Dealing with Rebellious Teens:  
When Good Kids Make Bad Choices  
Jim Newheiser

I. Review: Why do kids turn out the way they do?

II. How can parents prevent their kids from getting out of control?

A. Discipline them while there is hope. (See Shepherding a Child’s Heart, by Ted Tripp and Withhold not Correction, by Bruce Ray) Eph. 6:4

1. Why is discipline necessary? Gen. 8:21 Ps. 51:5 Prov. 22:15
2. How should discipline be carried out? The Process.
   a. You must be self disciplined.
   b. Teach principles of behavior from the Bible.
   c. Don't merely target behavior. Deal with the heart of sin. Pr.4:23 Mk. 7:20-23
   d. Demand immediate and respectful obedience.
   e. When the rules are broken take disciplinary action. Pr.22:15 29:15 13:24
   f. Lovingly forgive and restore the relationship. I John 1:9
   g. Point them to their need of redemption in Christ.
3. Questions about discipline.
   a. Why not use time outs and other methods favored by modern psychologists? Pr. 22:15 19:18 Col. 2:8-9
   c. Are there times when other forms of discipline should be used?. Ex. 22:1
   d. Is there a legitimate place for rewards for obedience? Eph. 6:2-3
   e. What about kids diagnosed with ADD or ADHD?
   f. What about disciplining older Children (Teens)?
4. Discipline is hard work (Love)! Heb. 12:6-9 Don’t lose heart. You are Disciplining them on the Lord’s Behalf.

B. Train them in the Word. Dt. 6:4-9,20-25 Pr. 6:20-23 (See Age of Opportunity, by Paul Tripp, Rediscovering the Lost Treasure of Family Worship, by J. Marcellino)

1. Parents are responsible for the education of their children. Prov. 6:20-23
   a. The primary place of training is the home.
   b. Children need to understand all of reality from the perspective of Scripture.
   c. You are to prepare your children to live as God’s people in the world.
   d. You cannot delegate the education of your children to anyone else.
   e. Make your family the primary influence in your child’s life.
2. You must instruct your children. Deut. 6:4-9,20-25
   a. The Word must first be on your heart! Deut. 6:4-6
   b. Train them through formal teaching: Family Worship Deut. 6:7 II Ti. 3:15
   c. Train your children through informal instruction. Deut. 6:9, 20-25
   d. Prepare them for adult life.
   e. Strive to build an intimate relationship with your children. Pr. 20:5
3. Evangelize your children. Dt. 6:20-25
   Incorporate the gospel into the way you train your children.

C. Don’t provoke them to anger. Col. 3:21 (See The Heart of Anger, by Lou Priolo)

1. Overdiscipline I John 5:3
   a. Unrealistic demands and expectations. I Th. 2:11 I Co. 13:11
   c. Anger/harshness: verbal or physical abuse. Js. 1:19-20 Mt. 5:21-23
d. Humiliation and ridicule. Mt. 18:15a Eph. 4:29

e. Refusal to listen. Pr. 18:3,17 Eph. 4:25 Js. 1:19 Pr. 20:5 Deut 6:20

f. False accusations, faultfinding and negativity. Pr.19:11

g. Failure to encourage and reward good behavior. Col. 3:21 Rev. 2-3 I Co. 1:1f

h. Failure to express unconditional and deep love. Ps. 103:13-14

2. Underdiscipline. Prov. 19:18 I Sam. 3:13

a. Lack of boundaries and failure to enforce standards. Pr. 29:15

b. Threats not carried out.

c. Overindulgence and enabling sinful behavior.

d. A child centered home.

3. Using worldly methodologies instead of the Bible!

a. Behaviorism: Seeking to control behavior without addressing the heart.

b. Pharisaical works based discipline.


d. Misplaced parental values and priorities: Idolatry. “Calling card”

4. Other ways to frustrate and embitter your children: inconsistency, favoritism, comparison, hypocrisy, broken promises, lack of marital harmony, neglect, selfishness.

Ge. 25:28 Mt. 5:23-24,37 Ps. 15:4 Col. 3:9 Eph. 5:22-33 II Sa. 14:28

D. Can a man be a Church leader if he is having trouble with his children? I Tim. 3:4

1. Must an Elder’s children be believers? Titus 1:6 1:9 3:8 II Tim. 2:2 I Tim. 1:12

2. While a man can be expected to discipline his children, he cannot be held responsible for their election and regeneration.

3. Is a man responsible for the actions of his adult children who are out of the home

III. What should parents do when their children rebel? 19:18

A. First deal with yourself.


2. Recognize the sin of your child for what it is. Pr. 22:15a


4. Be prepared to face the reality that your child may not be a believer.

5. Pray and fast. Only God can change a rebellious heart of a child (or a parent). Matt. 17:21 Mark 9:29

B. Take care of the rest of your family.

1. Be sure you and your spouse are united.

2. Watch out for your other children.

C. Mount a discipline offensive.

1. Be prepared to do some investigation.

2. Remove bad influences from his life. Prov. 1:10f 13:20 Mt. 5:29-30 I Co. 15:33

3. Establish clear and reasonable expectations.

a. Curfew. Pr. 2:13 7:9 1 Thess. 5:7

b. Entertainment standards: TV, movies, music, computer (internet/games). Pr. 5:8 Rom. 13:14 Eph. 5:3

c. Manner of listening and speaking to parents. Pr. 19:26 20:20 30:17 Ex. 20:12

d. Church involvement. Pr. 8:1f Heb. 10:24-25

e. Treatment of siblings. Pr. 18:6 12:16 Phil. 2:3-4

f. Substance abuse. Pr. 23:29-35 20:1 Eph. 5:18

g. Work/school performance. (Not to remain idle). Pr. 6:6-11

h. Contribution to family: chores, finances, etc. Pr. 10:5 Eph. 4:28

i. Participation in family activities (including family worship). Pr. 1:8 Dt. 6:7
k. Dress code. Deut. 22:5
4. Define and enforce consequences. Pr. 23:13-14 19:18
6. It may be wise to have your child examined by a physician to see if there are physiological elements which are complicating the situation.
7. Don't undermine your own efforts.
   a. Both parents must be of one mind.
   b. Don't make empty threats and don't allow yourself to be manipulated!

D. Mount a love offensive.
1. Make it clear that your love is unconditional. Mt. 5:44-45 1 John 4:19
2. Find ways you can show love to your kids without compromising your standards.
3. Be ready to forgive.
4. Never give up!

IV. How you can handle incorrigible kids? Pr. 19:18 29:1 Dt. 21:18f Ex. 21:15 Le. 20:9

A. Beware of two extremes.
1. Giving up too soon because of personal hurt feelings, anger and bitterness.
2. Tolerating and enabling sin.

B. Under the Old Covenant, out of control (incorrigible) kids were put to death
Pr. 19:18  Dt. 21:18-21
1. Drastic measures were required to ensure the purity of the covenant community.
2. Principles which remain.
   a. It is possible for a child to be incorrigible (out of control).
   b. Children (minors) are held responsible for their sinful choices.
   c. We are to be concerned about the corrupting influence of an incorrigible child upon the church (and the home).
   d. We must be prepared to take drastic measures.
3. God finally reaches a point at which He deals with Israel this way. Jer. 3:8 7:28

C. New Covenant applications.
1. Apostates and rebels are no longer executed by the covenant community.
2. Bring them before the church leaders: excommunication. 1 Cor. 5:1f  Mt. 18:15f
3. Bring them before the civil leaders: criminal penalties. Mt. 18:17
   a. The magistrate doesn't always do his job.
   b. Parents sometimes wrongfully circumvent the criminal consequences of their children's behavior.
4. Put them out of the house.
   a. After they are legal adults you can kick them out and, if necessary, get a restraining order.
   b. If they are still minors, you are still legally required to provide food, shelter, and housing.
   c. You may, however, send them to a disciplined and controlled environment where they will receive food and shelter.
   d. Do this in love, not anger. Rom. 12:18f

D. The goals of drastic measures.
1. Protection for those who remain: Pr. 1:10f 1 Co. 5:6
2. The Lord may even use this hardship, like church discipline, to drive your child to his senses. Pr. 3:11-12 1 Co. 5:5
E. When can they come home?
   1. Beware of being manipulated and becoming enablers of their sinful lifestyle.
   2. The child must be repentant. Luke 15:18,21 II Co. 7:10-11
      Learn the difference between worldly sorrow and godly sorrow over sin.
   3. He/she must be willing to follow the house rules. (Written contracts)

V. Concluding Applications.
   A. Both parents and children are responsible. Prov. 23:13-16
   B. There is hope for failed parents and rebellious kids. Luke 15:17-20

When Good Kids Make Bad Choices: Discussion Questions

1. What factors determine how kids turn out?
2. What should parents do to prevent their children from rebelling?
3. What should you do when you sense your child is rebelling?
4. What investigation may be necessary in order to understand the scope of your problem?
5. How can you know if your child is a Christian?
6. What can you do to protect the rest of your family from the effects of a rebellious child?
7. Who are some allies you can enlist to help you with your wayward child?
8. How do you discipline a wayward child?
9. How can you show love to a rebellious child?
10. When is a child considered incorrigible?
11. What can you do with an incorrigible child?
12. When can you let a wayward child back into the home?

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