

Conversation #4

As we look back at the past we always have to do it in Grace and Truth. We are going to dig a little and discover the some of the wonderful things our parents have passed on to us and some of the not so healthy things. This is not a counseling session so we are briefly going to look at our childhood with purpose.

CONVERSATION #4: LOOKING BACK

Lean: Read Ephesians 2: 3-7. This passage is a beautiful reminder of who we were and who God is. Look at verse 4. Who gives us hope? He takes our sin, pain and mess and offers us grace. Our past is redeemed, we are set free and made alive in Him. Not because of what we've done but because of Him.

Learn: Before we move on take a moment to thank God for what He has done. **Your Roots-**

List some of the things your mom and dad did well.

List some of the things your mom and dad didn't do well.

What 3 words would you use to describe your relationship with your mom? Dad? _____

What do you find yourself bringing into your own parenting from what you saw your parents do? List 3 things positive and negative. _____

Now text your parents and thank them for the positive. Then ask God to help you stop the cycle of the negative you've carried into your own parenting. Through God's grace and power we can stop the cycle. Ask for help. Get someone to hold you accountable. Remember there's no time for shaming or blaming that only sidetracks you from moving forward in forgiveness and truth.

Next evaluate your relationship with each of your children. Write the child's name and the top 2 strengths and needs in that relationship.

Personal Character

Now we are going to do some self reflection. Remember we can't give our kids what we don't have. Evaluate yourself in these areas: (Place a check mark on your strengths and underline what you need to work on.)

teachable	God-seeking	honest	gracious	loving in my actions
calm	grateful	patient	forgiving	resilient/persistent
faithful	accepting	kind	self controlled	responsible
content	servant heart	humble	loving in my words	

Write down your 2 greatest character strengths. _____

Prayerfully look over the list and ask God to show you what areas you need to deal with.

Do you need to talk to your spouse or children and ask forgiveness for how these weaknesses may have affected them? List who you need to talk to and why. Then go to them.

Healing starts with confession.

Live: What are 2 action steps you'll take to improve your relationship with your children.