

*better
together*
Raising Children

Three hearts are positioned to the right of the word 'better'. The top heart is blue, the middle heart is grey, and the bottom heart is blue.

Pastor Greg Ables

Week 2 – Sunday, May 13, 2018

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Raising Children

“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 NIV

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“Love one another.” – John 13:34

“Pray for one another.” – James 5:16

“Encourage one another.” – 1 Thes. 5:11

“Weep with those who weep.” – Rom. 12:15

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

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

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Four types of parents:

1. The avoider.

“The avoider is an emotionally detached and dismissive parent.”

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

- I. Start talking about my feelings.
- II. Learn to ask for comfort for myself.

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“He is the God of all comfort.” – 1 Cor. 1:3

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*“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

Four types of parents:

2. The pleaser.

“The pleaser is the rescuing, distracting and happy parent.”

Four types of parents:

3. The vacillator.

“The vacillator is the idealistic, preoccupied and reactive parent.”

“Be angry but don’t sin.” – Ephesians 4:26

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Fight, Flight or Freeze:

- Avoider – Flight
- Pleaser – Freeze
- Vacillator - Fight

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Four types of parents:

4. The controller.

“The controller is the autocratic, intimidating parent.”

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Raising Children

What can we do to become better parents?

1. Develop the skill of using opportunities for intimacy when we see difficult emotions and behaviors.

What can we do to become better parents?

2. Talk about what you see. Call the feeling or emotion by name.

What can we do to become better parents?

3. Teach self-awareness and self-reflection skills to your grade-school children.

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.

What can we do to become better parents?

4. Follow up on immature actions and language... Dig beneath that to get to the emotions and pain.

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What can we do to become better parents?

5. Put a space between your emotions and your responses.

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

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“My soul is distressed to the point of death. Come watch and pray with me.” – Mt. 26:41

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

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