

You Are Safe With Me: A Covenant Promise to Your Child

- ♡ Child*, if my emotions escalate, your emotions will escalate, and no one will “win.” Therefore, I will stay calm and peaceful for you.
- ♡ Child, I will seek self-control daily to not discipline you with a knee-jerk emotional reaction.
- ♡ Child, I will not talk with you about your misbehavior until I have calmed my heart, prayed, and asked God for wisdom – “God, what do you want us to learn through this situation?” Only then will I gently bring up tough subjects.
- ♡ Child, my relationship with Christ gives me the security to handle your anger, rejections, and proclamations of “I hate you.”
- ♡ Child, it is not my job to “fix” you. You are not my “project.” My sense of worth is not determined by whether or not you “turn out okay.” It is my job to be safe and help you find and nurture your gifts and talents to serve God and others.
- ♡ Child, I believe 1 John 4:18 that “There is no fear in love. But perfect love drives out fear.” I know that my love will never be perfect enough. But God’s love is. So I rest in God’s love. And I pray that someday you will be able to fully grasp and accept God’s love for you.
- ♡ Child, when I mess up, I will humbly apologize and ask for forgiveness with complete sincerity. I will take ownership of my own messes.

Child, I love you forever.

