Parenting with Purpose
The Early Years

PART 3: THRIVING AS A PARENT

Parenting is hard. You're so busy trying to take care of your child that you're barely surviving yourself! Some days you need to be reminded to eat, sleep, or even just sit down to catch your breath. But we weren't meant to just survive as parents. It may be difficult to fathom, but there is a reality where you can actually thrive as well.

CONNECT

Take a few minutes to discuss this question as a group:
What's the most helpful piece of parenting advice that you've received?

LEARN

Watch the video for Part 3: Thriving as a Parent.

DISCUSS

1. In what areas of parenting are you currently trying to simply stay alive?
2. You're taking some courageous strides in trying to be a better parent. So let's affirm some positive things: Where do you see yourself winning as a parent these days? (Spouses, feel free to chime in.)
3. Why is it so important to find a healthy balance between taking care of yourself and taking care of your kids? Have you ever struggled in your parenting or in any other areas of your life as a result of not taking care of yourself?
4. Remember to give yourself space. Specifically, give yourself space for other relationships to flourish in your life. What adjustments can you make in your life to make room for your marriage and friendships?
5. Remember to give yourself grace. There are no perfect parents. We're all still trying to figure it out. What's been your biggest parenting fail so far? And how can you give yourself grace as you look back at it?
6. You love your children; there's no doubt about that. But how might understanding God's love for your children affect your posture as a parent?

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APPLY

“It takes a village to raise a child.” There’s a lot of wisdom behind that sentiment. In what ways can this group and this church be a part of that village? Let’s thrive—together!

(Ask your local church what resources are available to help you thrive as a parent.)

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