Welcome to Heart-to-Heart!
Putting on the Armor of Light…
for my CHILDREN by NURTURING THEIR SPIRIT

Week 5 | 03.28.12 (AM) | 04.02.12 (PM)
31 Then Jesus began to tell them that the Son of Man must suffer many terrible things and be rejected by the elders, the leading priests, and the teachers of religious law. He would be killed, but three days later he would rise from the dead.  

32 As he talked about this openly with his disciples, Peter took him aside and began to reprimand him for saying such things.  

33 Jesus turned around and looked at his disciples, then reprimanded Peter. “Get away from me, Satan!” he said. “You are seeing things merely from a human point of view, not from God’s.”

Mark 8:31-36 (NLT)
Then, calling the crowd to join his disciples, he said, “If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. 35 If you try to hang on to your life, you will lose it. But if you give up your life for my sake and for the sake of the Good News, you will save it. 36 And what do you benefit if you gain the whole world but lose your own soul.”

Mark 8:31-36 (NLT)
“We wouldn’t sell our soul to Satan for a billion dollars and yet in actuality we often give it away whenever we allow some cheap trinket, momentary pleasure, or earthly relationship to come between the Lord and us.”
- a hungry heart
- a dry, thirsty soul
- an empty spirit
“When we spend our lives working toward financial security, when all of our time and energy goes into carving out better lives for ourselves or our children … at the end of our lives we will come to see we lost what really mattered.”

– Mark Tabb (Living With Less)
Exodus 20:8

(KJV) “Remember the Sabbath day by keeping it holy.”

(Amplified Bible) “[Earnestly] remember the Sabbath day, to keep it holy (withdrawn from common employment and dedicated to God).”
“Holy” in this context:
sacred, set apart for a special purpose
Nothing can nurture one’s spirit like keeping a personal Sabbath in order to be still in body, soul and spirit … and know that He is God. (Psalm 46:10)

“Cease from striving and know that I am God.”

Psalm 46:10 (NAS)
Hebrew “Sabbath” literally means: *intermission*

Webster’s defines sabbath as:

*an interval of time between periods of activity*
Cardinal Sabbath rule: Don’t do what you always do!

Cease from (striving) at ________________________.
• Whatever is different from your daily routine.
• Whatever gives you rest.
• Whatever fills you up and rejuvenates you.
Don’t know what fills you up?
Do the opposite of what drains you.
How do you create a habit? **ONE CHOICE** at a time!
“One’s philosophy is not best expressed in words. It is expressed in the CHOICES one makes. In the long run, we shape our lives and we shape ourselves. The process never ends until we die. And the choices we make are ultimately our responsibility.”

– Eleanor Roosevelt
Nurturing Your Child’s Spirit
“It is amazing to me how some parents can spend thousands of dollars and go to any length of political manipulation to make sure that their child is well prepared educationally. Yet, for the most important preparation of all, for life’s spiritual battles and finding real meaning in life, a child is left to fend for himself and made easy prey to (every other voice).”

– Dr. Ross Campbell (How to Really Love Your Child)
Practical Ways to Nurture Your Child’s Spirit
1. **Keep First Things First**
   - Model a relationship with the Lord.
   - Have dinner together!
   - Talk often about what YOU are learning spiritually.
   - Make church a habit.
   - Teach/Require kids to forgive!
   - Speak lovingly to them and around them.
   - Demonstrate the joy and peace you experience in being a believer.
   - Require children to respect authority.
2. Limit the Chaos

- Have a regular “Kid Quiet Time.”
- Pray and talk about involvement about activities.
- Stay home sometimes.
- Get some order in your home!
- Listen to your child; with more than your ears.
- Assist your child in problem solving and conflict resolution.
3. Stay in Tune to Personalities & Personal Capacity:

- Understand your child’s personality.
- Know your own personality.
- Utilize bedtime.
- Consider family capacity.
- Be your child’s greatest advocate.
- Coach your children in emotional awareness.