



WEEK ONE

GRACE IS A GIFT • EPHESIANS 2:8-9



**SAY THIS:**

JESUS IS A GIFT  
FOR EVERYONE.



**REMEMBER THIS:**

"God's grace has saved you because of your faith in Christ. Your salvation doesn't come from anything you do. It is God's gift."

EPHESIANS 2:8, NIrV



**DO THIS:**



Wrap up a special gift or treat and give it to your child. Tell them, "Use this gift as a reminder that Jesus is the greatest gift of all."

**FAITH:**

TRUSTING IN WHAT YOU CAN'T SEE  
BECAUSE OF WHAT YOU CAN SEE

## BE KIND TO YOURSELF

By Sarah Bragg

"I'm a failure."  
"I'll never get it right."  
"I'm unlovable."

These are statements we would never say to someone we love, yet we freely say them to ourselves. And our kids do, too.

It's important to help our kids learn how to speak to themselves like they would to a close friend. We need to help them learn compassionate self-talk.

Self-compassion can be learned and developed over time. You can start by helping your kid retrain the voice in their head—which honestly, may begin with you retraining the voice in your own head.

Here's a simple phrase:

**"Be kind to yourself."**

When you look in the mirror and don't like what you see, say, "Be kind to yourself." When you mess up, burn dinner again, fail to close the deal, or miss the event, say, "Be kind to yourself."

Start with you. Let your kids watch you show yourself kindness. And then when they mess up, fail the test, get cut from the team, say to them, "Be kind to yourself. We all make mistakes or have moments when we aren't chosen. But that doesn't change our identity. It doesn't define who we are. What would you say to a good friend in the same situation?"

### **Start there. And continue to beat that drum of self-compassion.**

I began saying the phrase "Be kind to yourself" to my girls after watching their response to "failure." They would cry and quit. So every time they messed up, I came behind them and said, "Be kind to yourself."

One night after I burned dinner, I felt the frustration rise in me. I reacted towards myself with shame, but behind me I heard a voice say, "Be kind to yourself, Mama. We all make mistakes. It will be okay."

The months of retraining the voice was beginning to show through. We are all humans who are bound to mess up or not get it right every time, but that doesn't mean we are less than.

Henry James said, "Three things in human life are important: the first is to be kind; the second is to be kind; and the third is to be kind."

Let's make kindness a key building block to our kids' identities, and ours too. When we live out of a place of kindness towards ourselves, then we can pass that kindness on to others.



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