

Dear Parents,

In the last session of our online parenting class we talked about Reacting vs. Responding when communicating with your teenager.

Today, we want to continue that thought by sharing with you a very practical tip to help you stay calm when your teenager is not calm.

It's called the Rewind and the Flash Forward.

You can watch this short video to learn how you can try it out this week in your home.

<http://vimeo.com/parentministry/review/50506222/14e8a4cab6>

Would you like to see your teenager have a better attitude?

As the leaders of the home you get to set the attitude example for your teenager to follow.

Philippians 2 displays Jesus' example of the right attitude.

Here are 2 quick take-aways from Philippians 2 that can help change your attitude in your home this week:

1. **Look to Your Own Interests** – This might be a surprise to you, but your interests matter. Philippians 2:4 it says, "Look not only to your own interests but also to the interests of others" This verse assumes you will take care of yourself before you try to take care of your family. It is not selfish to take care of yourself. In fact it sets you up to love your family from a position of health. It is not wise to give your teenager 100% of you, because if you do there is nothing left over. *What can you do this week to take care of yourself in a way that will make you a better parent?*
2. **Look to the Interest of Others** – It is not wrong to take care of yourself, but it is wrong to take care of only yourself. Once you have taken care of yourself in a healthy way than you are free to give yourself away in service. The Midrash taught that no Hebrew, even a slave, could be commanded to wash feet. But Jesus chose to do that in John 13 to set a standard of what love looks like. To love is to serve. *The attitude of Jesus was to serve others from a position of health. This example is one that could revolutionize your home.*

If your attitude adjusts to look more like Jesus, you might be surprised to see your teenager's attitude follow that example.

I hope this helps you to apply what we have been learning. In our next session we will give ourselves an "Attitude Check". I am looking forward to it, and I hope you are too.

Have a great week,

Pastor David