

Authentic Discipleship of Tween and Teen Girls

A Guide for Parents



Dear Parents,

I am so glad you're taking a moment to read this. I'm assuming, like us, you love Jesus and have a deep desire to make His Name known. Our heart's desire is to help young women grow closer to Jesus, to know Him deeply, and to fall in love with who He is. We want them to walk confidently in their identity as daughters of God and feel empowered to share His love and truth with those around them.

Thank you for the opportunity to partner with you in pointing the next generation to the heart of God. We hope you find the following tips helpful in walking alongside your daughter, or another young woman, who is seeking to know Jesus more deeply.

With Gratitude,

Kayla

Minister to Girls in Katy, TX

One

Discipleship happens when you trust God fully with His daughter.

Someone once taught me in ministry the importance of recognizing my role in discipleship. I am no one's Savior and it is not my job to bear all the burdens Jesus is meant to carry. I regularly do three things with girls I meet with:

- Ask God, "Lord, how are you discipling _____ today? How can I join you in that? What are you asking me to share with her?" This positions my heart to be sensitive to the Holy Spirit and whatever/however He is trying to work in her life.
- When girls are sharing heavy burdens with me, I allow God into those moments with this simple prayer to Him: "God, I place the cross of Christ between me and _____ right now." This simple acknowledgement and confession to Jesus allows me to release the weight of these heavy burdens and reminds me to let God rightfully take it.
- **Remember:** You are entrusted to guide your daughter to God's word and to a relationship with Jesus. You are called to submit to the process God has laid out for parents and trust God for the outcome.

Two

Discipleship happens when people are known.

In order to really walk with a student through seasons and stages of life, it is key that they be authentic and truly known. I have found there is no better tool than to become a great question-asker and listener. Create space and opportunities for open communication and be patient to learn her hurts and pains, insecurities, areas of strength, and ways you see God has naturally wired her. This will help you as you continue to invest in her as the relationship grows. Be a student of your child and patiently learn how she communicates best.

Three

Discipleship happens when girls are taught how and why to study the Scriptures and spend time with God regularly.

Scripture and conversations regarding the Lord are huge in discipleship. It is so important to share with students both how to read Scripture and why it is essential to our relationship with Christ. There is nothing sweeter than teaching and walking someone through Scripture. Helping girls develop the discipline of creating their own space and time for this daily practice is huge.

A few suggestions:

- ESV Scripture journals have been a great tool in walking with girls through Scripture.
- Regularly check in on how time with the Lord has been. I ask girls weekly where they have been in Scripture and what God is teaching them.

Four

Discipleship happens when girls are taught to pray.

Prayer should play an essential part of discipleship. It should not be assumed that girls know how to pray. Teach them to pray by modeling it with them and letting them into your prayer life. Pray together. Let them know you are praying for them throughout the week. Have them pray for you and be authentic in what you need prayer for.

Five

Discipleship happens when girls are challenged to be Christ-minded leaders in their homes and areas of influence.

Not only should girls be learning how to read through Scripture and pray, but they also need to be challenged in areas of influence in their lives: at home, in their schools, and in their activities. Kids love being challenged. I am regularly inspiring students to love their families in different areas, encouraging them through friendship and relationship challenges, and pointing them to lead for Christ in their passions.

Six

Discipleship happens when girls see your real life.

It's great for a girl to see me sitting at a coffee shop reading Scripture and praying with them, but that is only part of my walk with Christ. Allowing girls to see the full picture includes parts you maybe wouldn't broadcast to the world: hardship, family life, and even just days where walking with Jesus is hard. In age appropriate ways, share your story and how God is working in your own life. They are watching you at all times. How you interact on social media, how you talk to the person at the checkout counter, and how you respond to the trials you face. All of these areas and more are shepherding them in how to walk with God in every area of their life. They don't need you to be perfect, they need you to be real and see a true expression of living out faith and practicing your own need for God's love and forgiveness.



“So I say to you, 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, and the one who seeks finds, and to the one who knocks, the door will be opened.”

Luke 11:9-10

A Prayer for Wisdom in Walking with My Daughter

Dear God,

Thank You for the incredible honor and responsibility of walking alongside _____ in discipleship. I don't take it lightly that You have entrusted me with this role in her life. You know her heart intimately—every dream, every fear, every part of her story. You created her on purpose, for a purpose, and it's such a privilege to get to witness and nurture what You are doing in her life.

Lord, I ask for Your wisdom to guide me as I seek to connect with her. Help me to truly see her—to notice not just her words but the things she may not know how to say. Give me discernment to know when to speak and when to stay quiet, when to offer guidance and when to simply be present. Help me to lead with love, patience, and grace—not from a place of perfection, but from a place of humility and trust in You.

I long for my life to reflect Your love and truth. Help me live in a way that draws her closer to You, not because I have all the answers, but because I'm walking with You daily. Remind me that it's okay to be honest about my own struggles—that authenticity often opens the door to deeper connection and real discipleship. Protect our relationship, Lord. Guard it from comparison, pride, and fear. Let it be a safe place where questions can be asked, faith can be explored, and hearts can grow. When I feel tired or unsure, be my strength. When I feel discouraged, remind me of the seeds You are planting, even when I can't yet see the fruit.

Jesus, make Yourself known to _____. Capture her heart in ways that only You can. Speak to her in ways she will understand. Let her fall in love with You—not because of my words, but because of Your presence in her life.

Thank You for walking with us both. I trust You with her, and I trust You with me.

In Jesus' Name,
Amen.

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