



The Commissioning Stage

The **Commissioning Stage** (high school-early adulthood) is full of big transitions—college preparation, greater independence, and the uncertainties of adulthood. Teens may wonder if they have what it takes, yet this season offers tremendous opportunity for spiritual, emotional, and relational development. Endurance—continuing forward even when life feels difficult—helps young adults experience God’s faithfulness firsthand. Just as athletes train for a race, teens are learning to push through challenges with the Lord’s strength. As they persevere, they not only mature personally, but also begin encouraging others by their example.

“Let us run with endurance the race God has set before us.”

Hebrews 12:1

Tips for Caregivers

- Celebrate progress, rather than focusing on perfection, to help your teen recognize small but meaningful steps of growth.
- Remind your teen that although stopping may seem easier in the moment, perseverance builds spiritual and emotional strength.
- Encourage your young adult to transfer endurance from one familiar area (sports, music, academics) into new challenges he or she is facing.
- Share personal stories of perseverance to model how God works in difficult seasons.
- Offer steady encouragement—your belief in your young adult strengthens his or her resilience and reinforces his or her identity in Christ.

Growth Model



Plant

While your teen faces uncertainty and may feel tempted to give up, you can provide encouragement, helping him or her to persevere.



Root

Your teen begins to build confidence in him or herself and in God as he or she perseveres through challenges, trusting in God’s provision.



Growth

Your teen begins to take on new opportunities requiring endurance and faith.



Fruit

Your teen leads by example, inspiring others to press on.

Activity: Practicing Endurance with SMART Goals

STEP 1 (The Why)

Endurance doesn't grow all at once—it develops gradually as teens learn to stay committed even when challenges arise. Setting intentional goals gives them a practical way to “keep going,” especially when life feels overwhelming. The SMART framework helps teens turn hopes into actionable steps, giving them clarity and confidence. As they track small wins, they begin to see God's faithfulness, developing resilience and a deeper trust in His work in their lives.

STEP 2 (Activity Directions)

1 **Discuss the Framework**

- Use SMART goals to build endurance. Start by explaining each part of SMART:
 - **Specific** — Make the goal clear.
Example: “Work out three times a week,” not “Get healthy.”
 - **Measurable** — Decide how you'll keep track of progress.
 - **Achievable** — Choose a realistic goal.
 - **Relevant** — Pick a goal that matters right now.
 - **Time-bound** — Set a timeline to evaluate progress.

2 **Decide The Goal**

- Ask: “What skill or habit do you want to grow in right now?”
- Help your teen write his or her goal using the SMART format.

3 **Share with Someone Trusted**

- Encourage your teen to share his or her goal with a mentor, coach, or friend for support and accountability.

4 **Check In Weekly**

- Celebrate progress—even if it's small.
- Talk through challenges and help your teen adjust expectations if needed.

Encouragement

Your steady presence gives your teen courage to keep going when quitting feels easier. As you cheer on your young adult, help him or her set meaningful goals, and remind him/her of God's strength and faithfulness. You are helping form lifelong endurance! Each small step becomes a testimony of God working in and through your teen—now and for years to come.