


Re-Calibrating Our Busy Lives with Christ as the Center

Week 1: How do we make “Breathing Room” in our lives? Learning to trust God and allow Him to help guide us to find a more centered, more peaceful pace.

Week 2: Being Present

Week 3: Mindfulness, Prayer, and Meditation

Week 4: Coming full circle - practical ways we can instill a sense of peace and love to our children in this fast-paced world



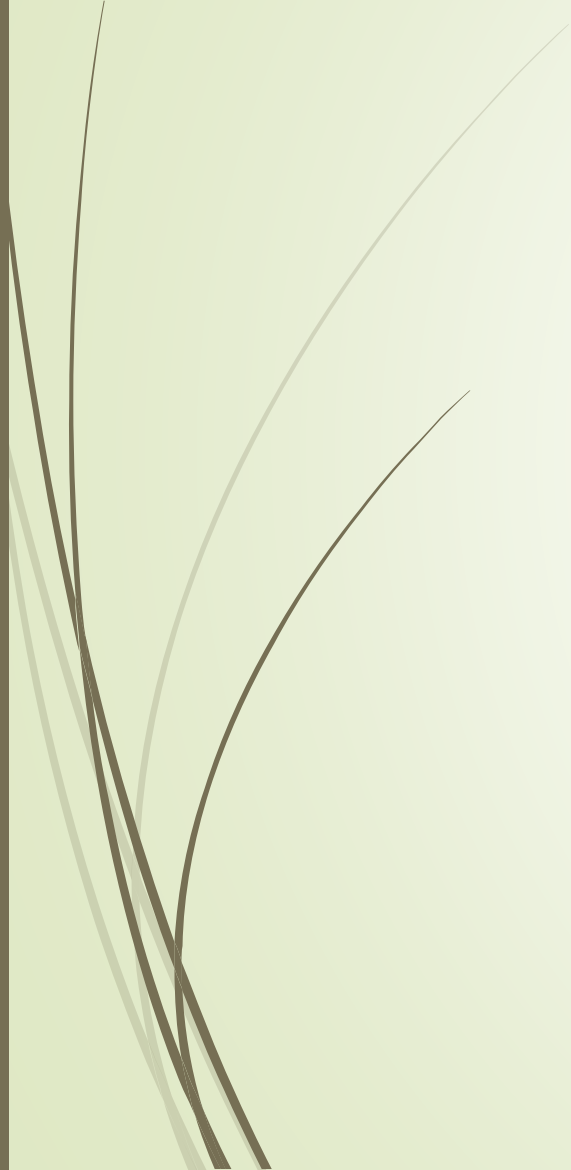
**Practical ways
we can instill a
sense of peace
and love to our
children in this
fast-paced world**



Luke 6:40

The student is not above the teacher, but everyone who is fully trained will be like their teacher.



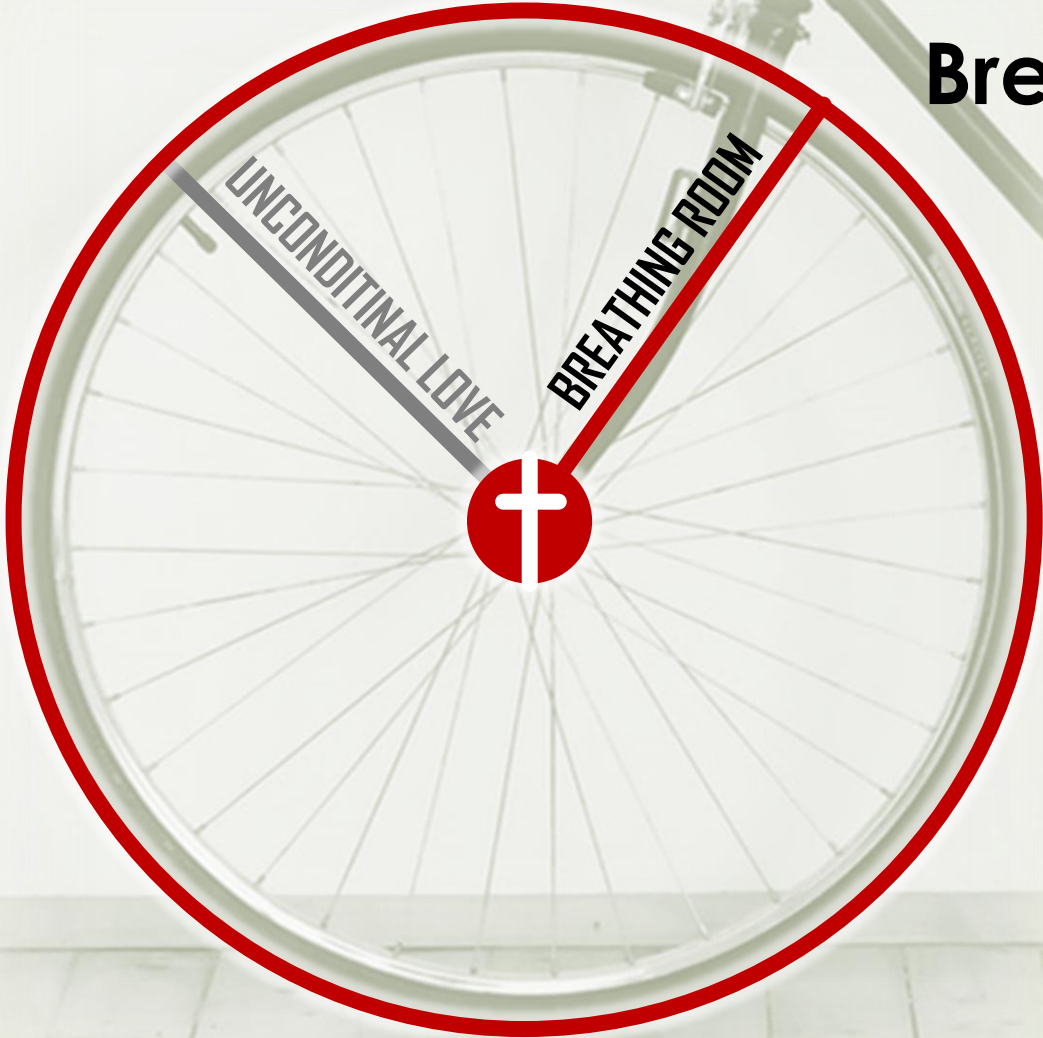


Parental Love

- Family Dinner
- Plan “dates” with your kids
- After School Debriefing
- Play Games with your kids



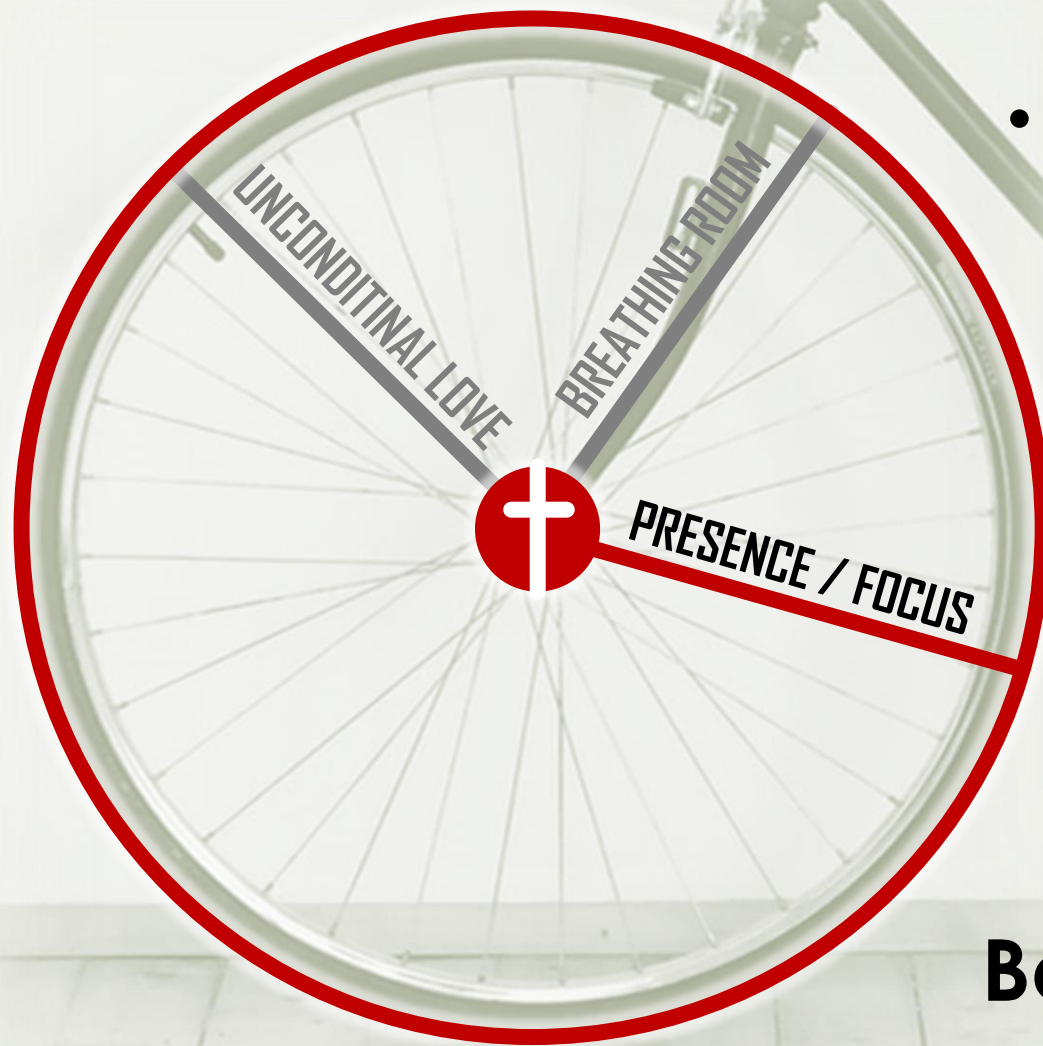
- Be directional, but not 24/7
- Have fun together often

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- Trust in God. Show your kids that you trust Him.
 - Make choices that allow for breathing room.

Breathing Room

- Don't let fear drive your decisions or schedules.

- When you spend time with your kids...be WITH your kids.
- Try Mindfulness with kids/teens to help with anxiety.



- Take a Mindfulness walk with your child. Have them listen to the world around them. Talk about God's part in everything they hear and see.

Be Present

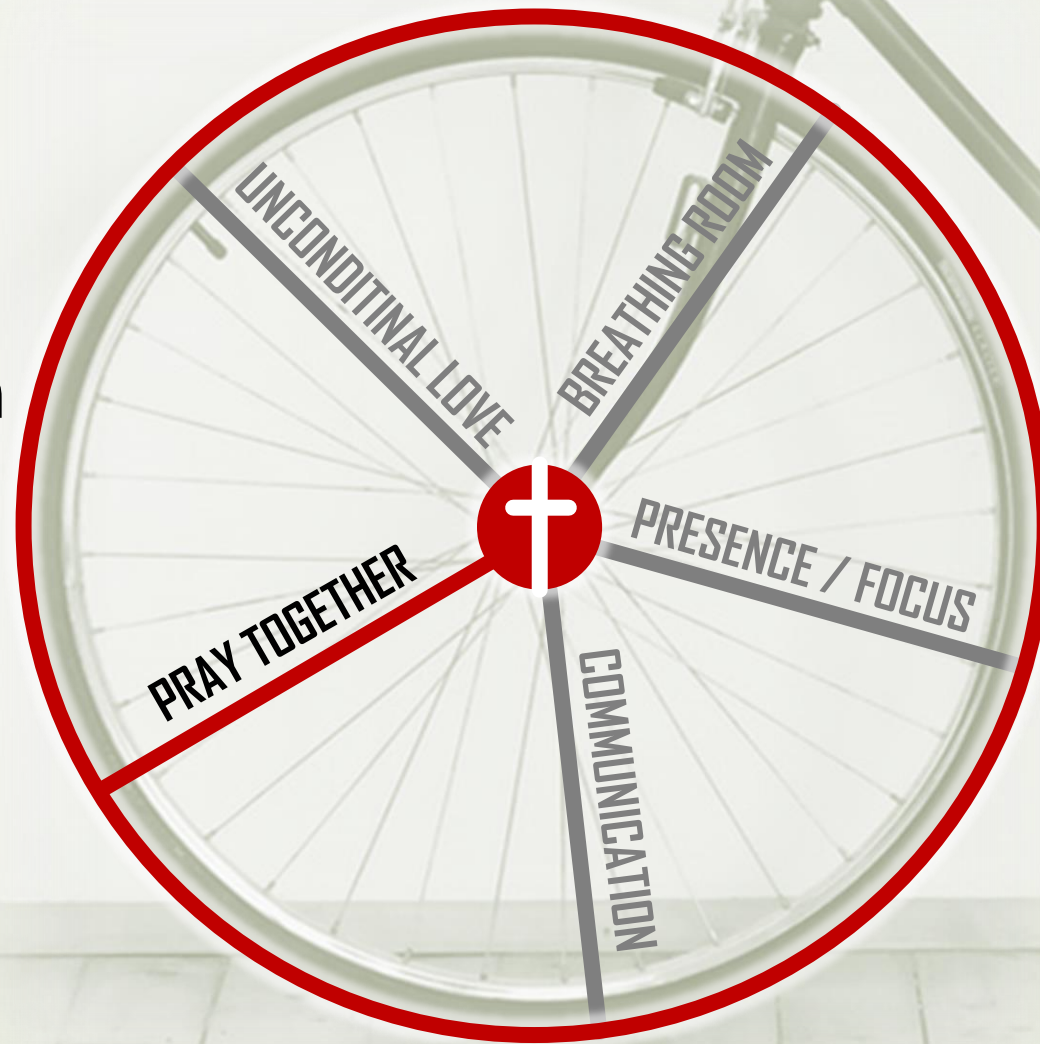
- Family Dinners
- Games & Conversations
- Talk about your faith, especially with your teens.
- Listen...be watchful



Communicate Always

- Family Prayer Times
- Pray openly in front of your kids

Pray Often



- Palms Up, Palms Down Prayer
- Be Thankful
- Make it conversational
- Stop and pray for others... together



UNCONDITIONAL LOVE

BREATHING ROOM

PRESENCE / FOCUS

COMMUNICATION

PRAY TOGETHER

Final Prayer

Resources:

God's Joyful Surprise, Sue Monk Kidd

Present Perfect, Gregory Boyd

Andy Stanley. "Breathing Room"

Chip Ingram. "Effective Parenting in a Defective World"