



“NURTURING PARENTS”

Series: “LIFE-GIVING RELATIONSHIPS”, Part 4 of 6

Sunday, May 12, 2024, at 9:00 and 11:00 AM

Mother’s Day

Text: Deuteronomy 6:6-9, Exodus 2, and other miscellaneous passages related to parenting

Big Idea: The trajectory parents create for their children will impact them for good or ill for the rest of their lives.

Children are a tremendous blessing from God!

Raising children successfully is a tremendous challenge!

I. BE DISCERNING ABOUT YOUR CHILD’S APTITUDES.

Exodus 2:2b, “When she saw that he was a fine child, she hid him for three months.”

Psalms 127:4, “Like arrows in the hands of a warrior are sons born in one’s youth.”

II. BE INNOVATIVE IN DEALING WITH THE PRESSURES PARENTING BRINGS.

1 Peter 5:8, “Be of sober spirit, be on the alert. Your adversary, the devil, prowls about like a roaring lion, seeking someone to devour.” (NASV)

Fishel says: “Yes. I’m a family therapist, and I sort of half joke that I could be out of business if more families had regular family dinners, because so many of the things that I try to do in family therapy actually get accomplished by regular dinners. There have been more than 20 years of dozens of studies that document that family dinners are great for the body, the physical health, the brains and academic performance. Then the mental health benefits are just incredible. Regular family dinners are associated with lower rates of depression, and anxiety, and substance abuse, and eating disorders, and tobacco use, and early teenage pregnancy, and higher rates of resilience and higher self-esteem.”¹

¹ 1 Anne Fishel, *The Benefits of Family Mealtimes*. (The Harvard EdCast: S1:EP355), posted April 1, 2020.

Deuteronomy 6:6-9, "These commandments that I give you today are to be upon your hearts. Impress them on your children. Talk about them when you sit at home and when you walk along the road, when you lie down and when you get up. Tie them as symbols on your hands and bind them on your foreheads. Write them on the doorframes of your houses and on your gates.

III. BE SENSIBLE TO THE DIFFERENT SEASONS OF PARENTING.

Exodus 2:9, "Pharaoh's daughter said to her, "Take this baby and nurse him for me, and I will pay you." So the woman took the baby and nursed him."

Discipline

Training

Coaching

Friendship