

Building Your Home on the Rock - Foundations

Session 3 – October 19 & 26, 2017

REFLECT & DISCUSS: Review the Intentional Devotions and Discipline topic and homework. Share stories of how you tried to be more proactive in your spiritual life and parenting over the past 3 weeks, or where you know you should have but didn't.

Success : _____

Miss: _____

QUIETING: think about your body and what it's feeling. Focus on relaxing all of your muscles and teaching your body how to feel at peace.

MEDITATION: WE HAVE TO KNOW AND TRUST OUR FOUNDATION!

Psalm 78:35 *And they remembered that God was their rock, and the Most High God their Redeemer.*

Song: "My Hope is Built on Nothing Less"

Read the words as you listen. Make notes on the side of things that stick out and why. Visualize the images and apply them to your personal life. Think about why Christ's death is so important to you.

GRATITUDE: God sent His son Jesus to die on the cross for our sins! This should be the bedrock foundation of our lives! It should fill us with gratitude and hope. It should fill our love tank in a way that no human relationship can. It should give us capacity when we have nothing left to give. But it takes a choice to stop and think about this truth and apply it to our lives (to trust that the rock is there). Spend time thanking God for His remarkable love for you. Tell Him why you need His love right now and thank Him for the truth that His love is enough to give you the strength you need to move forward!

GOD'S RESPONSE: let the Holy Spirit respond to your gratitude. What is He thinking about you this morning? Where is He working in your life right now? What does He want to say to you about how much He loves you and wants to be your Rock?

Parenting Foundation: Connect and Redirect

Review of the Brain

Left Side:

Right Side:

Goal is to connect both sides

You have to start with their right side – primarily by empathizing with their emotions – so you can calm their big emotions

Then, once they feel connected to you, you can teach them how to make better choices

This is not always easy and it takes more time, but it works!

Why Connect?

1. If they don't _____ to us in their pain, they will look for other ways to soothe their hurt.

2. When kids _____ by their parents their brains can then develop the skills that help them:
 - a. _____ their emotions
 - b. Have _____
 - c. Learn _____
 - d. Have greater success in _____
 - e. Have better _____

3. It's how God father's us!
Psalm 103 "The Lord is compassionate and merciful, slow to get angry and filled with unfailing love. He will not constantly accuse us, nor remain angry forever... for he knows how weak we are, he remembers we are only dust"

How do you connect at Selah?

1. Get to know them
2. Be fun!
3. Acknowledge their big _____ and make sure they feel _____

How do you redirect?

1. _____ interaction
2. Give them a chance to _____
3. Give them _____

When was the last time you checked your _____ to _____ ratio?

DISCUSSION:

Think of a scenario in your Selah group where a child has become upset. What might your typical response be? What would connect and redirect look like?

What is one thing you could do to better connect with your group of kids at Selah?

PUTTING IT INTO PRACTICE:

Next time your child goes into overwhelm, try using the connect and redirect tools. Record what happens so you have a story to share at your next Learn-it Week.
