

POP-UP CONVERSATIONS

My Kid Is Unmotivated and Unfocused

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Intro: Welcome to a Pop-Up Parent Conversation! We're so grateful you're here, and for investing your time in this guided conversation on behalf of your kids. Today we're going to dive into a topic that is just plain hard for parents to accept—when we go through periods where our kids are unmotivated and unfocused. It's so difficult to watch these gifts God has given to us struggle through a season when they're not flourishing and thriving! Let's watch as Dr. Daniel Emina gives us an overview of the psychology behind kids' lack of motivation and focus, and all that goes with that. He'll offer some helpful hope for parents...

Dr. Daniel Emina (Video - 10 minutes): Why kids are unfocused or unmotivated, and encouragement for parents.

Ask (7 minutes): First, what are your initial reactions to what you just heard? What's something that Dr. Emina said that gives you encouragement as a parent? *(Gather feedback, interact, and ask follow-up questions. If you're online, you could choose to have parents give feedback in the Chat instead of spoken. Be sure to take notes on spoken responses in the Chat.)*

Say: Dr. Emina's mantra of "connection before criticism" is profoundly important for kids AND their parents as we walk together through kids' struggles with motivation. In fact, what could be lack of motivation in one home is generally accepted as a "chill" approach to life in another. We've heard an expert offer potential solutions to kids' motivations, but let's stop to talk about how your child's relational connections are impacting him or her.

Let's Talk (Pairs or Trios - 10 minutes): We're going to split into Pairs/Trios now for a 10-minute conversation, then we'll gather back together to debrief what each Pair/Trio talked about. Reference your handout for the questions we'd like you to tackle together... *(or post the questions into three-person chat rooms if you're leading this online)*

- **Tell about your child's important relational connections—both their joys and challenges.**
- **What connections do you see between your child's relationships and his or her level of motivation?**
- **Relative to their motivation level, what are your longings for them?**

Debrief (Whole Group - 7 minutes): Gather back together and **ask:** What stuck out to you in your conversations, and why? *(Gather feedback, interact, and ask follow-up questions. If you're online, you could choose to have parents give feedback in the Chat instead of spoken. Be sure to take notes on spoken responses in the Chat.)*

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Experience (Whole Group – 12 minutes): As parents, we're never more aware of our need for God than when we feel helpless to do anything. This place of need can actually lead us to a good place—a renewed sense of dependence on God. Maybe what we need the most as we lean into this challenge is a renewed and refreshed sense of God's presence. It helps to know God HAS our children in his hands, and that we can find our way forward with our kids as we learn to depend on God more and more... To be able to help our kids with focus and motivation, we need ways to increase our capacity to be present to God. Let's try something right now... We're used to praying always with our eyes closed. But prayer is conversation, so let's try something simple with our eyes open:

1. Become aware of your need around this issue with your kids—what do you need from God? When you're ready, simply express out loud that need...
2. Become aware of what you are grateful for as God offers you HIS presence. When you're ready, simply express out loud that gratefulness.
3. Now, like a child, invite God to lead you as you consider how to move forward into the challenges your kids are facing with motivation. When you're ready, ask God for a "first step"... *(Pause for at least 30 seconds)* Now, when you're ready, express out loud what you sensed was from God...

Debrief (Whole Group – 5 minutes): In what ways do you feel different now that we've paused to invite God's presence? *(Gather feedback, interact, and ask follow-up questions. If you're online, you could choose to have parents give feedback in the Chat instead of spoken. Be sure to take notes on spoken responses in the Chat.)*

Closing Prayer: God, we're so, so grateful for your presence in our lives, and for your partnering help in our parenting. We need you, and our children need you. As we leave here today, we humbly ask that you continue to guide us as we try to help our kids have a healthier relationship with their world. We thank you for leading us--help us to sense your guidance, and act on it.