

# Quiz

**A. What are the 7 Core Areas of Life**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**B. What are 4 non-verbal ways you can create connection with your child?**

- 1.
- 2.
- 3.
- 4.

**C. What does S.T.A.R stand for?**

**D. What are the 6 Negative Emotions and why do we feel them?**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

**E. Name at least 5 Creative Discipline Tools**

- 1.
- 2.
- 3.
- 4.
- 5.

# Building our Skills of Connection

## APPRECIATION EXERCISE

1. Quiet breathing (1 min): *Be still and know that I am God* (Psalm 46:10)
2. Listen to the Selah theme song. Think about your life back in September. Let God bring to mind a way you have been changing this year (*ex. growth in a specific character weakness, learning to recognize your reactions, being able to STAR more often and respond in love, making repairs faster...*). Let Him remind you of a specific ways/time you have done something to show this forward growth.

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3. Write down how it makes you feel to know you can change and become a better person (*empowered, peaceful, loved, warm, etc*). Thank God for His Holy Spirit working in your life

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4. Think about your own child(ren). What are some ways they have changed this year? How could you encourage them in this today?

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5. Next, think about our theme verse: *Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles, and let us run with perseverance the race marked out for us. Hebrews 12:1*

Write down ways your heart has not wanted to engage in your race as a mother/wife. Where do you feel weak? What emotions have you been feeling? What have you been turning to to find joy? Be honest with God (He knows the state of your heart anyway).

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6. Listen for God's response to your confession. What truth does He want to give you about yourself?

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7. Share in groups of 3. Thank God for areas of growth, confess places where you are not focused and then ask the Holy Spirit to renew your desire today to press on in the race He's called you to run.

### **Skill Building Application**

1. Think of a recurring situation that puts your child into overwhelm (this can even be the same situation you brought to God in January). Briefly describe what happens and how your child shows signs of overwhelm.

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2. How do you typically respond to this? If you have not responded in love, confess your negative reactions to Jesus. Tell Him you want to love your child unconditionally and disciple them through this, not shame them or shut off their hearts. Are there any repairs you need to make? If this situation stirs up negative emotions in you, take time to reflect on this. Is there any reason you might be acting the way you do?

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3. CHASE THE WHY: Take some time to think about why your child might be reacting the way they do?

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4. Remembering the importance of right-brain connection, how could you respond differently the next time you child has this reaction? What can you do to connect to their emotion?

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5. Once you have connected with them, what discipleship strategy can you use to help them correct their behavior? [Remember to discipline the behavior not their emotion.]

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6. Share in groups of 3. Take time to listen to Jesus for each other about this. *Use the space below to record thoughts you receive through others.*