



## WEEK FOUR

### HEBREW 10:24-25

God's family loves and cares for one another.

## SAY THIS

**WHAT IS WITH YOU  
WHEREVER YOU GO?  
GOD'S WORD IS WITH ME  
WHEREVER I GO.**



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## DO THIS



### BATH TIME

For bath time, cut a new kitchen sponge into the shape of a heart. When you place the sponge in the water say, "Water goes in."

When you squeeze the sponge say, "Water comes out." As your child plays with the sponge say, "When we say God's words over and over, the words go in our heart."

## REMEMBER THIS

"I have hidden your word in my heart."  
Psalm 119:11, NIV

## BASIC TRUTH

**GOD MADE ME. GOD LOVES ME.  
JESUS WANTS TO BE MY FRIEND FOREVER.**

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## PARENTING DANGEROUSLY CLOSE TO EMPTY

By Amy Fenton

I'm a single mom managing three kids, trying to take care of my house, the bills, the food, and our schedules. I work full-time, plus side jobs, and I often find myself parenting dangerously close to empty. When I get to this point, I am reminded of a few principles I learned from the book *Leading on Empty* that resonate in my parenting.

KNOW WHAT FILLS YOUR TANK AND WHAT DRAINS IT.

Make a list of "Fill" and "Drain" items. Our life, our very soul, has to be filled up in order to pour out. If I were to keep driving my car way past empty, my car would stall. If I only put three gallons of gas in each time I stopped to fill it, I wouldn't make it very far. We are the same way. Are you putting in more than you're giving out?

UNDERSTAND BALANCE IN LIFE.

I think for most of us, if we were to define balance in life we might draw a seesaw with family on one side and work on the other. That is not really how life works. Our family has to be at the center, where the seesaw pivots. If you lose a job, you start interviewing for another. If you lose your family, you lose everything.

LEAD OUT OF REST.

We don't mess up as parents because we are evil. It is often because we are exhausted. Look at your calendar with rest in mind. Schedule your rest points first—your days off and your vacation. Get enough sleep. (The average person needs 7-8 hours. If you aren't getting that, you aren't the best you.)

FIND SOMEONE TO BE YOUR LIGHTNING ROD.

Who is your person that you can be totally honest with and who can be honest with you? If you're a single parent, you don't have a spouse to bounce things off of. You need a person so you don't dump it out on your family. Find someone who can take it, listen, and then ground you—just like a lightning rod.

PRIORITIZE YOUR RELATIONSHIP WITH GOD.

He has all of this. He's got our mess. It doesn't take Him by surprise. He loves us more than we can ever fathom. He is in control and He wants the best for us. He doesn't want us to live dangerously close to empty at any moment. He wants us to live rich full lives that honor Him.

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