

SESSION 8: NOT ALONE

- **Welcome and Review Last Week's Homework & LIFE Starters: 20 minutes**
- **Session #8 Teaching: You're NOT Alone: 10 minutes**

Especially if you tend to be a private person, going through trauma as a family can cause you to become an isolationist of sorts. It's easy to believe that we are the only ones going through the specific situation we face, that only our kids have struggles, that we are the only parents who feel lost or at the end of our ropes. If and when you start hearing those voices in your head, you know it's time to reach out for help. Isolation will cause more frustration, which causes more isolation, and before you know it you are stuck in a loop that is hard to break out of. The Bible shows example after example of people who lived and worked in community, especially in times of difficulty; Jesus and the 12; Job and his friends; Paul and Silas; David and Jonathan. God made us for relationship, with Him and others.

Do you know how to ask for help? It is something a lot of us have a hard time doing, in our independent culture. But you need help and support, not only for your own health and wellbeing, but also for your kids, who need to see that they can ask for and find help too. In her resources for parents, Dr. Karyn Purvis frequently said "Our children were harmed through relationship and they will experience healing through nurturing relationships", and "You cannot lead a child to a place of healing if you do not know the way yourself." Children who see the world, and close relationships, as dangerous, need to experience a wide reach of healthy, nurturing relationships. And that burden cannot fall only on the shoulders of parents; parents need support and healing from their own wounds and struggles in order to help their children.

It can seem difficult to find support and professional resources, especially if you are already feeling buried. Some of the books or videos we've mentioned here are a great place to start- there are also families involved in Woven's Family Advocacy Ministry who have a lot of experience and can relate to what you are going through. But the truth is, not everyone you interact with will be able to relate or will be supportive. It is important to evaluate what people are "safe" to share your struggles with, and not let disappointment in people create a hard shell around your heart.

Some support tools that have proven particularly helpful for families/children from hard places are:

- Equine assisted therapy
- Occupational therapy for sensory processing
- Trauma and attachment therapies
- Support groups (Like those at PBC)
- Books and webinars

Small Group Discussion: 25 minutes

- On a scale of 1 (sufficient support) to 5 (no outside support) how well are you supported through relationships and/or professional resources
- Is it easy for you to seek and find support, or do you struggle with a) reaching out, or b) knowing what you/your family needs.
- This week, what is one thing you can do to connect to support.

Discuss This Week's Homework on next page: 5 minutes

- Do your LIFE Starter Journaling and make time to continue the discussion from your small group breakout time.

Resource: The Connected Child and Created to Connect, videos from the Purvis Institute of Childhood Development

SESSION #8

WK. 8 DEVO 1

Read Proverbs 19

Journal about the best way to keep your children on the best path.

L=Listen in your journal by writing the date and the Scripture you're studying. After you've read the passage a few times, focus on a verse or two that stands out to you and then write out those verses in your journal.

I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

E = Engage God. This can either be a short prayer or an action that you can take that day after reading the text. Is there a command to follow in the text? How are you different because of what you've learned?

SESSION #8

WK. 8 DEVO 2

Read Proverbs 22

Are you (consistently) starting your children off on the right path?

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F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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SESSION #8

WK. 8 DEVO 3

Read Hebrews 12:4-17

God disciplines His children, but also encourages

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F=Focus to the text to make it applicable for your own life. What is God saying to you personally through this passage? How can you apply what you've read?

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SESSION #8

WK. 8 DEVO 4

Read Proverbs 10

It's time to choose YOUR way to discipline your children and be on the same page as your spouse!

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I = Investigate the context around today's Scripture reading. To whom was this written? Why? How does this passage fit with what comes before and after it? What is the Holy Spirit communicating through this text? Feel free to use Bible study tools for commentary: [Bible Study Tools](#), or [Easy English Bible](#).

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