

*"The Word became flesh and blood, and moved into the neighborhood. We saw the glory with our own eyes, the one-of-a-kind glory, like Father, like Son, generous inside and out, true from start to finish."*  
— John 1:14 (The Message)

## INTEGRITY

BY WALT MUELLER, PRESIDENT, CPYU

### TOP 10 VIDEO GAMES INTENDED TO BUY NEXT (SOURCE: Nielsen)

1. **Call of Duty: Modern Warfare 3**
2. **Gears of War 3**
3. **Madden NFL 12**
4. **The Elder Scrolls V: Skyrim**
5. **Diablo III**
6. **Uncharted 3: Drake's Deception**
7. **Battlefield 3**
8. **Star Wars: The Old Republic (MMO)**
9. **Batman: Arkham City**
10. **Zumba Fitness**

### YOUTH CULTURE HOT QUOTE

"When she was singing, it was like it was from her diary. It sounds so simple, but she was able to connect. She was a walking truth."

- Zalon Thompson, backing vocalist for Amy Winehouse, speaking about Winehouse, *Rolling Stone*, August 18, 2011

Integrity is an issue for all followers of Christ regardless of our age. The dictionary defines integrity as "firm adherence to a code of moral values" and "the quality of being complete or undivided." For Christians in my generation, our compromise oftentimes takes the form of putting on a good show for others, while living with lower standards and cutting corners in "the closets" of our lives frequented only by our selves. . . those places that we think are never seen by others. However, as parents of teenagers, we can be sure that our kids' watchful eyes see more than we know or imagine.

I believe that the emerging generation of children and teens have learned well from our example. So much so, in fact, that they are now a generation where professing Christian kids are less prone to even try to hide their duplicity. They are marked by an increasing willingness to wear their lack of integrity on their sleeves with no cares about what anybody else thinks. For example, I can talk about being a follower of Christ, eagerly engage in corporate worship, sleep with my girlfriend, embrace a lifestyle of materialism, cheat in school, etc. . . . and do it all without even thinking there's anything wrong or contradictory with any of it. It's the same lack of integrity my generation has struggled with, but it's now wearing a completely different face.

In *How Now Shall We Live*, Charles Colson says, "The church's singular failure in recent decades has been the failure to see Christianity as a life system, or

worldview, that governs every area of existence." In other words, we lack the integrity that Jesus calls for when he tells his followers to love the Lord your God with all you are, have, do, and ever will be (Mark 12:30) . . . consistently. Integrity describes a life that is united in a complete and consistent whole. An integrated life is one where words, thoughts and actions consistently reflect the will of God in our lives. What can we do to counter the loss of integrity in today's youth culture and the lives of our kids?

First, we need to take a long, hard look in the mirror to see what kind of example we are offering, both outside and inside our "closets." Prayerfully take corrective action where necessary.

Second, we must map out a lifestyle of joyful integrity through our daily lives. The way we parent, play, work, worship, relate, and live all of life should model integrity to our kids.

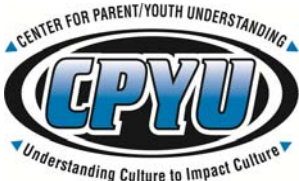
Third, we must map out a life of integrity through our words. Speak up loudly and often, challenging commonly held cultural standards that steer them in the wrong direction. Don't be afraid to speak openly about the specific duplicity you see them adopting in their own lives. Spoken in the context of a loving relationship, your words have tremendous power.

May God grant us all the grace to live lives marked by an infectious integrity that fills every room and closet, both now and for generations to come!

## CPYU TREND ALERT: CAFFEINE AND TECHNOLOGY

It seems that more and more of our kids are using technology and drinking caffeinated drinks at a time of day when it's disrupting their sleep patterns. A new study has evaluated the consequences of combining caffeine and technology at night, and the effect that has on how 12-18 year olds sleep. Eighty-five percent of the teens in the study drank caffeine daily. Eleven percent of those caffeine drinkers took in more than 400 milligrams of caffeine a day. That's the equiva-

lent of drinking four espressos. Add to that the fact that the more time kids spent multi-tasking with technology at night, the more likely they were to drink caffeine. The result? Those kids slept less. Parents, how are your kids using technology? When do they use it? And are there any health issues related to their use of technology that you need to address? God made our bodies to function best in a rhythm of work and rest. Are your kids getting enough sleep?



## LATEST RESEARCH: CONCUSSIONS

There's a growing concern with a youth health risk that's certainly justified and worthy of our attention. Many of us are raising young athletes. Some of our kids are playing high-impact sports where the risk of concussion is high. Jake Snakenberg was a 14-year-old athlete who had suffered a concussion a week before collapsing in a football game, and eventually dying. What Jake died from is called second-impact syndrome. It is estimated that 64,000 high school football players suffer concussions each year.

More than thirty-five percent return to play too soon. *USA Today* reports that sixteen percent who lost consciousness were allowed back on the field to play the same day! What are we thinking? God has gifted us with our bodies. When the pursuit of athletic success eclipses our concern for safety, we need to step back and re-evaluate. We need to realize that parents, coaches, and school administrators must take greater precautions to ensure the safety of our student athletes.



Want more information  
about your kids and their  
world? Visit us on the web  
at [www.cpyu.org](http://www.cpyu.org)  
and subscribe to our free  
weekly e-Update!



## FROM THE WORD

In the first chapter of John we are told that “the Word became flesh and made His dwelling among us” (NIV), or as Eugene Peterson so wonderfully puts it, “moved into the neighborhood.” (The Message). That may sound a bit odd, but that is in fact what God did. While we were lost in our sin, God didn't tell us that we had to figure out our own way to get to Him...because we can't! Instead, He came to us...in our own form, on our own turf. In order to reach us, God became one of us. As a result, we could see Him and understand Him.

The incarnational ministry of Christ is one we should model in our own lives as we seek to minister to our children. Times have

changed, and the culture our kids live in is far different from our own, or the one in which we were raised. We can't expect them to meet us in *our* world. Instead, we need to be incarnate. That means we need to enter *their* world to understand *their* culture. If we can do that, we will earn their respect and they will be more likely to listen to us .

Times have changed, but God's message hasn't. Let's take that message, and live it out—incarnationally—to our primary mission field: our family.

## IN THE NEWS: PARENTS LETTING TEENS DRINK

“You're Not Doing Your Teen Any Favors by Letting Them Drink.” This recent headline assumes that many parents believe they are doing their kids a favor by letting them drink. But a new study published in the *Journal of Studies on Alcohol and Drugs* says that young teens who are allowed to drink alcohol under adult supervision don't learn about responsible drinking and actually drink more as they get older. This flies in the face of the belief many parents have, that supervising teens while they drink small amounts of

alcohol will teach them to drink responsibly. Researchers found that by eighth grade, thirty-five percent of American teens had drunk alcohol with an adult present. By ninth grade, twenty-one percent of American teens had experienced alcohol-related consequences such as not being able to stop drinking, having blackouts, and getting into fights. Parents, your kids need you to set healthy boundaries as you parent. What they don't need is a drinking buddy.

