

## **SESSION 6: PARENTING ALONE**

### ◆ **Welcome and Program Overview (Facilitator): 10 minutes** **Session #6 Teaching: Parenting Alone 10 minutes**

"I was 24 years old when I became a single parent to two little boys. My oldest son Ryan was 4 and my youngest son Brent was 14 months old. As shock wore off and the reality sunk in. I recall feeling overwhelmed and scared. How was I, an uneducated girl going to provide for myself and my two children. It was at this time that I recalled how my Father had handled his devastating news about his illness, ALS. How he used this as an opportunity to shine the love of God to all who entered his room, how he never was angry at God for this path the Lord had allowed him to traverse."

So, I think we will first look at what is our testimony is to our children. What is the legacy that we will leave behind? Will our kids see God through us or in spite of us? Are we going to be the angry bitter parent who bad mouths their other parent, and therefor exhibiting bitterness and resentment?

Or are we going to right the ship and become the best person and the best parent we can be?

So much of what you have already studied will help you be great parents: Your identity in Christ will give you confidence in Christ, if you can capture those negative thoughts and throw them into the abyss they will never hurt you again. If you can get to that place of forgiveness toward your ex you will face freedom.

Now let's learn how you can live in peace with that life, trusting in God completely.

Psalm 5:3 speaks to us about asking God for help and then waiting with the expectation, the belief that he will deliver us.

Psalm 18:6 He hears us when we call to him!

Psalm 18: 16-19 God rescues us because he delights in us!

Isaiah 43:2- No matter what happens to you in your lifetime, God will be with you!

1 John 5:14- As we ask for God to guide us, we need to understand that sometimes his answer is yes, sometimes wait, and sometimes no. No matter what his response is though, the answer is God's way of protecting us as much as it is providing for us.

Hebrews 13:6 So, we say with confidence, "The Lord is my helper; I will not be afraid. What can mere mortals do to me?"

Today we are going to focus on the goodness of God and learn how to show our children what a great God we serve. This week as you go about your daily lives, I want you to look for God actively working. The check that comes in the mail at just the right time, the good news you heard from your teacher's child. Making it ten more miles in your car when the gas should have run out after 7 miles. This can be little things or big things the point of the exercise is seeing God working in your life. I call these God Stories- I have written many of them, some of which my children are apart of. This is a great tool to use to teach your children about the goodness and faithfulness of God. It makes God very relevant in their lives and produces in them a thankful heart.. Meditate on your past and prayerfully ask God to remind you of previous times when he has shown up and helped you. This week write down what he has done and share these in your next group session.

***Psalm 78:4-7 New International Version***

4 We will not hide them from their descendants;  
we will tell the next generation  
the praiseworthy deeds of the Lord,  
his power, and the wonders he has done.  
5 He decreed statutes for Jacob  
and established the law in Israel,  
which he commanded our ancestors  
to teach their children,  
6 so the next generation would know them,  
even the children yet to be born,  
and they in turn would tell their children.  
7 Then they would put their trust in God  
and would not forget his deeds  
but would keep his commands.

***Small Group Discussion: 25 minutes***

- Read aloud Psalm 145 in its entirety.
- During your time together talk about how faithful God has been to you.
- Share the times you saw him work these past few weeks .

***Wrap up praying that God will show up in your lives this week in a powerful way. Commit to pray this for each other by name this week.***

***Small Group Wrap-Up: 15 minutes***

What were the biggest take-aways and action items?

***Discuss this week's homework: 5 minutes***

# SESSION #6

## WK. 6 DEVO 1

**Read Psalm 145 again.**

*Focus on verses 1-7 for today.*

**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.

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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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**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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**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?

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# SESSION #6

## WK. 6 DEVO 2

### **(Re)Read Psalm 145:8-13**

Verses 8 and 9 speak of The Lord's goodness to all. Do you agree with this premise?

**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.

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# SESSION #6

## WK. 6 DEVO 3

### **(Re)Read Psalm 145:13-16**

Focus on God's faithfulness.

**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.

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# SESSION #6

## WK. 6 DEVO 4

### **Finish reading the remaining verse of Psalm 145**

*How do these verses touch your heart?*

*Additionally, go to [www.biblegateway.com](http://www.biblegateway.com) and search other verses on God's Goodness. Write down the ones that mean the most to you and share these with your group.*

**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.

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