



# Becoming a Better You

How can you become a better you so you can be a better parent?

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# Day 1: Soul Searching

**Scripture:** Why, my soul, are you downcast? Why so disturbed within me? Put your hope in God, for I will yet praise him, my Savior and my God (Psalm 42:11 NIV).

**Discussion:** Some days we find ourselves full of joy, and other days we find ourselves sad beyond measure. Our mood affects how we engage with others. There will be trying times and happy times as promised in God's word. How we react to situations feeds into our hearts and minds. In our soul, there is a spiritual war between good and evil. When you find that you are downcast, dig deep within and search for the reason. Name it and then give it to the Lord. Release whatever is bringing you down to the cross of Christ. Rejoice in your mind, soul, and heart because nothing in this world compares to the glory that awaits you!

## **Questions to Ponder:**

1. What triggers can you identify that cause you to feel sorrowful?
2. What steps can you take to help remind yourself that your soul belongs to the King of kings and the Lord of lords?
3. How can you actively and purposely make every thought captive to Christ?
4. How will you teach your child to find joy in all situations?

# Day 2: Time Management

**Scripture:** What has been will be again, what has been done will be done again; there is nothing new under the sun (Ecclesiastes 1:9 NIV).

**Discussion:** It seems that as we get older, time flies. But in all reality, time is always a constant. There are always twenty-four hours a day, seven days a week. When we don't allocate or use our time wisely, we may not have enough time to do the things that need to be done, therefore causing us unwarranted stress. Take a deep breath! Do the most important tasks and leave the rest for the next day. Your physical health is more important than any task or deadline. Your children need more of you, not less. Make sure to schedule one-on-one time with them. Your children will be adults in the blink of an eye. And if they are already adults, then spend time on yourself. You deserve it!

## **Questions to Ponder:**

1. What do you find yourself doing that you don't need to do?
2. What do you long to do but seem to have a hard time fitting it in your schedule?
3. How can you rearrange your time to do more of what you want to do?
4. How much time do you spend one-on-one with your child, spouse, or self?

# Day 3: Organization Brings Freedom

**Scripture:** Teach us to number our days that we may get a heart of wisdom (Psalm 90:12 NIV).

**Discussion:** We are allotted a certain amount of time here on earth. Wisdom comes from learning, and each day it is wise to spend time in the word of God. Pray for the Holy Spirit's wisdom and guidance. We can only grow in our faith and power if we stay connected to the source. This Palm is the only one attributed to Moses. He knew he needed to set aside time (number his days) seeking wisdom so he could be all that the Lord had called him to be.

## **Questions to Ponder:**

1. What do you do each day that is part of your routine?
2. Is there something that you do that perhaps is not time well spent?
3. What wisdom from God do you need at this time in your life?
4. How can you "number your days" so you will make sure to gain the wisdom you need?

# Day 4: Delegating Duties

**Scripture:** Moses chose able men out of all Israel and made them heads over the people, chiefs of thousands, of hundreds, of fifties, and of tens (Exodus 18:25 ESV).

**Discussion:** Do you find that you are barely keeping your head above the water with your daily duties? When we are spread too thin, sometimes the most important things don't get the most important effort. We can find ourselves cutting corners that may contribute to problems later on. If we don't learn how to let go and delegate, we can become burned out and not help anyone.

## **Questions to Ponder:**

1. Do you go to bed exhausted and wake up exhausted?
2. Are you a perfectionist?
3. Do you have a hard time letting others do the work?
4. If you answered yes to these questions, what can you do to make a mindset change by releasing the grip on others' activities or hiring help to do it?

# Day 5: Free Time With Friends

**Scripture:** A friend loves at all times, and a brother is born for a time of adversity" (Proverbs 17:17 NIV).

**Discussion:** Sometimes friends are closer than family. A good friend whom you can trust, is always willing to listen, and is always willing to lend a hand is a great blessing. Choose your friends wisely. Don't be afraid to become unassociated with the friend who continuously behaves in a way that brings you grief or heartache. A few good friends are better than a thousand not-so-good friends.

## **Questions to Ponder:**

1. Is there a friend who causes turmoil and stress in your life?
2. Are you willing to let go of that type of friend?
3. How are you a good friend?
4. What can you do to become a better friend?

# Day 6: Investing in You

**Scripture:** And my God will supply every need of yours according to his riches in glory in Christ Jesus (Philippians 4:19 ESV).

**Discussion:** God takes care of all our needs. He gives us food, shelter, love, and so much more. However, we also need to take care of ourselves to be beneficial in service for the Lord and others. Don't be so unselfish that you don't take care of yourself. It's wonderful to be a servant and put others' needs first, but not at the expense of your physical or mental health.

## **Questions to Ponder:**

1. Do you actively invest in your needs and desires?
2. How do you invest in yourself?
3. How can you put yourself first, when you have always put others first?
4. List ways to free up your time so you can invest in your mental and physical health.

# Day 7: A Sabbath's Rest in the Lord

**Scripture:** Truly my soul finds rest in God alone; my salvation comes from him (Psalm 62:1 NIV).

**Discussion:** Sunday, Saturday, or one day a week, we are called to take a Sabbath's rest. We are to take this time to read our Bible, go to church, and recharge our spiritual batteries. God made the earth, and on the seventh day, he rested. We need not only to rest but to rest in him and worship him.

## **Questions to Ponder:**

1. List all the things you do on the day you have set aside as a Sabbath day, and highlight what you think are the things you need to do another day.
2. How can you make the Sabbath day more of a day of worship?
3. Do you go to church consistently?
4. How can you reach out to family members to make sure your family is respectful by fulfilling the command to rest on the Sabbath day?