

# **PAIN POINTS**

A young girl with brown hair, wearing a teal top, is in the foreground, covering her ears with both hands. Her eyes are closed, and she has a distressed expression. In the background, a classroom setting is visible with two adults, a woman in a white shirt and a man in a blue and white striped shirt, engaged in a conversation. The background is blurred, emphasizing the girl's emotional state.

**Over 100  
Struggles that  
Families in Your  
Community are  
Facing**

# PAIN POINTS

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**HERE'S A LIST OF SOME OF THE PAINS THAT PARENTS IN YOUR COMMUNITY FACE. AS A MINISTRY TEAM, USE THIS LIST TO START A DISCUSSION OF HOW YOUR YOUR PARENT MINISTRY CAN SERVE THE PARENTS IN YOUR CITY.**

**EACH ONE OF THESE PAIN POINTS REPRESENTS AN OPPORTUNITY FOR YOUR MINISTRY TO OFFER LOVE AND SUPPORT TO A FAMILY.**

**THIS IS WHY PARENT MINISTRY IS QUITE POSSIBLY THE GREATEST OUTREACH OPPORTUNITY YOU HAVE IN YOUR CHURCH.**

**WE'RE CHEERING YOU ON!**

**THE PARENT MINISTRY TEAM**

- \* My Son/Daughter struggles with not wanting to leave home
- \* My Son/Daughter struggles with a fear of the future
- \* My Son/Daughter struggles with searching for their identity
- \* My Son/Daughter struggles with being too busy and overwhelmed
- \* My Son/Daughter struggles with believing I expect too much of him/her
- \* My Son/Daughter struggles with not knowing how to relax
- \* My Son/Daughter struggles with a refusal to accept responsibility and blames others for their mistakes
- \* My Son/Daughter struggles with a cyber addiction
- \* My Son/Daughter struggles with all of the fighting in our home
- \* My Son/Daughter with a lack of confidence
- \* My Son/Daughter struggles with our move to a new city
- \* My Son/Daughter struggles with a fear of the future
- \* My Son/Daughter struggles with the changes from puberty and I don't know how to talk to them about it
- \* My Son/Daughter struggles with being raped
- \* My Son/Daughter struggles with terrible mood swings
- \* My Son/Daughter struggles with being rejected by their friends
- \* My Son/Daughter struggles with friendship drama that is stressing them
- \* My Son/Daughter struggles with social anxiety
- \* My Son/Daughter struggles with pornography
- \* My Son/Daughter struggles with sexting
- \* My Son/Daughter struggles with developing a healthy sexuality
- \* My Son/Daughter struggles with being sexually abused
- \* My Son/Daughter struggles with being physically abused
- \* My Son/Daughter struggles with being verbally abused
- \* My Son/Daughter struggles with sibling rivalry
- \* My Son/Daughter struggles with our divorce
- \* My Son/Daughter struggles with special needs issues
- \* My Son/Daughter struggles with having a single parent

- \* My Son/Daughter struggles with having a step parent
- \* My Son/Daughter struggles with the death of a parent
- \* My Son/Daughter struggles with the death of a loved one
- \* My Son/Daughter struggles with pressure from sports
- \* My Son/Daughter struggles with pressure from extra-curricular activities
- \* My Son/Daughter struggles to keep up with homework
- \* My Son/Daughter struggles with bad grades
- \* My Son/Daughter struggles with being bullied
- \* My Son/Daughter struggles with being a bully
- \* My Son/Daughter struggles with dating issues
- \* My Son/Daughter struggles with a broken heart from being dumped
- \* My Son/Daughter struggles with lying
- \* My Son/Daughter struggles with a desire for more freedom
- \* My Son/Daughter struggles with depression
- \* My Son/Daughter struggles with suicidal thoughts
- \* My Son/Daughter struggles to create healthy boundaries around their cell phone
- \* My Son/Daughter struggles wanting to stay home alone
- \* My Son/Daughter struggles to manage money in a healthy way
- \* My Son/Daughter struggles with their job
- \* My Son/Daughter struggles to talk with me
- \* My Son/Daughter struggles wanting me to listen to them
- \* My Son/Daughter struggles wanting me to talk more with them
- \* My Son/Daughter struggles using drugs
- \* My Son/Daughter struggles using alcohol
- \* My Son/Daughter struggles managing chores and responsibilities
- \* My Son/Daughter struggles with the influence of their friends
- \* My Son/Daughter struggles with body image
- \* My Son/Daughter struggles with acne
- \* My Son/Daughter struggles to agree with me over what TV shows and movies are OK to watch

- \* My Son/Daughter struggles to agree with me over the clothes they wear
- \* My Son/Daughter struggles with the dynamics of our blended family
- \* My Son/Daughter struggles with the fact that they are adopted
- \* My Son/Daughter struggles with a balance of time and being too busy
- \* My Son/Daughter struggles to have healthy boundaries around Video Games
- \* My Son/Daughter struggles with insecurity
- \* My Son/Daughter struggles with being stressed out
- \* My Son/Daughter struggles with depression
- \* My Son/Daughter struggles with an eating disorder
- \* My Son/Daughter struggles with worrying about the future
- \* My Son/Daughter struggles with a pressure to be perfect
- \* My Son/Daughter struggles with diet and exercise
- \* My Son/Daughter struggles with being overweight
- \* My Son/Daughter struggles with autism
- \* My Son/Daughter struggles with the way we discipline
- \* My Son/Daughter struggles with spiritual questions
- \* My Son/Daughter struggles how little quality time we spend together
- \* My Son/Daughter struggles with my career and how much I work
- \* My Son/Daughter struggles with thoughts that I am a control freak
- \* My Son/Daughter struggles to agree with me over the music they listen to
- \* My Son/Daughter struggles with being homeschooled
- \* My Son/Daughter struggles having an angry parent
- \* My Son/Daughter struggles with anger Issues
- \* As a Parent, I struggle with "Parent Guilt"
- \* As a Parent, I struggle with trying to be a "Perfect Parent"
- \* My Son/Daughter struggles to navigate conflict with another adult

- \* My Son/Daughter struggles to stand up for injustice
- \* My Son/Daughter struggles to learn basic life skills
- \* My Son/Daughter struggles with their relationship with extended family
- \* My Son/Daughter struggles with a texting obsession
- \* As a Parent, I struggle to get the family to eat dinner together regularly
- \* As a Parent, I struggle with my marriage only staying together because of the kids
- \* As a Parent, I struggle with my mid life crisis in anticipation of an empty nest
- \* As a Parent, I struggle over the decision to put my daughter on birth control pills
- \* As a Parent, I am struggling with a Son/Daughter that I feel is "Out of Control"
- \* As a Parent, I am struggling with a Son/Daughter that is violent
- \* As a Parent, I am struggling to know if we should go to a counselor or not
- \* My Son/Daughter is struggling with questions about masturbation
- \* As a Parent, I am struggling with setting healthy boundaries for My Son/Daughter
- \* My Son/Daughter is struggling with being overweight
- \* My Son/Daughter is struggling with a lack of privacy
- \* As a Parent, I am struggling with how to share a dark family secret with my son/daughter
- \* As a Parent, I am struggling with how to improve communication and relationship with my Son/Daughter.
- \* My Son/Daughter is struggling with a desire to date a much older Person
- \* As a Parent, I am fatigued and struggle to find parenting energy
- \* My Son/Daughter is struggling with a hatred for school
- \* As a Parent, I am struggling in a conflict with my Son/Daughter's teacher

- \* My Son/Daughter is struggling with cutting and self-harm
- \* As a Parent, I am struggling with My Son/Daughter who doesn't share my religious beliefs
- \* My Son/Daughter is struggling with mental illness
- \* My Son/Daughter is struggling to decide if they are in love
- \* My Son/Daughter is struggling with "over-sharing" in Social Media
- \* My Son/Daughter is struggling with being self-obsessed
- \* My Son/Daughter is struggling with entitlement
- \* My Son/Daughter feels like they are the only one in the room
- \* My Son/Daughter doesn't want to leave home
- \* My Son/Daughter has a fear of the future
- \* My Son/Daughter is searching for their Identity
- \* My Son/Daughter is too busy and overwhelmed
- \* My Son/Daughter believes I expect too much of him/her
- \* My Son/Daughter doesn't know how to relax
- \* My Son/Daughter relaxes too much
- \* My Son/Daughter refuses to accept responsibility and blames others for their mistakes
- \* My Son/Daughter has a cyber addiction
- \* My Son/Daughter is struggling with the fighting in our home.
- \* My Son/Daughter has a lack of confidence
- \* My Son/Daughter is struggling with our move to a new city
- \* My Son/Daughter is afraid of the future
- \* My Son/Daughter is going through puberty and I don't know how to talk to them about it
- \* My Son/Daughter was raped
- \* As a Parent, I struggle to teach My Son/Daughter how to drive
- \* My Son/Daughter is struggling to drive responsibly
- \* As a Parent, I struggle with Fear about My Son/Daughter Driving
- \* As a Parent, I struggle to guide My Son/Daughter on what to do after high school

- \* As a Parent, I struggle to guide My Son/Daughter instead of control them
- \* As a Parent, I am struggling with how to help My Son/Daughter apply for college and scholarships
- \* As a Parent, I am struggling to express to My Son/Daughter that they have my Blessing and approval

**THIS LIST WAS BROUGHT TO YOU BY:**

Parent *Ministry*

**IF YOU'D LIKE TO LEARN MORE ABOUT BECOMING A MEMBER OF PARENT MINISTRY TO GET RESOURCES THAT WILL SERVE PARENTS IN YOUR CITY, YOU CAN GO TO [WWW.MINISTRYTOPARENTS.COM](http://WWW.MINISTRYTOPARENTS.COM)**