

## **Guilt Free Parenting Begins with God: 3 ways to let God journey with you**

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You are a great parent! These are stressful times! And ...you are already beating yourself up because you are making mistakes, losing your temper more than you want, and feeling overwhelmed. You need God's help and here are three ways to touch base with the One who will help you through this!

**Morning:** Begin the day with 20 seconds of stillness. As soon as you hear your kids stir, take 20 seconds of stillness and say: "Be still and know that I am God." And then lie still in the presence of God for as long as you can until you need to get out of bed. It might be 5 seconds or five minutes, but you are now aware that God is with you.

**When stress arises:** Your kids will argue with each other. They will refuse to get off of their electronics. They will refuse to do homework and refuse to focus. Your spouse will relax while you do the hard work of correcting them. When this happens, leave the space. Again for 20 seconds. Go to your room, the bathroom, whatever room your kids are NOT in. Say again, five times, "Be still and know that I am God," and then stay in that space until you are ready to return to the stress.

Note: When you leave a space, it changes the dynamics in the room and your kids (and spouse) will be forced to change their behavior. And if they don't, you are better prepared to deal with it when you return.

**At the end of the day:** Begin by saying, "Be still and know that I am God," five times. Then review your day. What did you do right? What was the sweetest moment? Ponder the sweetness for a few seconds.

Then review what you did wrong. When did you "loose it"? When did you handle a situation badly?

Okay, big deal...we all messed up today...you are forgiven! Now go to sleep and in the stillness of your sleep, may you be reminded that God is God and God is with you.