

# Building Your Home on the Rock – Year in Review

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Session 13 – April 19 & 26

**REFLECT & DISCUSS:** Review last session’s topic on anxiety. Share if you tried to use any of the strategies with yourself or your child.

## QUIETING:

*I pray that God, the source of hope, will fill you completely with joy and peace because you trust in him. Then you will overflow with confident hope through the power of the Holy Spirit*

Romans 15:13

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## Year in Review:

Prov14:1 *The wise woman builds her house but with her own hands the foolish one tears hers down.*

1. **PIERS:** the stabilizers of our life need to be Christ and His love for us. The more we can believe this in our hearts, the more we will walk in confidence and success in all areas of our life. We have to know Him (by spending time with Him) so that we can trust Him for our foundation.
2. **DISCIPLINE FOUNDATION:** discipline means to teach. Not to punish. Our job as parents is to *train* our kids up in all things and that takes intentional work. Challenges, overwhelm and difficult moments can be exhausting and frustrating but they are actually the greatest opportunities to teach our kids the life skills they need.
3. **CONNECTION IS THE KEY:** The best way we teach our kids, is to first connect with our child’s emotions. Playful interaction is a great way to connect to our kids and 80% of the time playful connection will be enough to redirect their behavior. This also build secure attachment bonds.
4. **STORIES:** are another tool to help kids connect their right brain (emotional) experience with their left (logical) brain. Stories too build relationships.
5. **ENGAGE DON’T ENRAGE:** we all have an upstairs brain and a downstairs brain. Our upstairs brain is where higher level thinking and sound decision making happens. When we ‘flip our lids,’ or go into overwhelm, we lose access to the upstairs brain and stay stuck in the fight, flight or freeze reactions of the downstairs brain. When this happens to our kids we need to remember to respond calmly so as not the enrage your child further. Empathizing with good non-verbal communication is the best starting point.
6. **COMMUNITY:** we need to build our homes around good community for support, encouragement and strength. Our kids desperately need this. They need to feel a sense of belonging in our homes. When they feel safe, seen, soothed and secure they will develop best.
7. **ANGER:** happens when we feel like we have no voice, like we’ve lost control. Choices, compromises and scripts are tools that we can use to help kids feel like they have a voice, and thereby calm them down.
8. **DISC:** knowing your personality helps you have better relationships
9. **TAKING CARE OF YOUR HOME:** self-care is really important and should be a priority in our lives so we don’t burn-out
10. **ANXIETY:** anxiety is not a sin and it’s not bad. There are several kinds of anxiety and levels within those categories. Keys to dealing with anxiety are to be aware of what we’re feeling, share it with God and let Him speak truth into the lie. Then we have to walk it out. With our kids, we can remember that we can pray and get God’s strategy and hope for them.

**NAME:** \_\_\_\_\_

**REFLECTION:** After reviewing our year together, which topics were particularly meaningful to you? Why?

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**AREAS OF GROWTH** What changes did you implement in your life because of Selah? What ways have you seen yourself grow as a result?

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**QUESTIONS:** Were there any questions you still have about Motherhood that we did not address at Selah this year or in our blogs/vlogs?

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**SHARE**

**PROPHETIC PRAYER – each mom will receive encouragement through listening prayer.**

When we take time to listen in prayer for someone, we are asking God to give us His heart for them. The purpose of this session is to bless each other as we prepare to break for summer. We are not looking to give advice or make life decisions. Remember too that as we listen, we are listening to God through our own human filters. Take what you receive from others and pray about them.