

in the home. In this stage, parents move from primarily teaching and directing to affirming, encouraging, and entrusting. Your home becomes a place where faith is owned, questions are welcomed, and responsibility is practiced. By releasing your child to step forward in commitment to the local church, you are not stepping back; you are faithfully fulfilling your calling to raise sons and daughters who follow Jesus with conviction, humility, and perseverance.

ADDITIONAL READING RECOMMENDATIONS

- Rite of Passage Breakout from Uncommon Parenting Conference
- 2023 Rite of Passage: A Father’s Blessing by Jim McBride
- Raising a Modern-Day Knight by Robert Lewis
- Wild At Heart by John Eldridge



RITE OF PASSAGE

RECOMMENDED FOR AGES 16+

WHAT IS A RITE OF PASSAGE?

A Rite of Passage is a special event signifying the transition from childhood to emerging adulthood. This is an ideal time to affirm and help your child anticipate and prepare to accept God’s plan for the future. Within this milestone, parents should challenge their teen to leave behind childhood ways and invite them into the ranks of emerging adulthood.

HOW TO DO A RITE OF PASSAGE

It is less important how you plan your child’s Rite of Passage and more important that you plan it. Some families give a small gift, and others plan a road trip adventure with various stops. Keep it simple. Plan a dinner with family and close friends who have influence in your child’s life and ask them to affirm your child as they enter into adulthood. Here are some tips:

- **Step One:** Create a plan to make this a meaningful experience. A small investment of thought and effort will mean a great deal to your son or daughter. A Rite of Passage Planning Sheet is included as an aid.
- **Step Two:** Invite people who have made an impact on your son or daughter’s life. Give them a specific topic to write a letter affirming and challenging your child. Some topics may include work, marriage, integrity, faith, purity, family, and similar themes.
- **Step Three:** Write a blessing to your child that communicates their potential and expresses gratitude for their life. Tell your child how proud you are of them and how excited you are to see them mature.
- **Step Four:** Give a gift to your teen at the Rite of Passage dinner. Purchase or make something that is a tangible keepsake of the event



Download more resources at
D6HomePoint.com

©2026 D6 Family (Revised July 2026)



that your child can hold on to for years to come. You could give them a piece of jewelry, a book, a watch, an heirloom, or something simple with a powerful meaning.

MATURING IN CHRIST

Paul said in Colossians 1:28, “Him we proclaim, warning everyone and teaching everyone with all wisdom, that we may present everyone mature in Christ.” As a parent, you are called to present your child as mature in Christ, and this milestone is designed to help you communicate to your child this very truth.

Your role as a parent shifts from primarily teacher to mostly coach as your son or daughter accepts the new freedoms and responsibilities that accompany young adulthood.

RITE OF PASSAGE PLANNING GUIDE

Even the most simple rite of passage experience can have a powerful impact on your teen’s life. Ask yourself the following questions to plan the best approach for your son or daughter.

ASSESS

- Is our relationship strong enough for the experience to feel authentic versus forced?
- Does my child have other adults in his or her life who have had enough influence to participate in such an experience?
- Does my teen show signs he or she is willing to move toward adult responsibilities and attitudes?

If you answer “no” to any of these questions, it might be better to plan a special dinner alone together to begin meaningful dialogue rather than attempt the full rite of passage experience.

WHEN

- What day is best to make this event special? On a birthday? On a holiday? As a special day of its own?
- What date would work best for those who might need to travel to participate?

WHO

- What relatives should participate? (Grandparent? Respected aunt or uncle? Older brother or sister?)

- Is the child close to a pastor, youth minister, teacher, or coach he or she respects?
- If you are not planning the event as a surprise, invite your teen to suggest who he or she would like to be included.

HOW

- Would your child prefer a formal event or a casual experience? What would be a good setting for the event? (The house? Grandparent’s home? A favorite restaurant? The church? A park?)
- What kind of fun activity would your child enjoy doing with the older men or women before the formal portion of the event? (For example, a teen boy might enjoy going golfing or visiting a shooting range, while a girl might prefer shopping or tennis.)

. **FAITH PATH PLAN**

Child’s Name: _____

How will you be intentional about your child’s spiritual growth in the coming year?

- ☐ Pray daily *with* and *for* my child.
- ☐ Ask my child to lead a family Bible study once a month.
- ☐ Plan and execute a Rite of Passage event.
- ☐ Enroll your child in your church’s orientation course in preparation for membership.
- ☐ Plan to create intentional one-on-one times with my child and keep lines of communication open and honest.
- ☐ Attend church regularly as a family and ensure that my child is engaged with the youth group.
- ☐ Other _____

The next step on the Faith Path is Launch, recommended at age eighteen. As parents, this season marks a meaningful shift in your role. Throughout Scripture, spiritual maturity is marked not by dependence on others’ faith, but by learning to walk personally and faithfully with the Lord (Ephesians 4:13–15; Hebrews 5:12–14). The goal of the orientation course and membership is not to rush independence, but to recognize the work God has already been doing in your child’s life through your years of discipleship