



RAISING HEALTHY KIDS

By TED CUNNINGHAM

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The days go slow, but the years go fast.

Parenting is for a season. Being a parent is for a lifetime.

“Hear, O Israel: The Lord our God, the Lord is one. And you shall love the Lord your God with all your heart and with all your soul and with all your strength. These words I am commanding you today are to be upon your hearts. And you shall teach them diligently to your children and speak of them when you sit at home and when you walk along the road, when you lie down and when you get up.” - Deuteronomy 6:4-7

There is a God.

There is only one God.

He is the Lord.

He is our Lord.

We will love the Lord

Our children see, hear, remember and repeat.

Parents, you are the primary author of your child's heart.

Parenting is a journey from control to influence.

The fastest way to squander influence is to take control.

“Honor your father and mother,” - which is the first commandment with a promise - so that it may go well with you and that you may enjoy long life on the Earth. Fathers, do not provoke your children to anger; but instead, bring them up in the discipline and instruction of the Lord. - Ephesians 6:1-4

Tendencies we have as parents:

1. We tend to use our children's attributes and accomplishments to impress other people.
2. We take too much credit and too much blame for the way our children turn out.
3. We create environments for our children to succeed rather than teaching them to succeed in environments they cannot control.
4. We give our children too much privilege and not enough responsibility.
5. We accelerate childhood milestones and delay adulthood milestones.
6. We treat our children like children right up until the very day we expect them to be an adult.

The Family Constitution

1. We will love the Lord with all of our heart, soul, mind and strength.
2. We will read and memorize scripture together.
3. We will pray together every day.
4. We will speak words of high honor over each other every day.
5. We will offer grace for mistakes and avoid repeating the same mistake over and over again.
6. We will work hard, give generously, save wisely and spend sensibly.
7. We will love, support and serve our church.
8. We will laugh together every day.
9. We will take 100% personal responsibility for our emotions, words and actions.
10. We will live in the moment, not on technology.