Create a plan to make this a meaningful experience. Read one of the recommended resources for more ideas. A small investment of thought and effort will mean a great deal to your son or daughter.
- **STEP TWO:** Invite people who have had an impact in your teen's life and/or whom they respect. Give each person a specific topic on which he or she will speak or write a letter. Some topics may include work, marriage, integrity, faith, purity, family, etc.
- **STEP THREE:** Make it easy for others to participate by sharing with them recommended wording for their talk or letter in order to help them avoid becoming nervous or attending ill-prepared.

*We are praying for you as you come to the stage of coaching and letting go of your child to continue on their own journey. Reach out to any of our Pastors for help in this stage, we would love to talk and continue walking alongside you.*

## RECOMMENDED RESOURCES

**Spiritual Milestones from**  
heritagebuilderspublishing.com  
**Rite of Passage**  
by Jim McBride  
**King Me**  
by Steve Farrar  
**Raising a Modern-Day Knight**  
by Robert Lewis  
**Life on the Edge**  
by Dr. James Dobson

**Give a Blessing:** It is very important that parents use this milestone to give a blessing, usually in the form of a letter affirming the teen's potential and expressing gratitude for his or her life.

**Give a Vision for the Future:** Take time to provide direction for the future. Cast vision and direct your child in seeking the Lord as they enter a season of significant decisions that will impact the future. potential and expressing gratitude for his or her life.

**Give a Gift:** Consider purchasing or making something to give your teen during this time. It doesn't need to be extravagant. It is more important that it serve as a tangible keepsake of the event that your child can hold on to for years to come. Ideas include a piece of jewelry, a book of letters/blessings, a sword for guys or a crown for girls.

**Set the Stage:** The Rite of Passage event serves as an opportunity to set a new tone for the changing relationship with your child. Your role is changing from primarily teacher to mostly coach as he or she accepts the new freedoms and responsibilities that accompany young adulthood. Let your child know that you will be there to help him or her work through the challenges and navigate the landmines as they take ownership for choices and a future walk with God. Plan to create intentional one-on-one times to connect and keep the lines of communication open over the coming months and years.