



Parenting Tip

Is Your Child Defiant?

By Carol Tuttle

You know how frustrating it can be. It can leave you feeling helpless and impatient.

Defiance.

You might even wonder what happened to your once-sweet child that turned them into this person who won't even listen to you.

The defiance doesn't have to last.

11 minute YouTube video: <http://www.youtube.com/watch?v=sLne1bDehNM>
I'm grateful for the mother and daughter who joined me on this video to discuss what's going on in their relationship. There's a pattern of defiant behavior when 10-year-old Audrey's mother sets limitation or boundaries. It's hard on them both. Consider the practical tips I share that will help you calm down the defiance and create a parent-child relationship that works.

Defiance in each Type of child

Here's what your child's defiance might look like:

Fun-loving Type 1 Child: Their defiance can look like digging in their heels and refusing to do what you ask. They do this when they feel too much structure and not enough light, free energy. Brighten your own demeanor and you may find that they change their mind quickly.

Sensitive Type 2 Child: Their defiance looks like emotional meltdown. Do not threaten this child with a consequence if they don't stop crying or whining. Articulate what you think they might be feeling and invite them to tell you if you're right. Help them create a plan if they're feeling overwhelmed.

Determined Type 3 Child: These children push back! Rather than shut down their possibilities, put them in charge of something, give them a challenge, and allow them to have an end goal to motivate themselves.

More Serious Type 4 Child: These children will defy your authority in a BIG way if they don't feel respected and allowed some independence. If you're struggling with defiance with a Type 4 Child, loosen up on your expectations and express your confidence that they can be their own authority. It sounds counter-intuitive, but it's the only way to really connect with these children.

The most defiant children are crying out for more love.

They want that love expressed in the way that resonates with their unique energy. Express your deep, parental love in a way they need it and understand it best and you will feel the conflict and defiance start to disappear.



Spiritual Tip

I Declare: 31 Promises To Speak Over Your Life

By Joel Osteen from the Introduction to the book (continued from last week)

You may be in a difficult time right now, but let me challenge you. Don't use your words to describe the situation. Use your words to change the situation. Use this book as your guide for declaring your victory each day.

Declare health. Declare favor. Declare abundance. You give life to your faith by what you say. All through the day we should go around saying, "I have the favor of God. I can do all things through Christ. I am blessed. I'm strong. I'm healthy."

When you do that you just blessed your life. You just spoke favor into your future.

If you get up in the morning feeling the blahs don't ever say, "This will be a lousy day. I don't want to go to work. I'm tired of dealing with these children." No, get up and say, "This is going to be a great day. I'm excited about my future. Something good is about to happen to me."

You should send your words out in the direction you want your life to go. Maybe you've been through a disappointment. A relationship didn't work out. You didn't get the promotion you were hoping for. But instead of complaining by saying, "Well, I should have known it. I never get any good breaks. Just my luck." No, your declaration should be, "I know when one door closes God will open up another door. What was meant for my harm God will use to my advantage. I'm not only coming out, I will come out better off than I was before."

Here's what I've learned. You believe what you say about yourself more than what anybody else says. That's why on a regular basis we should say, "I'm blessed. I'm healthy. I'm strong. I'm valuable. I'm talented. I have a bright future." Those words go out of your mouth and come right back into your own ears. Over time they will create the same image on the inside. Once you get a picture of it on the inside then God can bring it to pass on the outside.

You could see your life go to a whole new level if you just zip up the negative words and start speaking faith and victory into your future. Do you know the more we talk about something, the more we draw it in? It's as if you are feeding it. If you get up in the morning and just talk about how you feel, how you're tired and how you won't make it, you are defeating yourself. You're digging your own hole.

Don't talk about the problem. Talk about the solution.

The Scripture says, "Let the weak say, 'I am strong.'" Notice it doesn't say, "Let the weak talk about their weakness. Let the weak call five friends and discuss their weakness." "Let the weak complain about their weakness." No, it says in effect, "Let the weak say exactly the opposite of how they feel."

In other words, don't talk about the way you are. Talk about the way you want to be. If you get up in the morning feeling tired and lethargic, instead of complaining more than ever, you need to declare, "I am strong in the Lord. I am full of energy. My strength is being renewed. This will be a great day."

You are one of a kind. You are a masterpiece. You are a prized possession. When you wake up in the morning and look in the mirror instead of getting depressed, instead of saying, "Oh, man. Look how old I look. Look at this gray hair. Look at these wrinkles," you need to smile and say, "Good morning, you beautiful thing. Good morning, you handsome thing. Good morning, you blessed, prosperous, successful, strong, talented, creative, confident, secure, disciplined, focused, highly favored child of the Most High God." Get it on the inside. Speak faith over your future!



The New and Improved Spouse

By Kathi Lipp

Most women would love for their husbands to be at church more often. But for me, my husband's enthusiasm for serving the church was a problem. Sometimes my husband, Roger, was there three to four times a week. And I resented every single minute of it.

I honestly thought that for me to be content in our marriage, my husband had to change. It took me a long time and a lot of wasted energy to realize that I was the one who needed to change. It was up to me to see my husband and his talents as God saw them.

My first approach was hinting: "Wouldn't it be great to spend some time together this evening?"

My next tactic was nagging: "I wish you would be home at night. Couldn't they do without you just this one time?"

After that, it was guilt: "But don't you want to spend time with me?" (How could any man safely answer no to his wife on that question?)

And finally, I played the martyr: "I don't understand why I have to be the only one here at night to make dinner, do the laundry, pay the bills."

Psychologist Georgia Shaffer says, "In our relationships, we often hold tightly to the illusion that if we say this or do that, our spouse will suddenly wake up, see the error of their ways and change. What usually happens, however, is we end up disappointed, frustrated and even resentful."

One of the greatest gifts I could give my husband was not only to accept who he was, but also to celebrate it. I needed to

stop whining and start recognizing what God was doing in Roger's life.

When I saw beyond my own desires, I was able to come alongside my husband to encourage him. How about you? Are you trying to change your wife or husband, or are you helping your spouse discover and fulfill God's plans for his or her life? Here are a few ways you can encourage your spouse to be the person God created him or her to be:

Speak affirmation.

You can look for opportunities to tell your husband or wife when you recognize his or her talents. An email, text or even a Facebook post saying, "I'm proud of you!" can speak volumes. When a husband knows his wife's got his back, both in the words she speaks and the prayers she offers, he is a more confident employee, church leader and parent. When a wife feels secure in her husband's love and acceptance, it gives her the confidence to follow the plans God placed on her heart.

Is your wife gifted in negotiating or your husband able to fix anything with moving parts? Be sure to recognize those gifts. If friends or family hear you, the compliment means even more.

Create time for his or her passion.

Maybe your husband loves learning foreign languages or your wife enjoys biking. Time is one of our most precious commodities, so carving out space on your calendar can seem like writing a check on an overdrawn account. But one of the best ways to show your support is to give your spouse the time and space to pursue his or her passions.

Make it a budget item.

I knew my husband supported my desire to write, but when he set aside money for me to buy books and take

classes on writing, I had a tangible expression of his support. Of course, supporting your spouse financially is challenging when there is little wiggle room in your budget. But by looking for money-saving opportunities, such as packing a lunch for work, perhaps you can find extra cash to support each other's passions.

Check your motives.

Philippians 2:4 says, "Each of you should look not only to your own interests, but also to the interests of others." When you have the itch to tweak something in your partner, are you doing it for the right reasons? If you learn to cook healthy and delicious meals because you want your man to live a long life, that's a gift. However, if you want him to drop a few (or several) pounds so he can reach his college weight (you know, the size he was when you fell in love with him), that's another story. Who is the "encouragement" going to benefit? If the answer is you, it's time to reexamine your motives.

Remember why you fell in love in the first place.

You know those things you would like to change about your spouse? Most likely those are the same things that made you fall in love with him or her. If your husband seems careless about money and a tad too loud for your liking, I'm guessing he spoiled you a little while you were dating and was the life of the party — qualities you initially fell in love with.

Did the fact that your wife had it all together when you were dating feel like a great match for you? Her ability to stretch one dollar to two and her power to complete projects with amazing accuracy were attractive, right? But now those same traits may be described as "cheap" and "rigid."

I'm choosing to love my husband as is. After all, that is what my husband does for me; and ultimately, isn't that exactly what our Lord does for us every day?

*Kathi Lipp is the author of **The Husband Project: 21 days of loving your man — on purpose and with a plan.***

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