

## PARENTING IN 5: STRESS & WORRY

*“Don’t worry about anything; instead, pray about everything; tell God your needs, and don’t forget to thank him for his answers. If you do this, you will experience God’s peace...”*

Philippians 4:6-7 TLB

### What does this mean?

- we will worry as parents, but God doesn’t want us to just sit and worry alone
- God makes himself available to us in prayer
- God answers prayers and gives his peace when we trust him

### How do we do it?

Each of these ideas can work for you and/or for your children!

- list your concerns (especially on hard days):
  - circle the items that are in your control and your responsibility (tasks at work, chores, homework time); these can become your “to do” list
  - draw a line through the things you cannot control or are not your responsibility (civil unrest, behavior of a friend); pray for God to intervene in these areas
  - tell God how you feel about the things you can and cannot control and ask for his peace
- ask for a time out: because as worry and stress build, we often feel overwhelmed, hopeless, or angry, it is important to take some time alone—even just a few minutes—so that we do not say or do things that harm the people around us
  - go to another room or step outside if it is safe to do so
  - use the time to talk with God; it is ok to unload on him
  - try three or four deep breaths, or even a breath prayer saying “more of your peace God” as you inhale and “less of my worry” as you exhale
- practice gratitude as a family: after school, at dinner time, or before bed, take turns sharing five things you are thankful for each day and then say a simple prayer of gratitude to God

### Top Tip:

help toddlers to take a deep breath by pretending your fingers are birthday candles to blow out and then reframe wishes as prayers



### Here to help!

- worship music can be a time out tool to help you and your family focus on God and feel refreshed even if you cannot leave the room; play a song from the start of any of our services on demand: <https://www.desertvineyard.org/on-demand>