

# “Our Father” Shows us How to Parent.

Put this list on the fridge and check one thought a day or one a week.

1. Show up. Make a special daily time for each child. Children do not have to act out if they know they have access to a parent at a regular time. Go for a walk TOGETHER, prepare a meal TOGETHER, clean house TOGETHER. (God is always available to his children).



2. Touch, children deprived of human touch are ill more often and at special risk of mental illness, extreme deprivation of touch to an infant can even lead to death. If your children are in day care make it a point to touch them. Human touch releases chemicals that make the child feel all is well. Day Care providers are likely instructed NOT to touch the children so the parent must make up for it or talk with the provider. (Jesus Healings almost always followed his touch)

3. Stoop, Children are not luggage we tow through life. They are fellow travelers. Stoop and see what is in their eyes. A godly parent looks first at a child’s need, then behavior. (God put himself in our situation so we would know he understands us.)

4. Explain, explain, explain, Correcting a child means showing them how to get it right. The beginning AND end of every timeout should be an explanation. One of the biggest lessons I ever learned is that obedience is a choice. Children decide for themselves if they want to obey us, if they TRUST our love they choose to obey. (Christ does not demand our obedience he commands it by his love.)

5. FIND OR FORM A SUPPORT GROUP/ CHURCH There is no such thing as a super parent. A once a month meal where everyone brings something is PRECIOUS. My mother and grandmother belonged to the half day creek club for over 80 years. (God ordained the church because he understands how important fellowship is to all of us, especially parents.)

6. Pray (God instructs us to pray to him as “Our Father”. He loves his children and can help us love ours. Next time being a parent is not easy...PRAY.

7. Ask forgiveness for not being a perfect parent. I love you but when I am wrong forgive me. Especially ask forgiveness for not knowing how to stop a divorce. Asking forgiveness is not taking the blame for the past it is clearing the way for the future. (God forgives and helps us START OVER fresh each morning the one thing we all need most...with God and with our children.)

8. Share chores. A forty year study by Harvard university shows that the one thing that determines if a child will ever spend time in prison is not his family situation, riches or poverty or even school performance it is whether or not he ENJOYS working. Show your kids where everything belongs, set the timer for five minutes and WHISTLE or sing while you work. SHARING CHORES is much better than assigning them. Colossians 3:23-24 **Whatever you do, work at it with all your heart, as working for (and with) the Lord.**

9. Share creation. Walking is God’s model for a perfect relationship. He walked with Adam. Walking with our children allows them to be individuals but still TOGETHER. It also allows us to

be surrounded by balance, harmony, seeds and fruit lessons that have disappeared in the computer world that dominates our kid's souls. Most children will never see if we don't work at providing outdoor time. **(The nature of God is made clear in the things he has made. Romans 1;20,)**

**\_\_10. Have a set of written GOALS.** God's goals for his children are: 1. that they trust and enjoy him, 2. that they love one another, 3. that they learn right from wrong, 4. that they live a life of service, 5 that they are leaders not followers. *You might make copies of this for your room and your child's room. Being busy can make us forget what is important. GOALS MATTER...they are the one thing God never turns loose of.* **(I know the plans I have for you, plans with a hope and a future. Jeremiah 29:11)**

**\_\_11. Partner with God.** Trying to parent without him is like trying to run a marathon with one leg. Let God and his word be your other leg. **I am with you always, Matt. 28:20**

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