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### 5 Comforting Reminders Moms of Teens Need to Hear Today

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Parenting teens in today's world can feel beyond overwhelming - kind of like trying to stay cool when you're a piece of dry wood tossed into a dumpster fire. Many of us elder Millennials and Gen X'ers have parented teens through the evolution of smartphones, Snap Chat, and X-box Live. We have no earthly idea what we're doing. Yet, we're meant to serve as master-class-level digital police, culture war moderators, and spiritual warfare ninjas in an increasingly ludicrous world. Deep. Breaths. It's so difficult to keep the faith and remain optimistic while dealing with teenage mood swings, unforeseen drama, evolving personalities, and all the other magic that keeps our therapists equally horrified and entertained on the regular. However, just today, I had a God thought. It happened while spacing out at the kitchen sink, listening to my 14 and 16-year-old boys roam through the house, chattering away on their Air pods, leaving a trail of snack wrappers in their wake. The voice simply said, "They're both amazing. and they're both going to be okay." Admittedly, I was pretty caffeinated and high off a fresh Maverick City worship set, but my mind was heavily flooded with some assurances and truths I wanted to share with every mom of teens because, frankly, we never (ever) hear enough edification or comfort. We probably need to remind ourselves of these truths daily, but I hope this helps, even for today. Photo credit: ©GettyImages/Galina Zhigalova

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