

**This little story**

# ***"Milk and No Cookies"***

*was designed for children 3-10...old enough to feel  
the emotional loss of divorce but too young to put  
their deepest thoughts and feelings into words.  
(The age of silent suffering.)*

*We pray that in addition to providing comfort  
this story helps young children trust God for help in  
solving the many small problems presented by parents  
who live in different houses, problems like  
milk and no cookies.*

*The best beginning to the story is probably  
a real plate of cookies and a real glass of milk.  
May God's grace sustain you as you read together.  
We believe very much in the story and hope  
it is a blessing to as many children  
and parents as possible.*

**ANGELA WANTED COOKIES AND THERE  
WERE NONE IN THE CUPBOARD. SHE HAD  
FOUND THE LITTLE CARTON OF MILK  
AND NOW SHE WANTED COOKIES.**



**ANGELA PEEKED IN THE KITCHEN TO LOOK AT HER MOTHER. SHE LOOKED BUSY BUT ANGELA DECIDED TO TALK TO HER ANYWAY. "MOTHER" SHE SAID, "I CAN'T FIND ANY COOKIES.".**

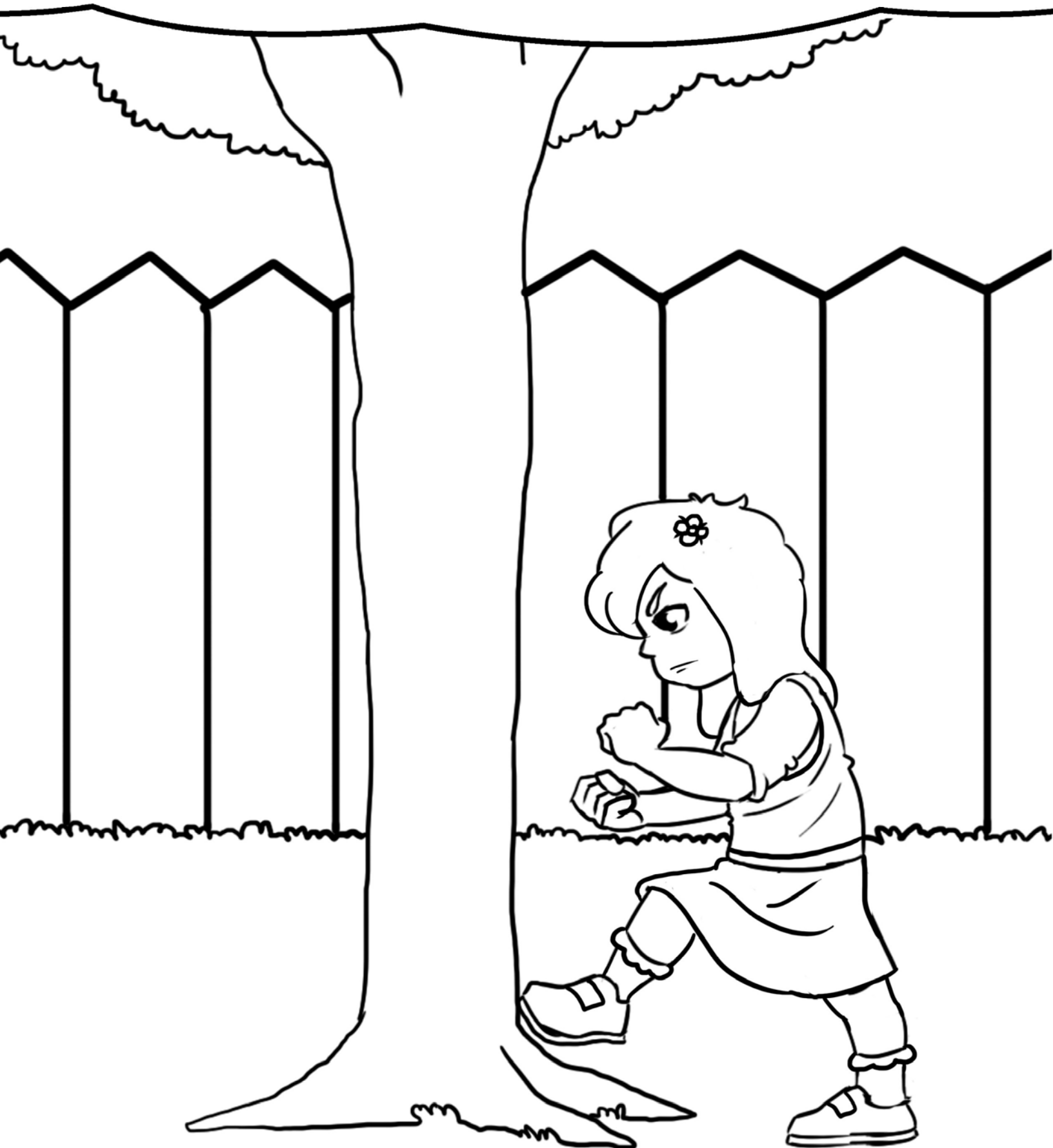


**HER MOTHER TURNED FROM HER WORK AND  
SAID: "SWEETIE, WE DON'T HAVE ANY  
COOKIES, BE A DEAR AND DRINK YOUR MILK."**

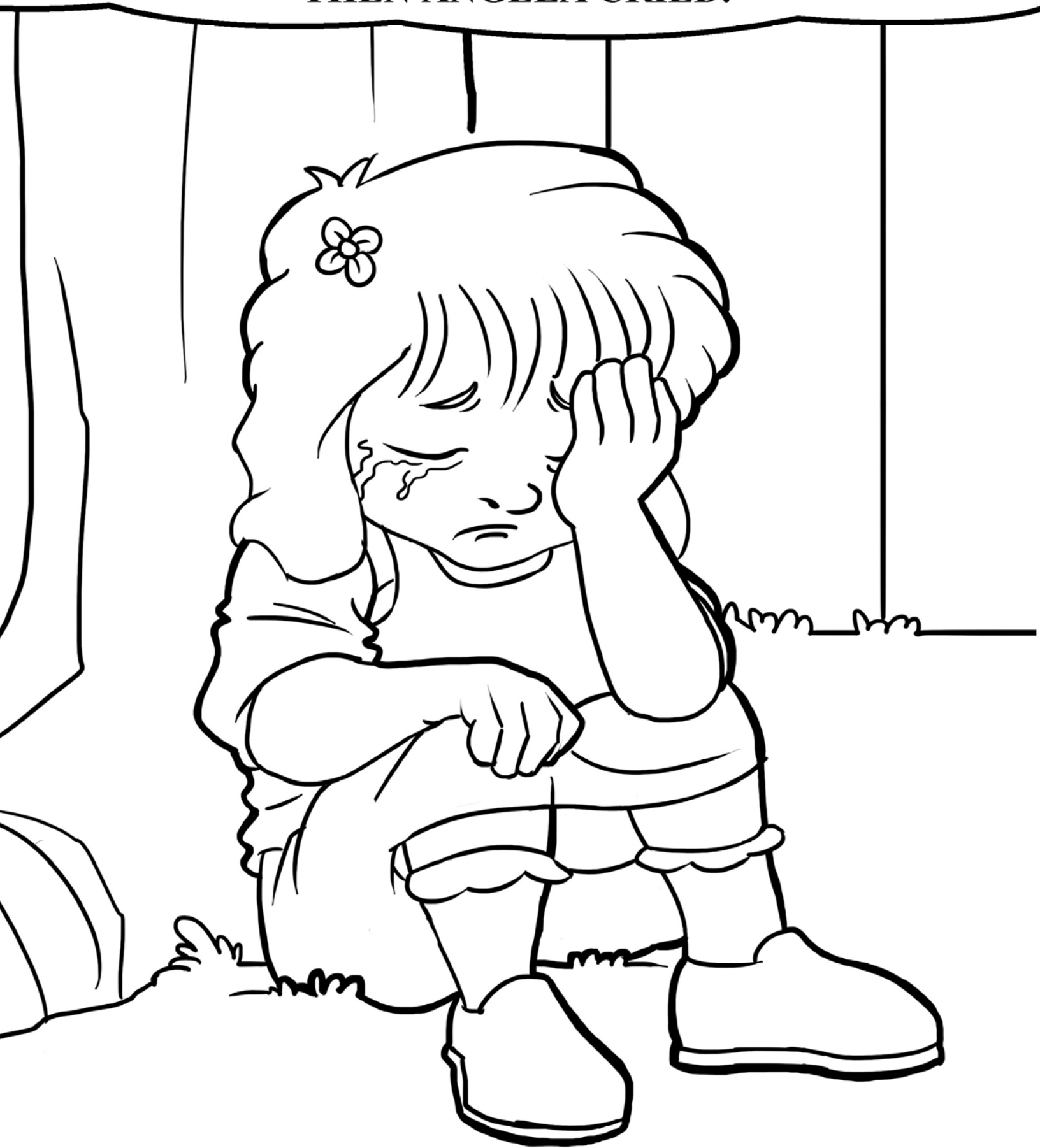




**BUT ANGELA DIDN'T, SHE LEFT THE MILK ON THE TABLE AND WENT INTO THE BACK YARD AND KICKED THE ELM TREE. (Parents Note: Underneath anger is almost always hurt or loss or both...see what Angela does next.)**



**THEN ANGELA CRIED.**



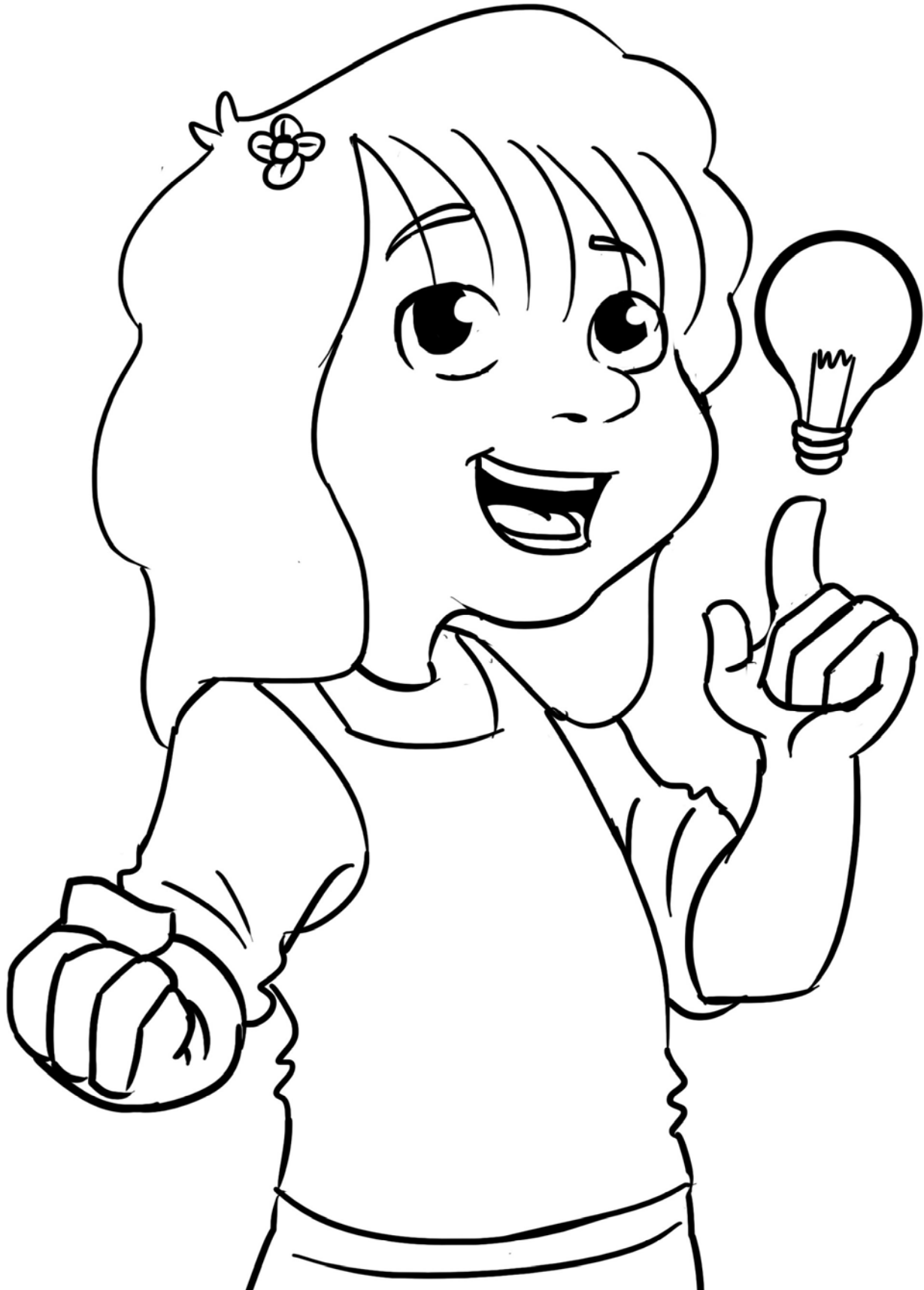
**Parents note: If we step on a stick and the other end hits our child we should say "forgive me". The same is true in divorce, even if the hurt was unintended, even if we are not at fault. Asking forgiveness is not taking the blame for the past.**

**It is clearing the way for the future.**

**AND WHEN SHE WAS DONE CRYING SHE PRAYED:  
"JESUS COULD YOU PLEASE HELP ME FIND SOME  
COOKIES TO GO WITH MY MILK?"**



**ANGELA HAD JUST FINISHED PRAYING WHEN SHE HAD  
AN IDEA. (*WHISPER THIS LINE*) SHE WASN'T SURE THE IDEA  
WAS FROM JESUS BIT IT MADE HER FEEL SO GOOD  
IT PROBABLY WAS.**



**SHE RAN BACK INSIDE AND SHOUTED: "MOM, I BET  
DAD HAS SOME COOKIES. COULD I GO TO HIS  
HOUSE? I COULD TAKE MY CARTON OF MILK  
TO GO WITH HIS COOKIES."**



**ANGELA'S MOTHER HAD A TEAR IN HER EYE  
AS SHE SAID: "IF YOU WANT TO SEE YOUR DAD...  
WE'LL CALL HIM."**



**HER DAD SAID: “YES”,  
SHE COULD COME,  
BUT HE DIDN'T HAVE ANY MILK.**



**ANGELA SAID:  
"I'LL BRING MINE"**





**AND SO, ANGELA'S MOTHER DROVE HER TO HER DAD'S NEW HOUSE. ANGELA THOUGHT: "If divorce means you have to live in different houses I don't like it." But she knew she couldn't undivorce people so she kissed her mom, grabbed her milk and got out of the car.**



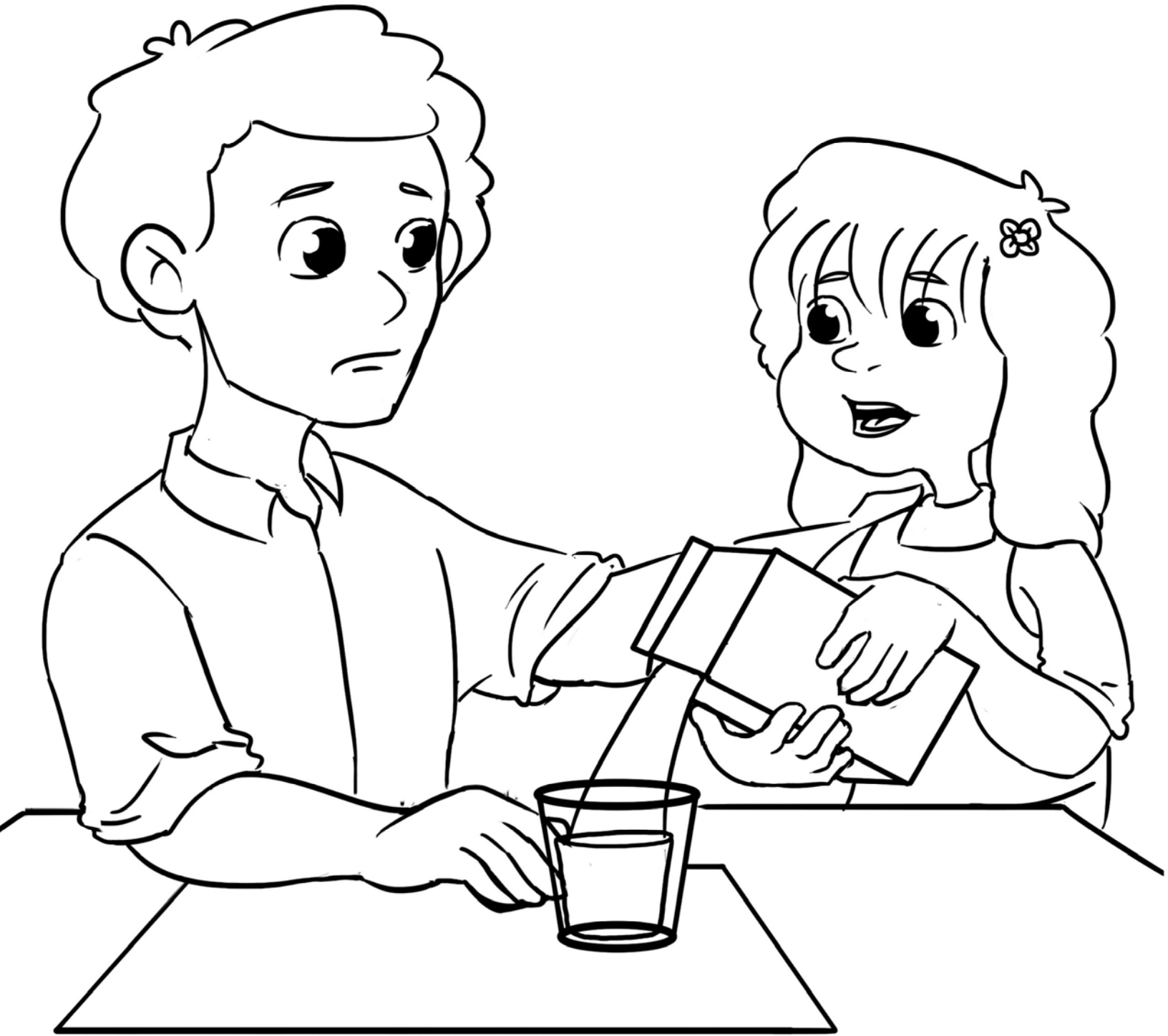
**HER DAD OPENED THE DOOR,  
HUGGED HER AND SAID:  
"HELLO SPORT".**



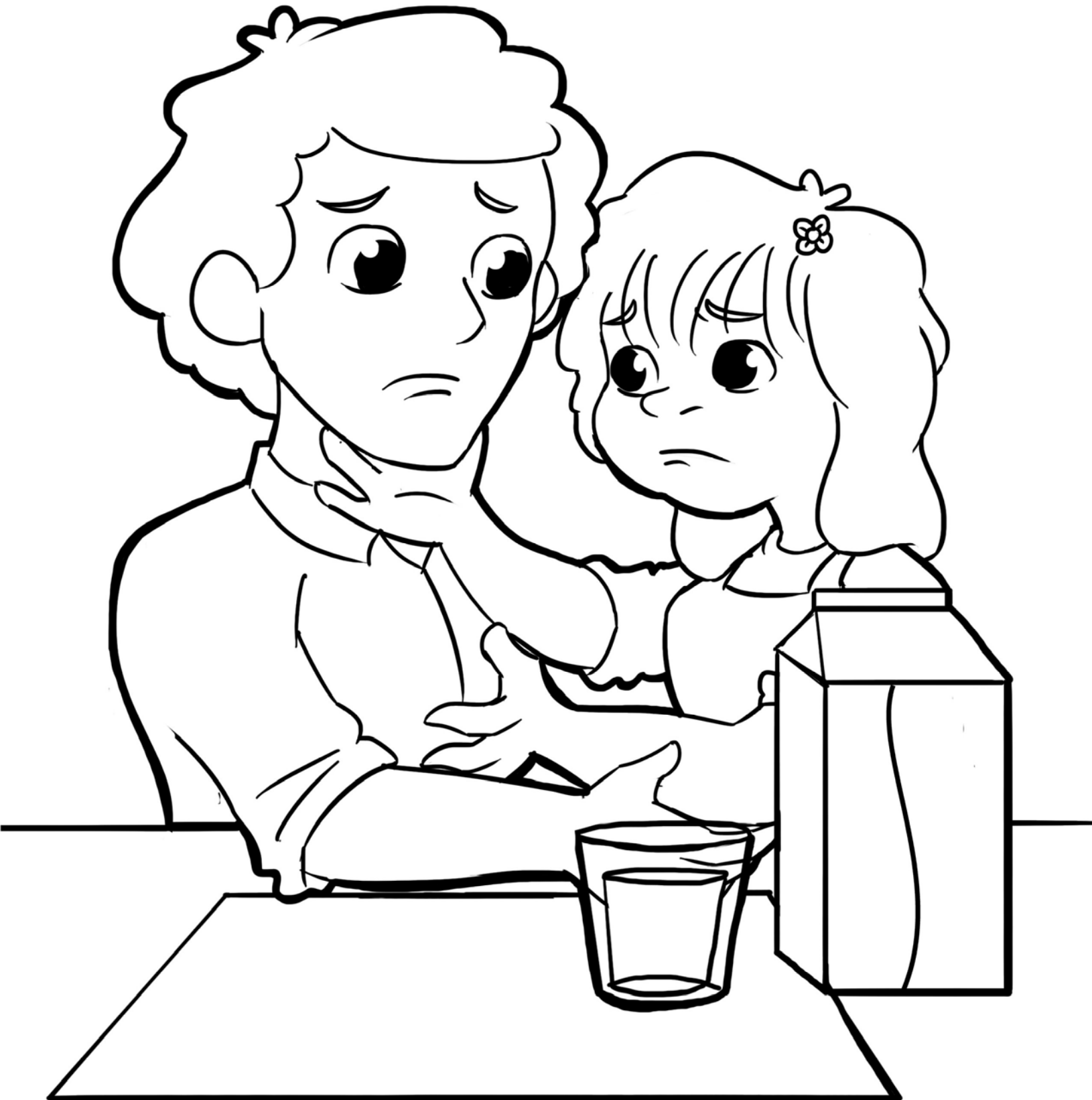
**ANGELA FORGOT ABOUT THE COOKIES UNTIL  
HER DAD SWUNG HER THRU THE AIR AND  
SAT HER AT THE TABLE.**



**HER DAD OPENED THE CARTON OF MILK AND LET  
ANGELA POUR. BEFORE SHE KNEW WHAT WORDS  
WERE ON HER MIND ANGELA SAID:  
"WHEN WILL THE DIVORCE BE OVER?".**



**ANGELA'S FATHER SUDDENLY SEEMED VERY  
SAD. SEEING HER FATHER SAD MADE  
ANGELA WANT TO HUG HIM AND  
TAKE BACK HER QUESTION.**



**BUT HER DAD KNELT DOWN, LOOKED IN ANGELA'S EYES, AND SAID: "IT'S NOT YOUR JOB TO FIX THE DIVORCE. YOU DID NOT MAKE IT AND YOU CAN'T FIX IT".**



**ANGELA STILL DIDN'T FEEL VERY GOOD BUT  
SHE SAW A PICTURE OF JESUS  
ON THE REFRIGERATOR  
AND REMEMBERED HER PRAYER.**



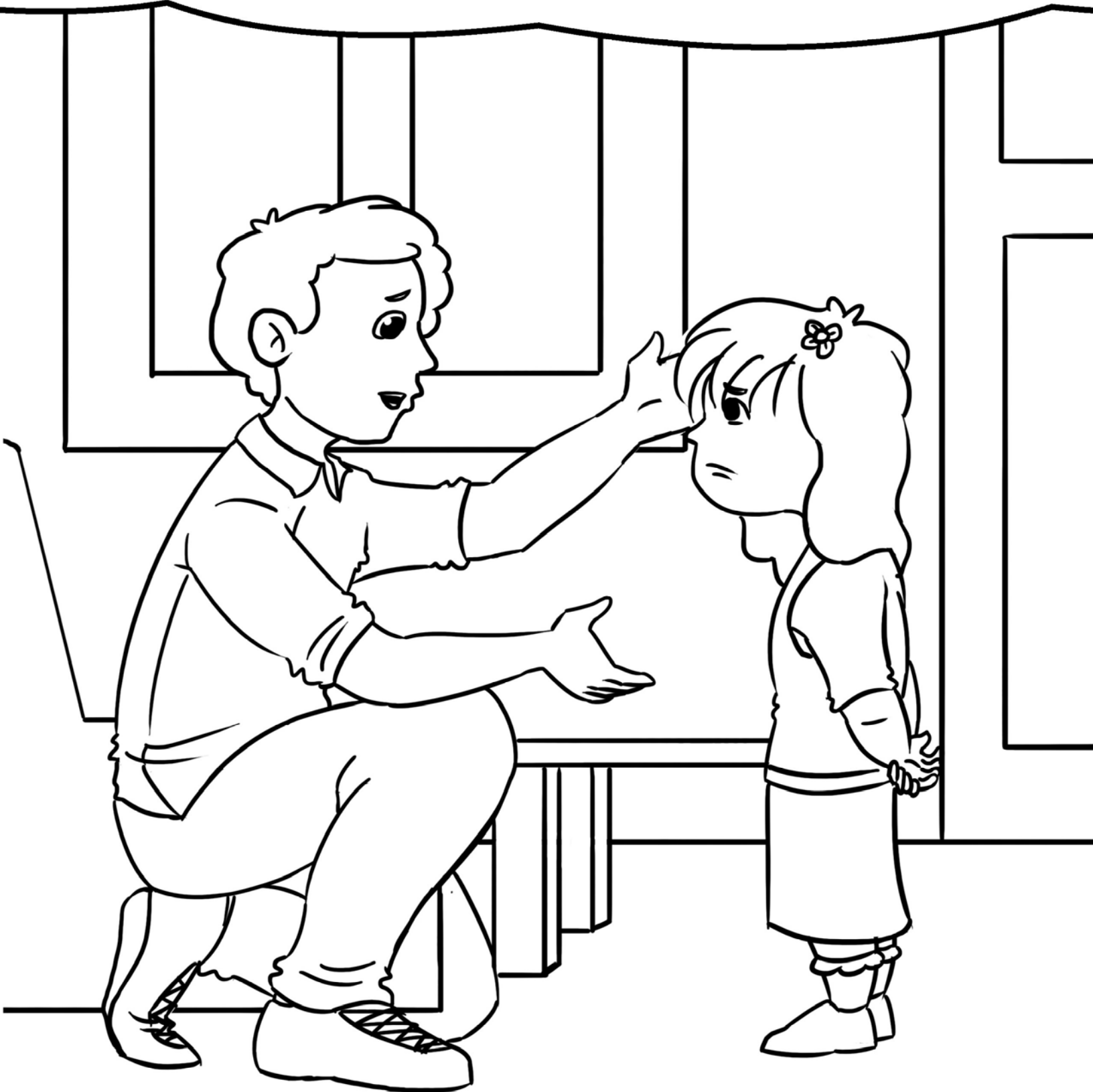
**Parents note: In the Bible Moses, Joseph, Samuel, and Daniel all had family trouble, and yet God raised all four to be leaders of their people. Having family trouble does not mean you and your children are at the bottom of God's list, it puts you at the top. For your children's sake put Him at the top of your list. Give Church a try...for their sake.**

**SHE SAID TO HER FATHER:  
"JESUS HELPED ME GET COOKIES AND MILK.  
COULD HE HELP YOU GET UNDIVORCED?".**





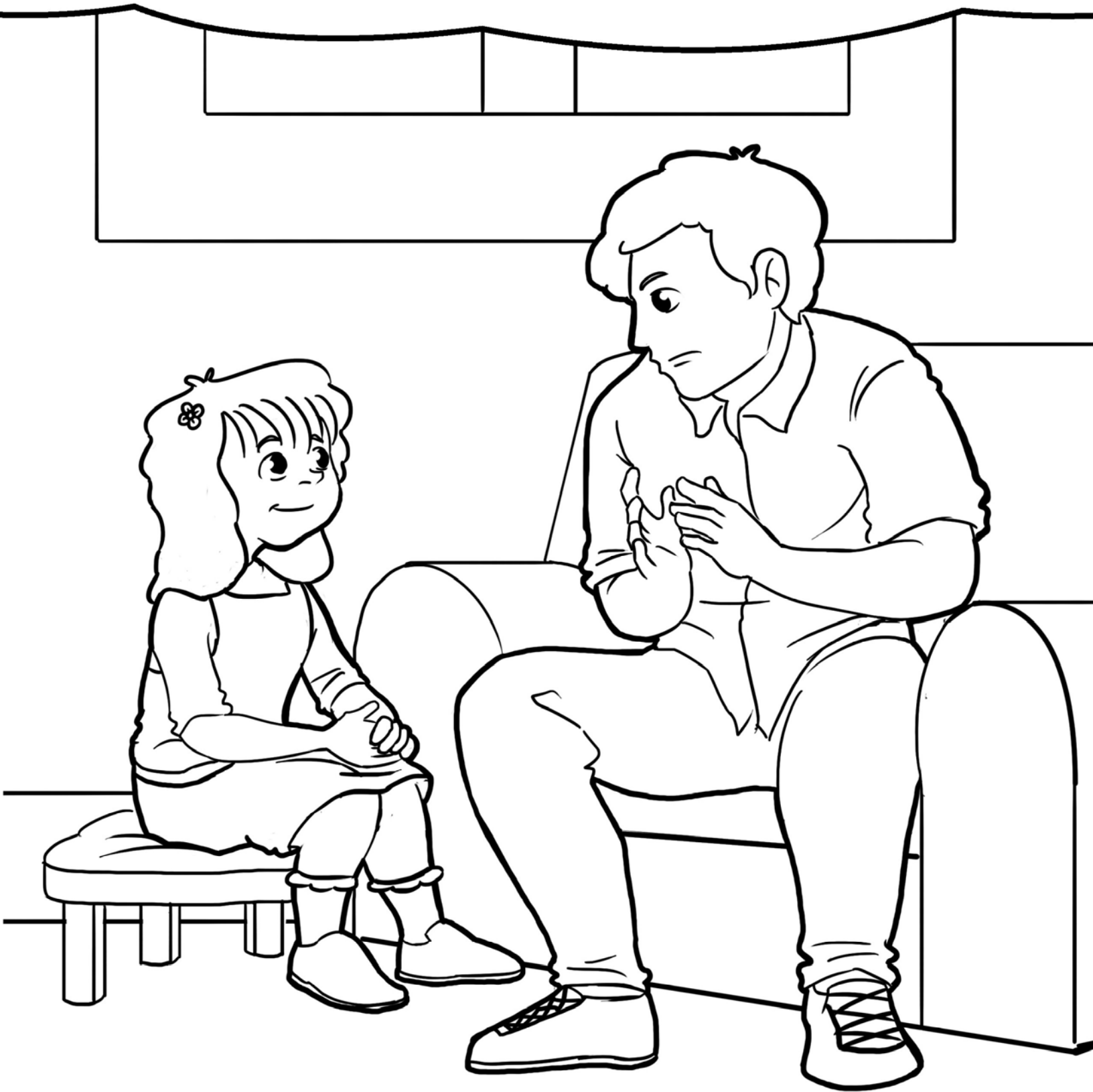
**ANGELA'S FATHER SEEMED EVEN MORE SAD. "HE CAN  
IF PEOPLE WILL LET HIM, BUT YOU CAN'T. WHAT YOU  
CAN DO IS LOVE EVERYONE AROUND YOU AS MUCH AS  
YOU CAN...AND WHEN IT IS VERY HARD  
ASK JESUS TO HELP YOU."**



**ANGELA WHISPERED TO HER FATHER.**  
**"I'M GLAD YOU DIDN'T DIVORCE JESUS TOO."**



**ANGELA'S FATHER SAID: "I WOULD NEVER  
DIVORCE JESUS. HE IS MY FOREVER FAMILY...  
YOUR'S TOO."**



**ANGELA FELT BETTER. mAYBE IT WAS THE MILK  
AND COOKIES...MAYBE IT WAS FEELING LIKE SHE  
STILL HAD A FAMILY...EVEN IF EVERYONE LIVE IN  
DIFFERENT HOUSES.**



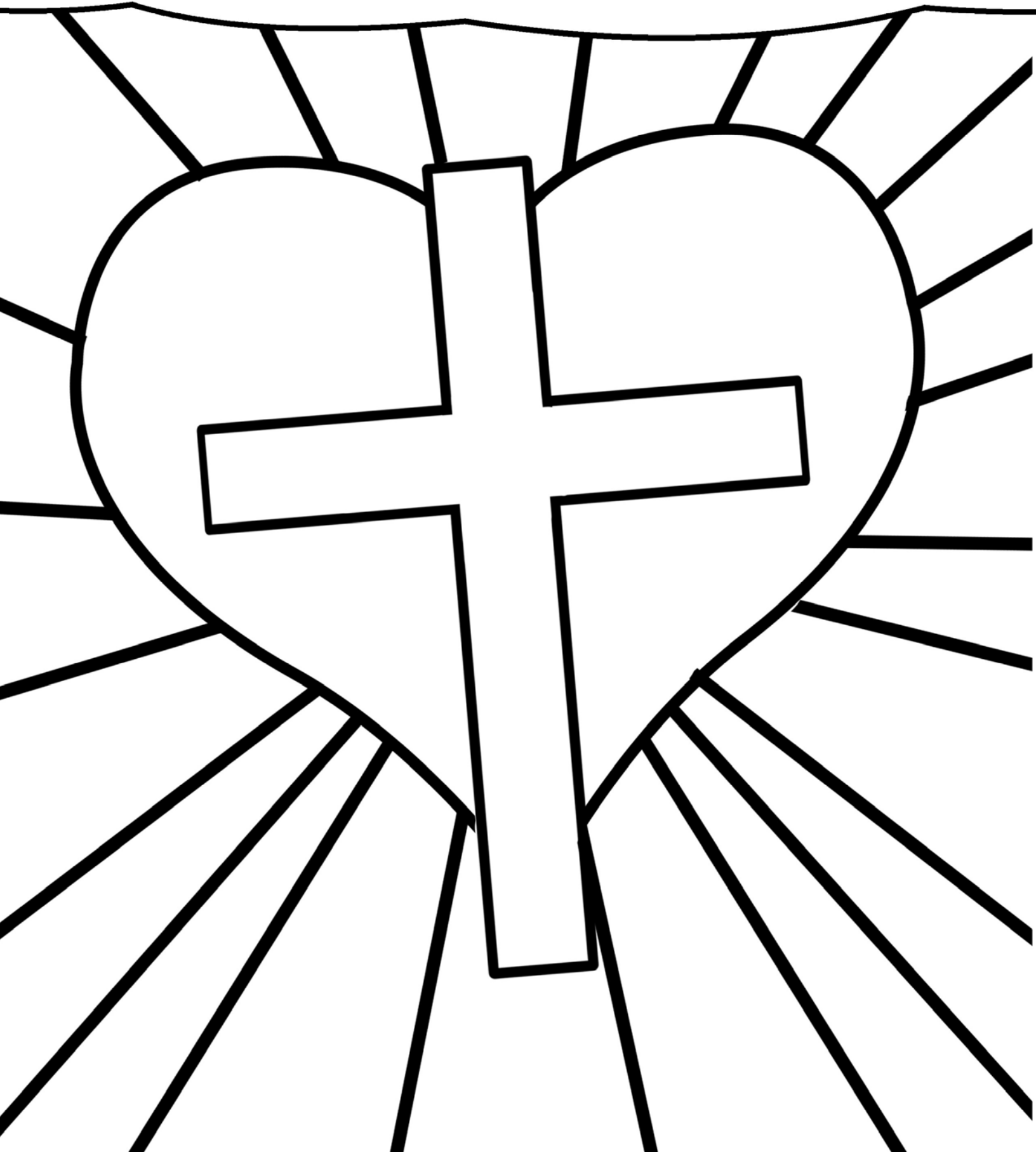
**LATER WHEN THEY WERE IN HER DAD'S CAR ANGELA  
WHISPERED ANOTHER PRAYER: "THAN YOU JESUS FOR  
COOKIES AND MILK BUT MOST OF ALL THANK YOU  
FOR MAKING US ALL PART OF YOUR FOREVER FAMILY."**



**WHEN SHE SAW HER MOTHER AGAIN SHE SEEMED SO TIRED ANGELA HUGGED HER AND PRAYED AGAIN: "JESUS PLEASE HELP MY MOM NOT TO BE TIRED ALL THE TIME. HELP HER KNOW SHE IS IN YOUR FAMILY TOO.**



**THEN ANGELA ADDED TO HER PRAYER:  
"THANK YOU GOD FOR HELPING US LOVE EACH OTHER  
EVEN WHEN WE LIVE IN DIFFERENT HOUSES.".**



# ***PARENTS NOTE***

***The best end to the story is probably a hug  
followed by one last cookie.***

***We pray that parents and children alike do not allow  
divorce to come between them and God...  
that they do not blame or turn away from their one great source  
of comfort and support...that when their earthly family  
is damaged they find a forever family,  
a church family.***

***In short, when Christ said:  
"Let the little children come unto me."  
there was no exclusion for the children of divorce...  
or their parents.***

***The real last page to this story is:  
"You-me-church-Sunday."***

***Authors Note: The greatest loss for most children is TIME spent  
with their parents. For a variety of great healing activities visit:  
[www.childrenafterdivorce.com](http://www.childrenafterdivorce.com)***



# ***The Miracle Power of Blessings***

**Strengthen your spiritual CONNECTION to your children!**

*Try our blessing cards for just three days and see the change in your family.*

**Visit [www.childrenafterdivorce.com](http://www.childrenafterdivorce.com)**

**Print a few Blessing cards.**

**Put at least two ON DISPLAY in your home.**

**Keep some within easy reach...maybe by the TV.**

## **Godly loving reasons to USE Blessing Cards.**

- 1. Blessings help us reveal to a child our deepest dreams for them.**
- 2. Blessings remind both parent and child to look to God for help.**
- 3. Blessings become memories that last a lifetime.**

*For more reasons to use blessing cards visit [www.childrenafterdivorce.com](http://www.childrenafterdivorce.com)*

**Sample Blessings appear 1/4 size**

**When blessing a girl adjust the blank space in the personal pronouns.**

### **BLESSING FOR A BOY**

**Father, bless this male child, this one who is becoming a man. Fix his eyes on Christ, his mind on Scripture. Bind his hands to helping others. Make his spirit strong and his heart tender. Anchor his feet in the world we cannot see and let his daily prayer be: "On earth as it is in heaven."**

**Bless him with a vision of who you are for WITHOUT THIS VISION HE CANNOT KNOW WHAT MEN ARE MEANT TO BE AND DO.**

I will instruct thee and teach thee..Psalm 32:8

### **SCRIPTURAL BLESSING**

Ephesians 3:16

**MAY GOD STRENGTHEN YOU  
WITH POWER  
THROUGH HIS SPIRIT  
IN YOUR INNER BEING  
SO THAT CHRIST MAY DWELL IN  
YOUR HEART THROUGH FAITH.**

### **FOR A DOUBTING CHILD**

**Holy Spirit, God with us, be real to this child so \_he will know that you are real. Help h\_\_ see beyond the solid walls and solid earth to your solid love and wondrous power which hold all earthly things in place. May your great and wondrous spirit whisper to h\_\_ spirit the meaning of Christ and of salvation.**

he rewards those who earnestly seek him. Hebrews 11:6

**"David returned home to bless his family" 1 Chronicles 16:43**

# The Lesson of the Quarter

Of all our helps for the children of divorce we have found this one is often the most helpful often with almost instant results. It is probably best not to try it for at least a month after the divorce.

**Give the child a quarter and tell them they can keep it if they hold on so tight that you can't pry it out of their hand...then try to open the fingers of that little fist...but not too hard. After trying to pry their fingers open for a moment or two reach in your pocket and hold out a dollar. Tell the child he can have the dollar if he will give you the quarter. Then explain that God has good things for all of us...each day...if we will turn loose of what we are holding onto. Explain that to get God's best we have to give up our own idea of what would make us happy before we can get something better. Then ask if he is holding on to a dream of making your family the way it used to be. Gently suggest to the child that he is missing a lot of dollars...a lot of God's blessings...because he is holding on to the way he would like things to be.**

**If things are going well ask the child if he would like to do it again with another quarter but this time ask him to close his eyes. Tell your child (grandchild) he can have what you have in your hand if he will give you the quarter but he can't see what you have in your hand until after he gives you the quarter. If he or she won't give you the quarter with his eyes still closed pat him on the head and say that's alright. (I have done this a lot and every single child I have tried it with has changed his mind within a minute or two...if your child doesn't wait for another day.**

**The point is FAITH. Opening our hand for God to fill it means believing that God is good...that even when we can't see the blessing it is there IF we will trust that God is good. Ask your child directly if he believes that God is good...if he believes that when he turns loose of his own dreams that God will give him something better. (Note for the abused child. If someone is hurting you or scaring you you should always tell an adult you trust.)**

**This game is something that you might try once a week for several weeks. After several repetitions the child will remember the lesson that believing in God's goodness, trusting him is a choice. THEN when your child is having trouble living with the new family situation just remind him that if he keeps his heart open that God will bless him...but if he holds onto his own feelings and desires all he will have is a quarter.**

**The quarter the child is holding may not be a dream of how he would like things to be. It may be the memory of all the hurt that led to the divorce. The miracle is that God has such riches to give if we are willing to release whatever we are holding so tightly whether it is our own dream of how things should be or our anger. This lesson should not be used to pressure a child. We recommend our "Name Heart" activity for balance.**

# HOOKED ON PRAYER?

The child with a habit of daily prayer is nearly 3,500 times as likely to be listed in "Who's Who". There are of course many other ways to measure success, the number of friends you have, a happy marriage, cheerful children etc. This statistic however stands out if you are a single mom trying to pay the bills and still hold on to the hope of some sort of future for your children. This statistic shows that prayer does offer that hope... hope that is often sorely needed.

Sadly most of us are prayer wimps, more importantly we raise our children to be prayer wimps. We have seldom experienced God's answers and we have no idea how to guide our children. One of the best **starting places** we know of is [www.teachustoprayer.com](http://www.teachustoprayer.com). The site and a number of articles have been featured in the Salvation Army magazine "War Cry" and over 30 other denominational magazines. **We recommend a visit.** There is nothing like getting lined up with God to improve your child's future. It is WORTH the time.

The following is a true story, his story, told by an 82 year old man.

He was a volunteer prayer warrior at an Assemblies of God prayer line. I told him of my heart for the children of divorce and he was eager to pray but first he wanted to tell me why. He said that many years ago when he was only two years old his father had taken him and his mother out into the middle of a ranch in North Dakota and left them in an unheated shack to die. It was the middle of a blizzard and the temperature was **30 degrees below zero**. Their life expectancy, especially for a two year old baby, was less than thirty minutes. They should have died. By the grace of God his Mother's Father found them

*Eighty years had passed but the prayer warrior said he had been cold all of his life...not the cold of a North Dakota winter but the cold of knowing his father could abandon him. The only thing, he said, that warmed him all the way through even to this moment were the first two words of The Lord's Prayer...Our Father...which he usually changed to "MY Father". He said that without the Lord's Prayer and The Lord he would have given up many times.*

**We invite you again to visit [www.teachustoprayer.com](http://www.teachustoprayer.com) and get your children started on the adventure of a lifetime.**

# TOGETHER in the kitchen.

Our number one Tip.

**For Children, Rebonding**, reforging the lost or damaged parent child relationship, is THE key part of divorce recovery. Daily contact, a time your child can count on being with you is critical. One way, perhaps the best way, to get that time is regularly preparing a meal together. According to Dr. Margret Meade and Collin Turnbull noted anthropologists the one thing that signals a person is a functioning part of a tribe or family group, that he BELONGS, is assisting in meal preparation. Being a contributor is the bedrock of belonging...the one thing the children of divorce need most.

**For very young children** a parents secret weapon is...the banana. Mark the banana with a magic marker so the child can slice it, skin on, with a sturdy plastic knife with a serrated edge, or go to the hardware store and purchase a child safe knife, something like "cutnsread". Once the banana slices are peeled they can become a variety of deserts a child can be proud of: add fruit cocktail or yogurt and chocolate chips, or chunky peanut butter with just enough milk to make it juicy, or add a bit of mayonnaise and chopped nuts...be creative. For kids, something as simple as bananas mixed with a teaspoon of any type of jam can be a treat. The point is that even the youngest child can contribute and be kept busy. After cutting bananas comes cheese and then oranges and cucumbers and finally apples and potatoes. A child who can cut and pour can prepare anything. There just isn't a better way to insure your child gets daily parental attention combined with a sense of being a contributor (the foundation of a positive self image).

**For kids age nine and up** your secret weapon is helping them make their own recipe book. Each child gets his own notebook and is allowed to paste in a recipe after he or she has made the dish twice. They are rewarded with cash or a special privilege for each recipe they add...as long as the entire family helps with the dish. Try giving a prize to kids for finding a good recipe either on line or in a magazine. Make looking for easy recipes an evening's entertainment. Stir fry and rice is a meal almost any child can cook. Simple casseroles are a dependable favorite. Boys who think cooking is not masculine can go to the internet and search for recipes for men etc. Older boys can even learn to cook a special romantic recipe or two, something to make for or with a prospective sweetheart. Cooking together is a great non threatening date or pre date. By the time a child is fourteen he should have at least twenty recipes in his or her book.

*Preparing meals is a simple way to insure your child gets a little of your time...every day...at a dependable time with the bonus of insuring he or she has a sense of belonging...of being a contributor.*