# CARE Group ***Promoting Strength and Resilience*** Beth Himsworth Oct 2013

# ***Modern Mythology: “If I love them unconditionally, they’ll feel secure. “***

# ***“Unconditional Love 2001 edition”***

## 

## I make them feel good

## I give them what they want

## I help them to avoid disappointment

## I shield them from frustration

## I protect them from people they don’t like to be around

## 

# Two elements: 1. “I” ... “It’s all up to me” 2. Their comfort. “Children are fragile”

# ***Reality check ...*** It is cruel to teach children to live out of step with reality.

# ***What IS “Unconditional Love”?***

## A deep sense of gratitude for having them in our lives.

## An acceptance not based on their behavior.

## Commitment to guide and disciple without the need to control and possess or dependent upon results.

# ***Focus of biblical maturity: the mind and heart***

## *“transformed by the renewing of your mind” Romans 12:1-2*

# ***What kind of transformation?***

## From immature, self focus to mature love ability

## From unrealistic expectations of others to realistic acceptance, forgiveness and patience

## From fragile self reliance to godly dependence

## ***What will make them strong and give them a sense of security?***

***Basic needs***

## 

## Personal Security

## I am I am I am I am

## Lovable Morally Capable at Peace

## Acceptable with

## Others

## Something about me is

## I am valuable; inherent worth

## Lovable

## I am not in conflict

## I am between actions and

## Morally conscience

## Acceptable

## I can care for myself and

## I am contribute to others; I am

## Capable intelligent and creative.

## 

## I have no long term

## I am conflicts or unresolved

## at Peace anger. I can give and receive

## with love and acceptance.

## Others

# ***Natural Assumptions***

## Personal Security

## 

## I am I am I am I am

## Lovable Morally Capable at Peace

## Acceptable with Others

## I’m good looking I do good I feel good I am the most

## and do what and I’m better about what important & people

## people like... than him... I do... treat me right...

# ***I know I am secure because...***

## 

## people treat me no one people praise people make

## “right” and meet reproves me what I do me feel good

## my wants

# ***The Critical Question ... who and what do I trust?***

## My abilities My resources My family and friends ME MINE

# ***As foundations shift ...***

## I am I am I am I am

## Lovable Morally Capable at Peace

## Acceptable with Others

## I’m not as pretty I have hurt I can’t get a My friends reject

## as I was ... someone, I good job me, my spouse is

## I’m not popular feel guilty I’m sick... alienated....

# ***“Movable” foundations are never secure***

## Values based on temporary attributes

## Security based on personal ability

## Happiness obtained from others

# ***A House Built on Rock***

## Values based on unchanging standards

## Security based on eternal worth and acceptance

## Happiness flowing from principled living

# ***A Biblical Model:***

## 

## I am I am I am I am

## Lovable Morally Capable at Peace

## Acceptable with Others

## Jesus loves Jesus has Jesus gives Jesus’ love has

## and accepts made me me strength taught me

## me right w/ God and ability forgiveness

# ***Trust Transfer***

## I’m good looking I do good I feel good I am the most

## and do what and I’m better about what important & people

## people like... than him... I do... treat me right...

## 

## Jesus loves Jesus has Jesus gives Jesus’ love has

## and accepts made me me strength taught me

## me right w/ God and ability forgiveness

## ***GOSPEL***

# ***Two Goals:***

## Building on the Right Foundation

#### training and life interaction

## Helping them make the Trust Transfer

#### helping them through adversity

# ***Building on the Rock: I am Lovable***

## Eye contact, focused attention and physical contact: “you are lovable”

## Reading and doing things together: “I enjoy you”

## Grateful attitude for the relationship

# ***Affirmation versus Flattery***

# ***Affirmation:***

### Recognition of personal worth

### Recognition of real accomplishment

### Recognition of personal impact

## ***Flattery :*** An attempt to produce good feelings or good will by the exaggeration of attributes or accomplishment

# ***Building on Sand: I am Lovable***

## Flattery and “self esteem” techniques

## Distracted relating

## Chronic anger or exasperation

## Low investment, emotional negligence

# ***Building on the Rock: I am Morally Acceptable***

## Clear understanding of moral issues

## Realistic rules and expectations with real and consistent consequences

## Facing and resolving conflicts

## Open forgiveness for wrong behavior

* Discipline without shock or anger
* Focus on the behavior, not the child
* Intervene decisively before behavior gets out of control or forces a conflict

*The further disobedience progresses, the more difficult it is to be objective and fair.*

# ***Building on Sand: I am Morally Acceptable***

## Unclear or relativistic moral standards.

## Unrealistic expectations for behavior and inconsistent enforcement of rules

## Avoidance of or lack of resolution of conflict

## Anger, rejection or manipulation

* Failure to distinguish between childish irresponsibility and defiance.
* Lack of sensitivity to Leadership style need
* Blaming the behavior on teething, tiredness, being off schedule, hormones, a “stage”, etc. (Teaching to use excuses)

## ***Teaching them to live in violation of their conscience:*** Guilt / Callousness

## Neither will promote self-acceptance

# ***Building on the Rock: I am Capable***

## Attention to their efforts; school crafts, sports, etc.

## Point out their abilities – especially to others.

## Realistic jobs with expectation of success

## Teach “adult” tasks that are useful

## Help them with more complex projects

# ***Building on Sand: I am Capable***

## Hurry them through tasks and be frustrated when they don’t perform well

## Be dissatisfied with what they do and hard to please; “carrot motivation”

## Have low expectations and provide few challenges; “you couldn’t do it anyway”

## Criticize them in front of others

# ***Why are they so bored?***

## Low expectations, Low challenge

### We were created with a need to learn and to “make a difference” (purpose)

### There is an inner need to strive and to overcome obstacles

# ***Where does rebellion come from?***

## Low challenge and boredom – a need to LIVE. “There’s got to be more to life than this!”

## Hopelessness – “It doesn’t matter, I can never succeed or please them anyway.”

## Relational rejection – “If you don’t love me, I won’t dance to your tune.”

* Their own hearts

# ***Building on the Rock: I am at Peace with Others***

## ***We know they are lovable but can they love?***

### Affection Attention Loyalty Forgiveness Correction

# ***Building on Rock continued ...***

# Realistic expectations of others

## Teach thoughtfulness; phone calls, thank yous, get well cards

## Talk through angry episodes (not while angry!). Seek apologies and forgiveness

# ***Building on Sand: I am at Peace with Others***

## Allow them to express anger by saying/doing hurtful things

### damages relationships

### promotes a “root of bitterness” and self justification

## Allow selfish behavior – pushing, grabbing, etc

## Give them things when they scream rudely

## 

# ***As a wise master builder...***

## “*... As a wise master builder I laid a foundation, and another is building upon it. But let each man be careful how he builds upon it. For no man can lay a foundation other than the one which is laid, which is Jesus Christ...”*

## Paul of Tarsus, Apostle