100 Questions to Connect with Your Kids and Teens

These questions are designed to help you connect with your kids and teens right where they are – in their anxiety, doubts, and loneliness. Inspired by Kara Powell's conversation with Curtis Chang on the *Good Faith Podcast*, this list is designed help you build deeper trust and remind your kids they are never alone.

In that episode, Curtis and Kara talk about how so many young people raised in Christian homes are drifting away from faith – and how it often starts when they feel unseen and unheard. These questions are a simple way to show your kids that you care about what's really going on in their hearts.

May these questions help you create moments of safety, honesty, and love with your kids and teens today.

What's something that made you feel anxious this week?

Who do you talk to when you're feeling overwhelmed?

What does peace feel like for you?

When do you feel most safe?

What do you think adults misunderstand about teens today?

What do you wish teachers or coaches knew about you?

What kind of friend do you need most right now?

Who really sees you for who you are?

What's a question you're asking that no one seems to answer?

When do you feel most like yourself?

What do you do when you're feeling sad or stressed?

How do you handle mistakes or failure?

What's something you wish you were better at?

What's something you're proud of, even if no one else knows?

What does God feel like to you – if anything?

Do you ever pray? If so, what do you pray about?

What's something you've stopped believing?

What's something new you've started to believe?

Who has been kind to you lately?

When do you feel the most loved?

How do you define a good life?

What do you think adults are getting wrong about the world?

What gives you hope?

What drains your energy?

What helps you recharge?

How do you feel about your phone use?

What's something you wish you had more control over?

What's something that's hard to talk about?

When was the last time you felt really listened to?

What would it look like if church felt relevant to your life?

Do you feel pressure to be a certain way? From who?

Who makes you feel free to be real?

If you could create your ideal day, what would it include?

What's one small thing that would make life easier for you?

What's your relationship with social media?

How do you cope with stress or anxiety?

What do you think about when you're alone?

What's one question you wish adults would ask you?

How do you handle conflict with your friends?

What do you believe about your future?

What's something you want to be true about your life in 10 years?

What role does your faith – or lack of it – play in your everyday life?

Who's someone you admire for how they live?

What worries you about growing up?

What excites you about growing up?

What would help you feel more connected to others?

When do you feel most anxious?

What do you wish your parents understood about your life?

What is your generation good at?

What frustrates you about older generations?

What's something you wish your school did differently?

What's the hardest part about being a teen today?

When do you feel closest to God, if at all?

Do you ever have doubts about faith, and are you allowed to express them?

What does it mean to have a meaningful life?

What values matter most to you?

What do you believe your purpose is right now?

What's something you wish you could change in your family?

What makes you feel lonely?

When have you felt genuinely joyful?

What's your relationship with perfectionism?

What's one thing you want to tell your future self?

When do you feel pressure to perform?

What does a healthy friendship look like?

When do you feel most anxious about your appearance?

What's your relationship with failure?

What helps you feel spiritually alive?

What scares you most about your future?

What's a Bible verse (or story) that speaks to you?

What's your definition of love?

When do you feel included or excluded?

What kind of adult do you hope to become?

When do you feel like God is near – or far?

What's your dream for your life?

What's something you're carrying that you wish you could lay down?

What does forgiveness mean to you?

What's something that recently surprised you?

What's one way an adult earned your trust?

How do you define success?

What's something that's broken your heart?

What do you think Jesus is like?

When do you feel seen and heard?

What do you wish people would stop asking you?

What gives you courage?

Who helps you become a better version of yourself?

What questions do you have about God or faith?

What kind of relationships are most healing for you?

What's something that makes you feel not enough?

What advice would you give adults about how to talk to teens?

What's something you want to be known for?

Who do you want to become?

What do you think it means to follow Jesus today?

When have you experienced grace?

What's a fear you've outgrown – or hope to outgrow?

Who's someone you trust with your truth?

What brings you back to yourself when you feel lost?

What kind of future do you believe is possible?

What makes you feel truly alive?

What do you think your generation is being called to do?

What's one thing you hope never changes about who you are?