



Redeem the time

And just like that, one more year came to an end and a new one begins.

As you look back to this past year and see all that happened, we want to encourage you to search and think of all the good things you've experienced and received. Whether they seem small or big. From the first news of your child, the first long hug they gave you, to them telling the truth, looking at you in the eyes, good grades, prayers, trips, etc.

God constantly tells us to remember the good things, remember where He's brought us all from, remember when He opened the red sea and let his people free! And all of this remembering leads to giving thanks. Thankfulness for His faithfulness, for His presence, His grace and mercy.

The way God created our brains makes it work best when we speak and think with thanksgiving and in a positive note. New and healthy connections are been wired in the brain as we choose to focus on the good. Redirecting our thoughts and actions create new patterns of relationship that impact directly the children God has placed in our lives.

It was a year full of ups and downs, joys and sorrows, crisis and frustrations as well as breakthrough and healing, all of it has been part of the story God is writing in and through you and your family. He's transforming us all and teaching us all in the process. It may be specially hard when things are outside of our control and in spite of all our efforts things seem to not go anywhere, but don't lose hope. Keep the faith and take courage. Keep loving and stay the path.

As you look back we ask you to take notice of one area where you see you want to improve in your relationship with your children and look ahead at this new opportunity to work on that. Whether it is: focusing on looking at your child in the eyes more often, listening to him/her intently, set time apart to cultivate a hobby or activity you both enjoy as you deepen your relationship with your child, using kind words or a gentle touch to show affection more often, help them feel safe, or teaching them to use their words, see the message behind the behavior, you name it. But just choose one!

Also, choose to forgive yourself and your children and focus on the new opportunities God is given you this year of 2017.

Where in the Word?

Isaiah 40:29-31

He gives power to the weak
and strength to the powerless.

Even youths will become weak and tired,
and young men will fall in exhaustion.

But those who trust in the Lord will find new strength.

They will soar high on wings like eagles.

They will run and not grow weary.

They will walk and not faint.

Ephesians 5:16

redeeming the time, because the days are evil.

This coming year, let's redeem the time, no matter what happened this last one, let's keep loving, forgiving, learning and moving forward.

May God renew your strength, your joy and perseverance. May He continue to lead you to still waters as you rest in Him and may your children also experience His grace and love through you.

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