

## *Better Together Raising Children - Week Two*

*"For we do not have a high priest who cannot sympathize with our weaknesses, but one who has been tempted in all things as we are, yet without sin. Let us therefore draw near with confidence to the throne of grace, that we may receive mercy and may find grace and help in time of need."* – Hebrews 4:15-16

*"Love one another."* – John 13:34

*"Pray for one another."* – James 5:16

*"Encourage one another."* – 1 Thessalonians 5:11

*"Weep with those who weep."* – Romans 12:15

*"God is the God of all comfort... that we would take that comfort and give it to others as well."* – 1 Cor. 1:3-4

*"Fathers, don't provoke your children to anger or make them frustrated... bring up your children in the discipline and instruction of the Lord."* – Ephesians 6:4 LB

### **Four Types of Parents**

1. \_\_\_\_\_ - **emotionally detached and dismissive parent.**

**Reawakening the feelings that I've learned to push away:**

**I. Start talking about my feelings.**

**II. Learn to ask for comfort for myself.**

*"He is the God of all comfort."* – 1 Corinthians 1:3

*"I want you to mimic me like I mimic God." "Imitate me like I imitate Christ." "follow me as a human example of how all this works. You'll then know how to relate to the Lord."* – 1 Cor. 11:1

2. \_\_\_\_\_ - **the rescuing, distracting and happy parent.**

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3. \_\_\_\_\_ - the idealistic, preoccupied and reactive parent.

**Fight, Flight or Freeze:**

- Avider – Flight
- Pleaser – Freeze
- Vacillator – Fight

4. \_\_\_\_\_ - autocratic, intimidating parent.

**What can we do to become better parents?**

1. \_\_\_\_\_.

2. \_\_\_\_\_.

3. \_\_\_\_\_.

**The reason our teenagers don't talk to us about their issues... is because we weren't talking about it in their grade-school years.**

4. \_\_\_\_\_.

5. \_\_\_\_\_.

*"He gave his only begotten Son that whosoever believes in him should not perish but have everlasting life."* – John 3:16

*"My soul is distressed to the point of death. Come watch and pray with me"* – Matthew 26:41

*"The pupil is not above his teacher, but everyone when he has been fully trained will be just like his teacher."* – Luke 6:40

**Reflect: How will you apply this teaching? What really stood out to you in this message?**

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