

# Building Your Home on the Rock - Pillars

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Session 4 – November 2<sup>nd</sup> and 9<sup>th</sup>, 2017

**REFLECT & DISCUSS:** Review the Connect and Redirect Parenting Foundation. Did you try this with your Selah group or your own kids? Briefly record a success/miss you had with this tool.

Success : \_\_\_\_\_  
\_\_\_\_\_

Miss: \_\_\_\_\_  
\_\_\_\_\_

IDEAS FROM OTHER MOMS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## QUIETING

### MEDITATION: WE HAVE TO BELIEVE GOD LOVES US!

#### Psalm 139

13 You made all the delicate, inner parts of my body and knit me together in my mother's womb.

14 Thank you for making me so wonderfully complex!

Your workmanship is marvelous—how well I know it.

15 You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb.

16 You saw me before I was born.

Every day of my life was recorded in your book.

Every moment was laid out before a single day had passed.

17 How precious are your thoughts about me, O God.

They cannot be numbered!

18 I can't even count them; they outnumber the grains of sand!

And when I wake up, you are still with me!

Write down 3 truths about how God sees you:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Being able to receive God's love needs to be the *key* pillar in our life! If we can't or don't turn to God for His love and acceptance then everything on top of us will crumble. This is a lifelong journey of getting to know our precious Savior. Where ever you are at, you can always go deeper into the soil of God's love.

**CONFESSION:** Think about the last time you felt sad, hopeless, stressed about something or any other lingering negative emotion and you felt it hard to connect to God or you didn't take your feelings to God. How did you handle this? How did you try to self-soothe? Did this work? Confess your self-efforts to God.

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Often the reason we don't turn to God in your struggles or why we don't feel loved by Him is because we are (1) believing lies about ourselves; (2) we've placed false expectations on ourselves that are not from God (this leads to false guilt/shame); (3) we believe false things about God (ex. that He's upset with you or you don't deserve His love). These false beliefs prevent us from receiving God's love and this makes our core pillar weak and shaky. We need to be continually working on ourselves so that we get better at receiving God's love. This will make us stronger.

So, ask Jesus how you can go to the next level of experiencing His love. Ask:

1. Are there any lies He want to replace with His truth?
2. Is there a new revelation of His love, hope and kindness for you that He wants to speak into you this morning?
3. Is there an upgrade in your devotional life that He wants to challenge you with?
4. Or anything else He wants to speak into your heart this morning about this topic.

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**RESPONSE:** Finally, thank God for His unending and unfailing love for you.

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**SHARE AND PRAY FOR EACH OTHER.** You will need the Holy Spirit's help to truly believe the words you heard this morning.

# Parenting Pillar: Name It to Tame It

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## Philippians 1:9-10

*<sup>9</sup> I pray that your love will overflow more and more, and that you will keep on growing in knowledge and understanding. <sup>10</sup> For I want you to understand what really matters, so that you may live pure and blameless lives until the day of Christ's return.*

## Telling Stories

### With Children

When a child has a \_\_\_\_\_, \_\_\_\_\_, or \_\_\_\_\_ experience, they will tend to have a \_\_\_\_\_ moment.

To help them sort through these emotions we need to bring their \_\_\_\_\_ in to help them make sense of what happened.

One of the best ways to do this is to help the child \_\_\_\_\_ of their frightening or painful experience.

### Stories:

1. Bring in \_\_\_\_\_
2. Put events in \_\_\_\_\_
3. Assign \_\_\_\_\_ to feelings
4. Brings \_\_\_\_\_

### With Adults

One of the best gifts we can give our kids is for us to \_\_\_\_\_ of past!

We've all had big experiences that we have not processed and this leaves us parenting out of fear, reacting to triggers, or giving knee-jerk reactions.

**Solution:** \_\_\_\_\_

Jesus helps us retell the story of our experience.

He gives us perspective and helps us see truth.

## DISCUSSION:

What do you remember about how your caregivers responded to your childhood emotions? Were you allowed to have emotions? Where you helped to process your emotions? Was/is there someone in your life that does this well?

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Think of a time a child experienced a big emotion during one of your live-it weeks. How could you have used the Name It to Tame It tool with them?

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## PUTTING IT INTO PRACTICE (Homework):

1. Is there something that has happened to your child recently that causes them to feel a big emotion when they recall it? Instead of dismissing their emotion, try using the story method approach and record what happens. [Baby Basics Moms, think about how you can notice big emotions in your spouse and gently respond in ways that help them identify what they are feeling.]
2. Try making a book or story page about something big that seems to set your child off (ex. being dropped off at childcare, the dark, dogs, etc.). This means putting in order the events of what happens when your child encounters these situations. Always resolve these stories with connection back to you and/or security.
3. Think about your own life and a possible fear or trigger you have. Ask God to give you insight into this: what is the root and what is the truth? If it's too deep to work out on your own, make a personal ministry appointment.

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