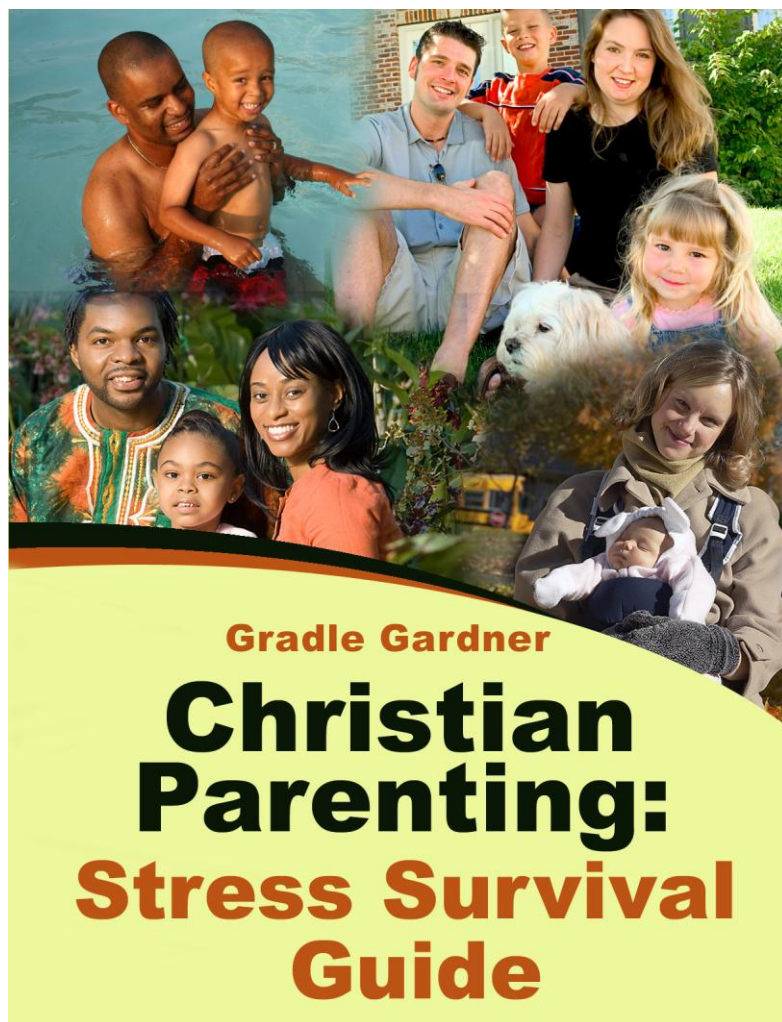


Christian Parenting Tips



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Do A Family Bible Study

A great method for stress relief is to turn to God's Word and receive wisdom from the Bible. While you and your family may spend time studying the Word on your own, it can be beneficial to have a family Bible study so that you and your family can unwind and relieve stress together. It takes faith to live in the world today, and since faith comes by reading the Word, then you will feel more prepared to live your life. It is a good idea to read the Bible on a daily basis because it will help you with stress relief since the Word will be getting into your Spirit.

Ask God For Wisdom

Being a parent can be stressful, but being a Christian parent can be even more challenging because you have to do your best to train up your kids with Christian values, while finding effective methods of stress relief. The good news is that you can ask God for wisdom on how to raise your children. And you can also ask Him to show you how to be a better parent. James 1:5 says that God gives wisdom to all who ask, so if you ask God for wisdom, He will show you exactly how you should raise your children. Knowing that you are receiving your parenting advice from God is a great stress relief.

Cast Your Cares

As a Christian, you cannot allow burdens and cares to weigh you down. The very best stress relief is to cast your cares on God. You are not meant to carry burdens, so when you feel stress trying to drag you and your family down, you should get into the habit of laying down your cares at the foot of the Throne. Make sure your kids understand that although life may not always be perfect,

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they don't have to worry and fret because God has everything under control. As a family, you can pray and talk about the things that you are going to give to God.

Cook Dinner Together

Although it may not seem like it, cooking dinner together as a family is an ideal method of stress relief. It allows you and your family to communicate better, and since you are doing an activity, the conversations won't feel forced. You don't have to cook together every night because it will probably be difficult to coordinate your schedules accordingly. However, pick one day at the beginning of each week that will be the family cooking night. Spending this type of quality time with your kids is relaxing, and it allows you to pass on knowledge to them without sounding preachy or pushy.

Encourage Communication

In many families, parents don't give their children a voice to communicate their views and opinions. And while you may be thinking that always allowing your kids to speak their mind is the opposite of stress relief, it is important for the development of your children's communication skills. When your kids understand that they can truly talk to you about anything, not only will it help to build family trust, but it will benefit them all throughout the rest of their life. And knowing that there is a strong bond of trust between you and your kids is an invaluable form of stress relief.

Talk About Values

Being a parent to teenagers can be stressful. You've probably found yourself worrying on more than one occasion about their whereabouts and actions when they are away from you. Many times parents fail to talk to their children about values and standards because it can be an uncomfortable topic for both parents and children alike. However, it is important that you take the time to set rules and make sure that your kids understand Christian values. This is a great stress relief because knowing that your kids are following your rules, you will be able to relax and it will be easier to trust them.

Be Thankful

If you've ever caught yourself thinking that nothing ever goes right for you, or that you don't have anything to be thankful for, you have probably realized that these thoughts are from the devil. With Jesus Christ as your personal Lord and Saviour, you have everything to be thankful for, and it is important that you encourage your kids to be thankful for the things God has given you and your family. Being thankful is a great form of stress relief because it takes your mind off of your problems and forces you to focus on the positives in your life.

Tithe

Do you tithe? Do you teach your children to tithe? If not, you are doing yourself and your family a great disservice. The Bible says that when we tithe, the Lord will open the windows of heaven and flood us with blessings. However, when we don't tithe, we are robbing God. Because God gives us the

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power to get wealth, it is important that we stay prosperous by giving liberally of the money God has blessed us with. Tithing is the best stress relief because instead of constantly worrying about where your money will come from, you can rest in the truth that God provides all of your needs. Be sure to let your kids see you tithing, so they can see how God blesses those who tithe.

Say Daily Affirmations

When you feel stressed, what do you say? Chances are you talk about exactly how stressed you're feeling, and instead of speaking life into the situation, you are making it worse with your words. Sometimes it can be difficult to speak positively about a situation when you are in the middle of a tough time, and for this reason, you want to get into the habit of speaking positively all of the time. The Bible says that out of the abundance of the heart the mouth speaks, so when the rubber meets the road, you can really tell what is in your heart according to the words you speak. A great stress relief can be to write out Bible based affirmations that you and your family can say to speak life into your current situation. It is exciting to see how God turns things around for your benefit.

Set Aside Time To Relax

If you're like most people, your life moves at such a fast pace that you can hardly remember any of the details of your week. And while it is ok to have a busy life, it is not ok to allow your life to be in control. Many times the best stress relief can be to declare a day of rest for you and your family where you sit around and do nothing. No yard work, no homework, no bills, no piano

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practice...just nothing. This will be a great stress relief for your entire family because you will get to spend time together and relax. It will also benefit your kids later in life because they will pass the tradition on to their kids because they will always remember the relaxation days they had during their childhood.

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Helpful Resources

Christian Parenting Stress Survival Guide www.Parenting4Christians.com

Christian Parenting Affirmations www.Parenting4Christians.com

Stress Free Weight Loss www.superfoodsandweightloss.net

Debt Stress Buster www.cashsystemmanual.com

High Blood Pressure Relief www.LowerHypertensionToday.com

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