



Parent Resources

Our words matter. Words can build up. Words can destroy.

Early on as a parent I realized creating rhythms was just as important for myself as for my kids. Life is too busy that if we aren't intentionally creating moments to speak truth into our kids lives it's too easy for it to pass us by. Not to mention I have a lot of foot in mouth moments that I am hoping they don't remember.

So I've tried to create certain moments and phrases that I repeat to my kids. So if they remember nothing else I say, hopefully these are the words they will hold on to.

Before my kids go to school either as I'm dropping them off or as they walk out the door because my wife is taking them I make each one look me in the eyes as I tell them, "I love you and I'm proud of you no matter what today. No matter how good or bad your day goes." I want that to be the thing that they are reminded of as they are in school each day with all the different influences around them. Both my sons are very athletic and because of that they put a lot of their identity in how they are doing in sports at any given moment. One bad game can mess up the whole night for our family with the attitude they bring home. So before each game they play I pulled them to the side and say, "No matter if this is the worst game or best game you ever have you are more than this sport. This sport isn't who you are, you are loved by Jesus. That's who you are."

Do I forget to say these sometimes? Are there mornings that are insane and they have to run out the door before we can stop to say them? Of course.

But I know that if you ask my kids things I've told them these are some of the first things that will come to their mind and that they will shape them the same way the words our parents spoke into us shaped who we are today.

There are plenty of things I'm sure my parents wanted to teach me that they either didn't say or maybe just didn't repeat enough. So my questions for you today:

What words or phrases do you want your kids to remember from you? Are you repeating them?

Are you making them a regular part of your conversations?

How can you make it a regular rhythm in your life?