

## Talking with Teens (Ages 15–17) About Grief

*A Biblical Guide for Parents & Caregivers*

Teens are forming their own identity and beliefs. Grief can shake their faith, raise deep questions, and lead to isolation or risky behavior. They need both space and connection.

### Key Biblical Truths

**God invites honest wrestling** (Jacob, Job, the Psalms).

**Suffering can deepen faith** when brought to God (Romans 5:3-5).

**There is purpose even in pain** (2 Corinthians 1:3-7).

### How to Talk with Teens

**Respect their need for space** while staying available.

**Be willing to discuss hard questions** about God, suffering, and meaning.

**Encourage healthy outlets** (journaling, music, exercise, trusted friends, youth group).

**Watch for warning signs** of depression, substance use, or self-harm.

**Point them to hope and purpose** — their story can still be used by God.

### What to Avoid

Don't minimize their pain, force spiritual answers too quickly, or pull away when they push back.

*Teens need adults who will walk with them through the questions, not just give easy answers. Your steady faith and presence can help them discover that God is still good — even in the pain.*