

Sermon #2 – Milestones and Memories

Joshua 4:1-24

February 11, 2018

Nudge Often, Coach Sometimes, Explode Rarely – Michael Jackson

Do you ever catch yourself sounding exactly like your own parents? I know I do. The phrase “knock it off” was a classic at my house growing up, and wouldn’t you know it, I catch myself using it in about the same tone as I heard it as a kid. Usually we notice our “inherited” parenting styles when we react in a way that we swore we never would, and it’s usually an explosive overreaction of some sort; or perhaps it’s just me. Author and family ministry veteran Josh Griffin offers some alternatives to help us avoid the immediate parental explosion.

Nudge often

Your teens need nudging more than anything. A nudge can be a recognition of something or someone good – literally a little kick under the table or slight elbow to increase attention. You hear a particular good point in a movie, give them a nudge. They’re about to take a big leap of faith, give them a little nudge. See an example of a good friend or a particularly bad friend? Help them see it more clearly with a little nudge. Effective parents have scores of moments like this throughout the week. These are beautiful, simple moments that make a huge difference while the teenagers hardly notice they are being parented.

Coach sometimes

There’s nothing better than a great coaching moment – these are longer interactions than the quick nudge, where you unpack the behavior that was unacceptable or identify something that was noticed. You coach them to get their homework in even though they’ll get zero points because it builds good will with the teacher. You push them to stick out the cross-country season because it teaches them to finish what they start. These types of interactions happen

weekly but be careful they don't happen too frequently or they could easily degrade into lectures and stump speeches.

Explode rarely

Often times the “go to” reaction of parents, a fiercely passionate parent has its place, but needs to be used rarely to remain effective and not characterize the parental style. My goal is that my teenager feels the urgency of the situation without a full on verbal brawl, but if it has to come to that I will go there. These are reserved moments that must happen rarely, saved for those life-altering trajectory moments that deserve it.

Take a few minutes and think about your default reaction. Do you notice those little moments, words or details and nudge often? When there needs to be a little more push, do you coach well? What consequences has the explosion caused in your family? What would you go back and change if you could?

For more resources on a variety of parenting, and teen culture issues check out. www.cpyu.org (center for parent/youth understanding)

Showing our Kids God's Goodness – Julie Jackson

Some of the best lessons we can teach our children are taught in the throws of a very difficult time. In January of this year I lost my mother after a 4-year battle with leukemia and other related issues. In the midst of all that our family tried to focus on the truth of who God is and what He wants for our lives no matter our current circumstances. Through this difficult time my children saw that we can be a testament to God, His love and His comfort and ultimately the hope we have in Him alone.

Does having faith in God during a difficult time mean that we cannot grieve, that we cannot cry out to God when we don't understand every- thing happening around us, absolutely not! God is the God of comfort and peace. Before we even tell Him, he knows our hearts, our hurts. You might be asking yourself: How do I help my child deal with unexpected life events like the death of a loved one, a divorce or a move that is far away from family and friends?

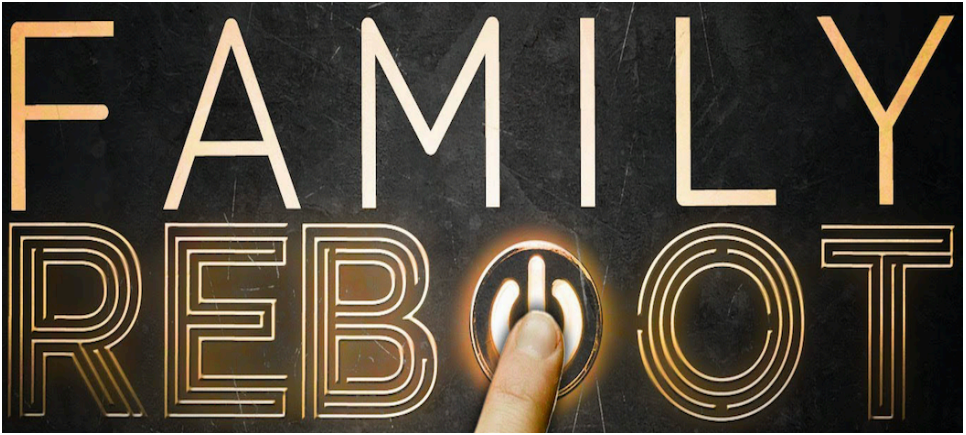
1. Remind your children that the God we serve is the creator of the universe. He knows all things and always knows what is best for His children, although we might not understand. (Isaiah 55:8-9)

2. Model healthy grief after a loss. You do not need to pretend to be braver and stronger than you really are. Allowing your child to see your sadness is a natural way for them to learn how to deal with their own emotions.

3. Not all kids are able to express their grief verbally. They might not be able to articulate all the things they are thinking or feeling. Encourage your child to draw a picture about how they feel. Art can be a great way for kids to express themselves.

4. Through it all lay a foundation of truth for your kids. God is God and He is Good in the midst of it all...the good...the bad...and the ugly.

If you are currently dealing with a loss in your family check out all the family friendly resources at www.focusonthefamily.com



Sermon #2 – Milestones and Memories

Joshua 4:1-24

February 11, 2018

Nudge Often, Coach Sometimes, Explode Rarely – Michael Jackson

Do you ever catch yourself sounding exactly like your own parents? I know I do. The phrase “knock it off” was a classic at my house growing up, and wouldn’t you know it, I catch myself using it in about the same tone as I heard it as a kid. Usually we notice our “inherited” parenting styles when we react in a way that we swore we never would, and it’s usually an explosive overreaction of some sort; or perhaps it’s just me. Author and family ministry veteran Josh Griffin offers some alternatives to help us avoid the immediate parental explosion.

Nudge often

Your teens need nudging more than anything. A nudge can be a recognition of something or someone good – literally a little kick under the table or slight elbow to increase attention. You hear a particular good point in a movie, give them a nudge. They’re about to take a big leap of faith, give them a little nudge. See an example of a good friend or a particularly bad friend? Help them see it more clearly with a little nudge. Effective parents have scores of moments like this throughout the week. These are beautiful, simple moments that make a huge difference while the teenagers hardly notice they are being parented.

Coach sometimes

There’s nothing better than a great coaching moment – these are longer interactions than the quick nudge, where you unpack the behavior that was unacceptable or identify something that was noticed. You coach them to get their homework in even though they’ll get zero points because it builds good will with the teacher. You push them to stick out the cross-country season because it teaches them to finish what they start. These types of interactions happen weekly but be careful they don’t happen too frequently or they could easily degrade into lectures and stump speeches.

Explode rarely

Often times the “go to” reaction of parents, a fiercely passionate parent has its place, but needs to be used rarely to remain effective and not characterize the parental style. My goal is that my teenager feels the urgency of the situation without a full on verbal brawl, but if it has to come to that I will go there. These are reserved moments that must happen rarely, saved for those life-altering trajectory moments that deserve it.

Take a few minutes and think about your default reaction. Do you notice those little moments, words or details and nudge often? When there needs to be a little more push, do you coach well? What consequences has the explosion caused in your family? What would you go back and change if you could?

For more resources on a variety of parenting, and teen culture issues check out. www.cpyu.org (center for parent/youth understanding)

Showing our Kids God’s Goodness – Julie Jackson

Some of the best lessons we can teach our children are taught in the throws of a very difficult time. In January of this year I lost my mother after a 4-year battle with leukemia and other related issues. In the midst of all that our family tried to focus on the truth of who God is and what He wants for our lives no matter our current circumstances. Through this difficult time my children saw that we can be a testament to God, His love and His comfort and ultimately the hope we have in Him alone.

Does having faith in God during a difficult time mean that we cannot grieve, that we cannot cry out to God when we don’t understand every- thing happening around us, absolutely not! God is the God of comfort and peace. Before we even tell Him, he knows our hearts, our hurts. You might be asking yourself: How do I help my child deal with unexpected life events like the death of a loved one, a divorce or a move that is far away from family and friends?

1. Remind your children that the God we serve is the creator of the universe. He knows all things and always knows what is best for His children, although we might not understand. (Isaiah 55:8-9)

2. Model healthy grief after a loss. You do not need to pretend to be braver and stronger than you really are. Allowing your child to see your sadness is a natural way for them to learn how to deal with their own emotions.

3. Not all kids are able to express their grief verbally. They might not be able to articulate all the things they are thinking or feeling. Encourage your child to draw a picture about how they feel. Art can be a great way for kids to express themselves.

4. Through it all lay a foundation of truth for your kids. God is God and He is Good in the midst of it all...the good...the bad...and the ugly.

If you are currently dealing with a loss in your family check out all the family friendly resources at www.focusonthefamily.com