

# Parenting Freedom (5)

*Family Night – Wednesday, October 23, 2024*

- We want to protect our children from danger, but we also need to prepare our children for difficulty.
- “Teaching our kids to be powerful and resilient is just as important as teaching them nurture and love.”

## Roots

Roots form a foundation for helping our kids be strong.

- Do I matter? Do I belong? Am I loved?
- Children who don't get good answers to those questions become adults who never stop asking them, drifting in shame and insecurity.

## Wings

Parenting is like flying a kite. Sometimes it is tough to know how much string to let out, but the goal is fly higher!

1) Help your children form a healthy **Sense of Self**.

- Who am I? What do I like? What do I believe? What do I value?
- Look for opportunities to help your kids answer these questions.
- Don't always give them the answers. Help them develop critical thinking skills. “How would you like to handle this conflict at school?”
- Don't bail them out of every situation. Let them be challenged and stretched.

2) Challenge them to be **Strong**.

- Life is difficult and you will not succeed at protecting your children from difficulty.
- Children start encountering problems they find difficult to solve around age 9.
- If we solve every problem for our kids, it communicates that we think they are weak and helpless and they will always need us to rescue them.
- When they solve a problem, celebrate with them!

\*Fear of Sharks\*

## **Expect Strength**

We can build strength in our kids by expecting something from them.

- Our culture has very low expectations of children and teens.
- Expect participation in the daily operations of the family.
- Expect increasing responsibility with schoolwork.
- Expect teenagers to do something with their extra time.
  - Adolescence is a recent historical phenomenon.
  - Before minimum wage laws were created, almost every teenager had a job.

## **Informing Identity and Strength with God's Word**

*Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go. – Joshua 1:9*

*Wait for the Lord; be strong, and let your heart take courage; wait for the Lord! – Psalm 27:14*

*Be watchful, stand firm in the faith, act like men, be strong. – 1 Corinthians 16:13*

*Be strong in the Lord and in the strength of his might. – Ephesians 6:10*

*For God gave us a spirit not of fear but of power and love and self-control. – 2 Timothy 1:7*

*“I am the son or daughter of a King who is not moved by the world, for my God is with me and goes before me. I do not fear because I am His.”*