

HEART CONNEX

Truth Flowing from One Generation to the Next—Through Strong Heart Connections

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Finding Joy in Who You Are—Richard Ross, Ph.D.

1. Heart Surprise (Today a parent goes first): Say: **It pleases me when I find something we have in common. When I see something we have in common, it makes me feel . . .**

2. Read Scripture: Invite a family member to pray. Ask family members to read Psalm 139:14-16; Jeremiah 29:11; and Galatians 6:4-5. Discuss the Truth and Untruths in light of these passages.

Truth

- **Christ helps believers be content with who God created them to be.**

Untruths

- I just don't measure up to other people and never will.
- I am so far ahead of others that they'll never catch up to me.
- Given my appearance and abilities, I must not be very lucky.

3. Explore Scripture: Read aloud Psalm 139:14-16. Ask: **Since God designed an entire universe, the subatomic world, and all plant and animal life, would you expect Him to create your body just right or flawed? Which seems more important: having an appearance that fits God's plans for you or one that you think compares favorable to others?** Discuss responses. Read aloud Galatians 6:4-5. Explain that God expects us to evaluate our lives and actions in light of His plans and His instructions, without comparing ourselves to others. Read aloud Jeremiah 29:11. Say: **God has plans for each member of this family—plans that go beyond what any of us can imagine. And those plans fit perfectly with the way He has made us.**

4. Think It Through: A teenager will lead this activity.

5. Nail It Down: Say: **Some adults worry that their bodies are aging. Others compare themselves with people they think are more successful. But God is teaching me to be at peace with who I am and His plans for me. I want the same for you.**

6. Pray: A teenager will lead this prayer.

7. Blessing: Say: **We may never be "American Idols," but this family can be completely comfortable with the way God has made us and the opportunities He has given us.**

Parent Tip: Because the most powerful need of children is love, adults can be tempted to withhold love to control behavior. But emotionally blackmailing kids by threatening to withhold love does great damage to the level of trust that is essential for positive relationships.