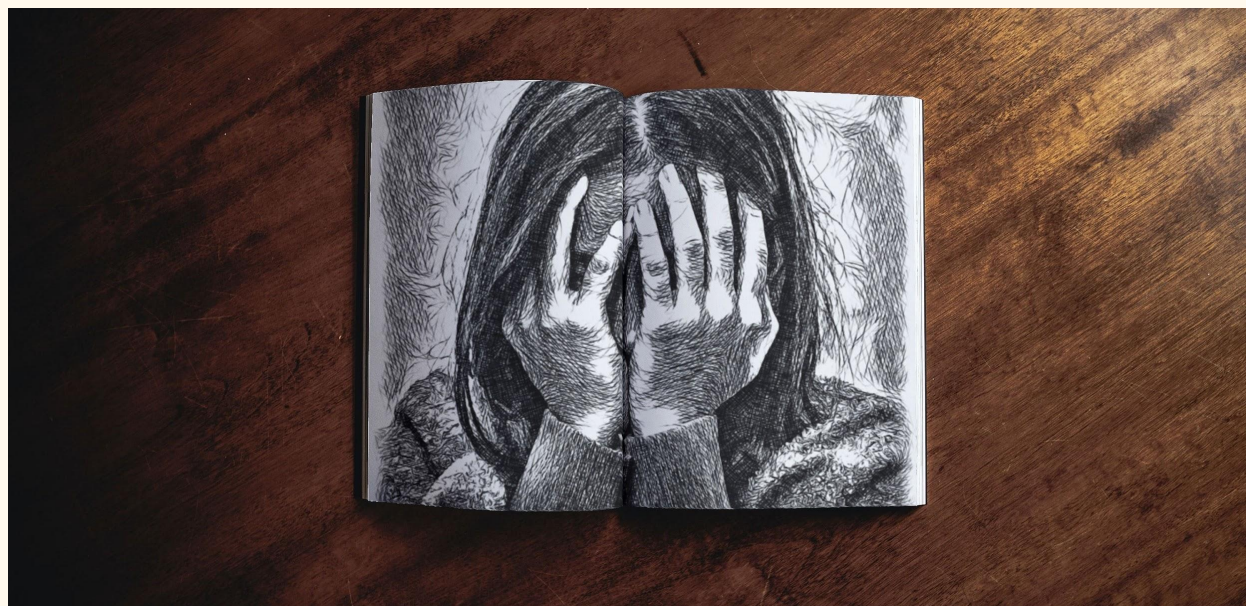


**NO DOUBT**  
Verity Lucia Books

# 12 Things Your Teen Needs To Know Before They Leave The Nest Catholic Edition

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By Verity Lucia



## ARE YOU WONDERING IF YOUR TEEN BELIEVES?

Are you hurting as you watch your teenager struggle with anxiety, depression, and doubt? Are you wondering what you can do to help your teen find peace in this increasingly dark world?



## Give Them Faith

The struggle is real. And I've been there. In more ways than one. No, I'm not a psychologist, but I am a former wayward teen raised in a household of lukewarm faith, and I know deeply what it's like to wonder if God is real and if He cares about my pain.

## The Time is NOW

On average, you will spend eighteen years with your children in your home before they are released into this big, bad world. Are your teens prepared to do battle with the darkness? Are they warriors of the Faith, confident that with Christ, they can win the war for their souls? Or do your teens doubt that evil is even real?

If you don't know the answers to these questions, I urge you to find out sooner than later so that you can walk alongside your teen as they grow into the hope-filled, joy-despite-the-circumstances, resilient children of God they were created to be.

## What Your Teen Needs To Know Before They Fly the Coop

Is it just me, or are the days and weeks accelerating? Only yesterday, the kids were in diapers, drooling on my shoulder. Now they are getting driver's licenses and planning their 401K's. Well, nearly. I can't go too in-depth here, but I want to provide a quick overview of what your teen needs to know before they leave your home so that you have a tangible goal and feel empowered to meet it.

### 1. God is real.

Knowing this will make all the difference in the world as to how your teen will live their life.

### 2. You Are Valuable.

Doubting one's inherent worth is one of the primary reasons teens get off course. If they don't know they are children of God, they will spend their lives searching for identity and fulfillment in the earthly.



### 3. Soul Over Status

Social media is extremely alluring *and* addictive. The draw of seeking followers over authentic friendships can overwhelm both teens and adults. With the image of perfectly polished influencers streaming into their minds, it can be tempting for teens to prioritize their image over the cultivation of a holy soul.

### 4. Earthly Choices Have Eternal Consequences

Hell is real. So is heaven. Where we end up is up to us. Implore your teen to choose wisely.

### 5. Struggle $\neq$ Failure

To struggle against a sin is not a sin itself. To struggle means you haven't given in. "I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world." John 16:33 To struggle is normal. Teach your teen to expect difficulties so they are not shaken when they occur.

### 6. God is a Loving Father

No matter how great our fathers are on this earth, we may still have difficulty believing that God could love us as a perfect father, especially when we are so broken and imperfect. But it's true. God loves us as his children despite our imperfections. He desires what is good for us. And He can be trusted.

### 7. "Follow Your Heart" is a Pathway to Pain

"You do you." "Live your truth." "Follow your dreams." These are all common ways the world (and our well-meaning friends and family) leads us astray. The heart is a fickle thing; if we let it, we will follow the happy road to destruction. Feelings aren't facts; we don't always know what's good for us, so we look to the Father for leadership and loving guidance. Truth *can* be known, and the Bible is a wonderful roadmap. "Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; the one who seeks finds; and to the one who knocks, the door will be opened." Matthew 7:7-8



## 8. Your Body is a Temple

“Or do you not know that your body is a temple of the Holy Spirit within you, whom you have from God? You are not your own, for you were bought with a price. So glorify God in your body.” 1 Corinthians 6:19-20 Be careful what you do with it.

## 9. High School Isn't Forever

Teenage troubles are temporary. This can be a tough concept to fully shake into your high schooler, living the hormonal rollercoaster in an all too prison-like environment of the average American school system. Truthfully, teenagers' brains are not yet fully developed and the concept that now isn't all there will ever be can be difficult for teens to embrace. However, seeing a future beyond high school can be critical in preventing them from becoming too bogged down with the dog-eat-dog world of high school.

## 10. There is No Neutral

Everything in this life leads you closer to God or further away. Choose your media, friends, and even food and drink with care. Your body is a temple, remember?

## 11. The Catholic Church is the Original

Jesus instituted the Eucharist and thus the fullness of the Catholic Church at the Last Supper. Until Martin Luther came along and divided things in 1517, the Catholic church had apostolically succeeded the first Pope, Peter. The Holy Bible is a Catholic book. And until the invention of the printing press in the 1400s, sola scriptura wouldn't have even been possible. The Catholic church is one, holy, and apostolic. If your teen doubts this, just Google “who started the Catholic church.” That should be enough for him. And if not, there is a laundry list of evidence. Help them find it. Even you may learn something new in the process. I know I did. It is important to note that when seeking answers about the Catholic church, it is necessary to seek them from reliable Catholic sources. After all, if a person wants to understand coronary science, one wouldn't go to a podiatrist.

## 12. JOY = Jesus First, Others Next, *then* Yourself

This one is simple enough to understand but is the most difficult to believe until you've experienced it for yourself. The only real way to find lasting joy is to put Jesus first in your life. Unfortunately, the world's got things all YOJ'd up.



## RESOURCES FOR THE JOURNEY

You're not in this alone. You are one of many parents and guardians desperate to help their teen find lasting peace. Here are some fantastic resources to help you and your teen journey to faith-filled greatness.

### Books That Will Open Your Teen's Eyes to the Truth:

*Interview With an Exorcist* by Father Jose Antonio Fortea. Yes, it is what it sounds like. If your teen doesn't yet believe evil is real, they will after reading Father Fortea's account.

*Imagine Heaven* by John Burke. A collection of near-death experiences that will get your teen considering the eternal. I can't recommend this one enough.

*Angels (and Demons)* by Peter Kreeft. Professor and angel expert Peter Kreeft presents biblical evidence of these spiritual creatures in this short book. After reading his account, you aren't likely to take your personal angel guide for granted again.

### Faith-filled Fiction:

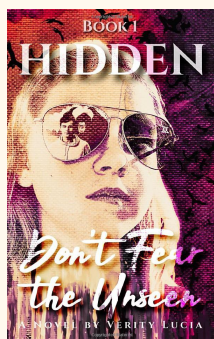
Corinna Turner's *I Am Margaret* Series. A truly Catholic fiction series that will help your teen fall in love with Catholic fiction. Exciting and engaging, Corinna Turner has a knack for making being Catholic look cool.

Jacqueline Brown's *The Light* Series. Catholic and current, most teen girls will appreciate this dystopian series and how Jacqueline Brown writes with a keen sense for the nuances of young adult life.

Verity Lucia's *HIDDEN* Series. Yes, that's me. I would be remiss if I didn't include my new fiction series in this list, as it was written for teens (especially girls 13-18) to illustrate the Truth and beauty of the Catholic Faith while answering their most burning questions.

Is evil real? How do I find peace after the loss of a loved one? Does my suffering matter? In [HIDDEN: Don't Fear the Unseen](#) (a spiritual warfare novel), the questions on the characters' hearts are timeless, and you don't have to be in high school to find value in these stories. Book 2 of the HIDDEN Series, [SECRETS: The Truth Will Out](#) (a pro-life novel), tackles the challenging topic of teen pregnancy with a supernatural twist. Check it out [here](#).

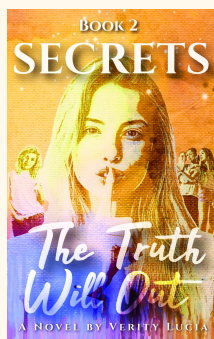




Are DEMONS and ANGELS, like vampires and werewolves, merely legend and lore? Or is there more to life than meets the eye?

After the unexpected death of her older brother, high schooler Clare Thomson's world is shaken, and she grasps for security in what's close at hand—popularity. But when even those tenuous relationships quake, she finds herself truly alone. Or so she thinks until she accidentally discovers a pair of aviator sunglasses that forever change the way she sees the world.

When an invisible reality is made visible, and gruesome ape-like demons threaten to take away even her sense of sanity, Clare must face the truth: Angels and demons are real. And they live among us.



Perfect looks. Perfect boyfriend. Perfect image. High schooler Elise Thames has it all under control until one late night and two little pink lines change everything.

After fleeing to Chicago to erase the life growing inside her, Elise begins hearing voices and seeing visions that thrust her into the minds of others. Her newfound telepathy draws out grim insecurities buried within, and Elise's identity as one of the most popular girls at Jefferson High shatters. When news of her pregnancy spreads, Elise must face the truth about who she is—and make a choice.

*Conversation Start Worksheets* for HIDDEN and SECRETS are free on [my website](#). Dive into the chapter-by-chapter questions alongside your teen or tween to get the most out of these faith-provoking stories.

### **Non-book Resources:**

[Ascension Presents YouTube Channel](#)

[Catholic.com](#)

[The USCCB Catholic Catechism Online](#)

\* I don't receive any kickbacks from the resources I've cited. I genuinely find them valuable and desire to share them with others.





## Conclusion

Beginning as a teen, I firmly turned my back on God and lived that way for nearly a decade. It was ugly, and I wouldn't recommend it. After years of pain, struggle, heartbreak, and sin, God drew me back in. I am now an on-fire Catholic writing novels infused with the Truth and beauty of the gospel message so that I might remind teens that God *is* real and He *does* care.

As an author with a heart for teens *and* as a mother to (currently) two teens of my own, I strive to share what I've learned so that, hopefully, my children—and those who read my books—can understand sooner than I did that Jesus is the Way, the Truth, and the Life.

## Grandparents, Teachers, and Youth Ministers

Maybe you aren't a parent of a teen but a concerned teacher or youth minister. Maybe you are a loving grandparent looking for a way to reach your grandchildren with the love of Christ. God placed the desire to help your teen on your heart for a reason. This article and the resources I mentioned are for you, too.

**Friends, I encourage you not to wait another day to begin these conversations with your teens. The time really is *now*.**

Thanks for reading. If you've found this valuable, check out my website and consider subscribing to my newsletter to receive more content like this and to stay in the know about news and new releases.

Love and prayers,

*Verity Lucia*

Learn more about Verity Lucia and her books at [www.VerityLuciaBooks.com](http://www.VerityLuciaBooks.com).

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