



Peaceful Mothering

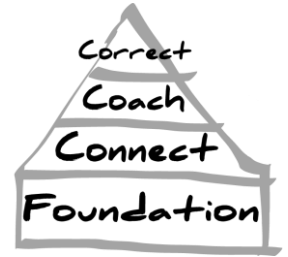
Solid parenting builds on a strong Foundation.

Mt. 12:34 ...“for the mouth speaks out of that which fills the heart.”

What’s the Real Truth... About Me?

Feelings/Thoughts → *ACTIONS*

Underlying Beliefs (i.e. about who I am/how life works)



Discussion: What difficult emotions (anger, anxiety, shame, isolation and despair) did you relate to and what underlying toxic beliefs did you identify?

What grace-full truths (and/or scriptures) bring God’s peace to these hurtful beliefs and thoughts/emotions?

What’s the Real Truth... About My Kids?

Parents often form underlying beliefs/judgments about their children when they fail or misbehave.

Other people’s critical statements can feed those hurtful judgments.

Discussion: What toxic beliefs or judgments might you have about your children?

What grace-full truths about you could you hang on to in order to counteract these beliefs?

Hanging On to the Truth

2 Corinthians 10:5 ...“we take captive every thought to make it obedient to Christ.”

...Faith “speaking the truth in love” to ourselves about who we are in Christ - **Ephes. 1-3**

...Fellowship Ephes. 4:1-6:10

Eph. 3:17-19 “...together with all the saints... grasp how wide and long and high and deep is the love of Christ”

...Fighting the Accuser Ephes. 6:11-18, Matt 4:3, Rev 12:10, John 8:44

Discussion: Share a time you felt difficult emotions in parenting and you held on to God’s truth about you or your kids. What enabled you to do that? How could you do that even more?