

**DAY 1** **2 TIMOTHY 3:10-17****1**

Who has been a big spiritual influence in your life? Is it the person that invited you to church? A parent? A grandparent? A coworker? The people in our lives greatly affect the direction of our lives. Timothy had a godly mother and grandmother who taught him to love God. Eventually, the Apostle Paul took Timothy under his wing and mentored him in his faith. The family and home worked together to influence this young man's life. What is your strategy for impacting the next generation? Are you learning from those further down the path? Are you pouring into the next generation? Are you partnering with the church? You can make a difference in the trajectory of a young life.

**DAY 2** **MATTHEW 7:7-12****2**

How many times has a parent said, "Now, you wouldn't like it if someone did that to you, would you?" Teaching a child empathy can be a struggle. And if we are honest, adults can have a little trouble showing empathy too. The Golden Rule is fundamental to a family running smoothly. If moms and dads model thoughtfulness towards each other and challenge their children to do the same, what kind of changes would we see within our families? And when you find it hard to do, just ask, seek, and knock. Jesus promises that God will give us what we need to be more loving and kind. So try this today: Do to others what you would have them do to you.

**DAY 3** **EPHESIANS 6:1-4****3**

So I imagined a Saturday full of family bliss. Instead, my toddler expressed his budding artistic talent by coloring the wall purple. While I was scrubbing the wall, the little miscreants unraveled yarn across three rooms! While I wrestled with the tangled web, they colored every inch of their skin with markers. Oh, and we ended up in the emergency room because the middle child split his head open on a stool. Not quite the day I dreamed up. You know the drill. Parenting is exhausting. When we are at the end of our rope, it is far too easy to command or correct our kids rather than coach them. Anger at our child's disobedience can drive them further from truth instead of closer. If they can't win, they won't play for long. Redirect your irritation to instruction. Remember God's patience for your disobedience before you address their disobedience.

## DAY PHILIPPIANS 4:4-7

4

“Worry never robs tomorrow of its sorrow; it only saps today of its joy.” (Leo Buscaglia) A very prevalent emotion of worn out mothers and fathers is anxiety. We worry about our child’s future—their careers, their spouses, their health, and well-being. We worry about the friends they make. We worry about whether they’ll walk with God and make good choices. It can be overwhelming. The thing is, worrying never got anyone anywhere. If we could only turn our anxiety into peace. But we can. God promises that, if we take our worries—those things that keep us up at night—to Him and lay them in His very capable hands and trust Him with the outcome, He will give the kind of peace our souls need to stop worrying and focus on investing in our child’s life.

## DAY GALATIANS 6:1-6

5

We cannot control the heart of our child—no matter how old. But we can certainly influence them greatly. God has given parents the place of influence in the child’s life. When it comes to talking to our kids about their failures, approach trumps content every time. This passage tells us that the approach is gentle (not accusatory), humble (aware of my own propensity to sin), involves personal reflection (am I a hypocrite?)—and all with an eye toward restoration (not judgment). Notice that we cannot obey for them, we can only encourage them in the right direction. The next time you sit down with your kids, pay attention to how you approach them. And, try God’s approach. I hear He knows a thing or two about parenting stubborn children.

AppNotes are available on our Facebook page, Monday-Friday.

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