

Appendix: Practical Tools for Love-Centered Parenting

The resources for love-centered parenting in this appendix are designed to provide hands-on help to you in your journey. I have compiled a list of some of my favorite books that have deeply impacted me, a few songs I've listened to on repeat, Flare Prayers you can use at a moment's notice, a feelings chart to print out and reference, Conversation-Starter questions, details on the One-Minute Pause, and meaningful verses for you to meditate on and memorize. These resources are also available to download or print at CrystalPaine.com/LCP.

LIVE LOVED MANIFESTO

Today, I commit to live as loved. I choose to believe I am fully and wholeheartedly loved by God for exactly who I am. I don't have to be more, do more, or achieve more to be loved by Him.

When I am tempted to believe the lies that have held me back for so many years, I will replace those lies with the truth that I am fully loved by God.

Jesus loves me unconditionally and doesn't judge me based upon my kids' behaviors or choices. I will put my hope in Him, not in my child's choices. I choose to be okay with my children making mistakes and messing up because I know this is why Jesus came.

I will focus on pointing my kids to Jesus and will no longer spend my days trying to be my children's rescuer and Holy Spirit.

I choose to open my tightly clenched fists trying to control all of life, and hold out my hands to accept the gift of God's love for me.

I refuse to believe the lies that tell me I'm not measuring up and am missing the mark of perfection as a parent. Instead, I choose to rest in the truth that I am created in the image of God and He sees me as His masterpiece. I don't have to beat myself up when I feel like I don't have what it takes but will remember that I am enough in Christ.

I was made for more than living a life stifled by lies and suffocated by false beliefs. I will replace those lies with the truth of who I am in Christ.

I am loved. I am forgiven. I am enough in Christ.

Jesus, thank You for loving me exactly as I am. Thank You for not expecting me to parent perfectly, but for being the Ultimate Example of a Love-Centered Parent to me.

I rest in Your amazing love for me. Let me be a conduit of God's love to others. May it pour through me and spill out to everyone I come into contact with.

FLARE PRAYERS

Love through me, love of God.

Help me, Jesus, I can't do this by myself! But through You and Your strength, I can do all things.

God, make me a conduit of Your kindness to my kids today.

Spirit, give me wisdom right now. I need You. This is too big for me to carry on my own.

Jesus: Pour out Your grace and strength on me.

Thank You for Your love for me, Jesus. Let me rest in that love.

Heavenly Father, give me wisdom to love my child well right now. Let me walk with them and point them to You.

FEELINGS CHART



SAD



ANXIOUS



HOPEFUL



HAPPY



BORED



BETRAYED



ANGRY



SURPRISED



SCARED



LOVED



CONFUSED



EXCITED



FRUSTRATED



LONELY



DEPRESSED



DISAPPOINTED



DISGUSTED



WORRIED



CONFIDENT



TIRED



CONTENT



EMBARRASSED



DISCOURAGED



OVERWHELMED

CONVERSATION STARTERS

What was the best thing that happened today?

What's making you happy right now?

What's a funny thing that happened today at school?

What made you smile today?

What was a time when I said something that confused/embarrassed/hurt you?

What do you think about _____?

What's your favorite thing we did this week?

What is something I do in my life that you are excited to do as an adult?

What would you change in the world if given the chance?

What do you think you will be doing ten years from now?

What are you feeling right now?

What do I do that makes you feel special?

Who was kind to you today?

What is your favorite memory?

Is there a time recently that you've felt misunderstood or hurt?

Tell me more about _____.

I'm curious to hear your thoughts about _____.

How can I pray for you?

What was unexpected today?

What made you sad today?

What are you thinking about?

What do you want to be when you grow up?

What was one thing that made you laugh today?

What do you like most about _____?

On a scale of 1 to 10, how would you rate _____?

What is something you're thankful for?

Would you rather _____ or
_____? (Can be silly or honest.)

PLEDGE TO MY MATURING CHILD

I PROMISE TO:

1. Stand on the sidelines cheering for you rather than trying to jump in and referee the game.
2. Provide a safe landing place for you as you practice flapping your wings, even though you will sometimes take a nosedive.
3. Watch you bravely step into new situations and sometimes make mistakes rather than paving the way for you to be 100 percent successful.
4. Remind you of the truth of who you are in Christ as you work on learning to use your voice and have hard conversations.
5. Ask questions to help you process rather than telling you the answers or what you should think.
6. Encourage you to grapple with your faith and convictions, not shy away from difficult questions, and come to your own viewpoints.
7. Celebrate and praise you for progress and tiny wins instead of constantly reminding you of where I feel you are falling short.
8. Listen much more and preach fewer mini sermons.
9. Embrace you for who you are instead of trying to fit you into a box or mold of who I thought you would be or think you should be.
10. Gently nudge you to step outside your comfort zone instead of allowing you to just play it safe and sit on the sidelines.

THE ONE-MINUTE PAUSE

Feeling burdened, weary, tired, or heavyhearted today? Try the One-Minute Pause, an exercise I learned from John Eldredge (he shares more about this in his book *Get Your Life Back*). Here's how it works:

1. Set a timer for sixty seconds.
2. Take a few deep breaths.
3. Then verbally release the weight of what you are carrying. For example, say, "I release my stress or worry over my job to You, God." "I release my fear over my child's future to You, God." "I let it go."

Literally let yourself breathe out your fear, stress, worry, and tension and breathe in God's care and carrying of you.

This simple practice isn't going to solve all your problems, but it can certainly help you feel a little calmer and remind you that you don't have to carry the weight of the world on your shoulders.

God sees you. He cares about you. And He is big enough to carry your heaviest burdens. You are not alone.

RESOURCES

Recommended Reads

A Gospel Primer for Christians: Learning to See God's Love
by Milton Vincent

Good News for Weary Women: Escaping the Bondage of To-Do Lists, Steps, and Bad Advice by Elyse Fitzpatrick

Love Idol: Letting Go of Your Need for Approval and Seeing Yourself Through God's Eyes by Jennifer Dukes Lee

No Better Mom for the Job: Parenting with Confidence (Even When You Don't Feel Cut Out for It) by Becky Keife

Mom Set Free: Find Relief from the Pressure to Get It All Right by Jeannie Cunnion

Parenting: 14 Gospel Principles That Can Radically Change Your Life by Paul David Tripp

Parenting the Wholehearted Child: Captivating Your Child's Heart with God's Extravagant Grace by Jeannie Cunnion

Preach to Yourself: When Your Critic Comes Calling, Talk Back with Truth by Hayley Morgan

Families Where Grace Is in Place: Building a Home Free of Manipulation, Legalism, and Shame by Jeff VanVonderen

Raising Worry-Free Girls: Helping Your Daughter Feel Braver, Stronger, and Smarter in an Anxious World by Sissy Goff

Romancing Your Child's Heart by Monte Swan

Emotionally Healthy Spirituality: It's Impossible to Be Spiritually Mature While Remaining Emotionally Immature by Peter Scazzero

Sacred Rest: Recover Your Life, Renew Your Energy, Restore Your Sanity by Dr. Sandra Dalton-Smith

Say Goodbye to Survival Mode: 9 Simple Strategies to Stress Less, Sleep More, and Restore Your Passion for Life by Crystal Paine

Songs I've Played on Repeat

“What If” by the Ball Brothers

“Voice of Truth” by Casting Crowns

“Hello, My Name Is” by Matthew West

MEMORY VERSES



See what kind of love the Father has given to us, that we should be called children of God; and so we are. (1 John 3:1)

There is therefore now no condemnation for those who are in Christ Jesus. (Romans 8:1)



But you are a chosen race, a royal priesthood, a holy nation, a people for his own possession, that you may proclaim the excellencies of him who called you out of darkness into his marvelous light. (1 Peter 2:9)



For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them. (Ephesians 2:10)





Who shall separate us from the love of Christ?

Shall tribulation, or distress, or persecution, or famine, or nakedness, or danger, or sword? As it is written, "For your sake we are being killed all the day long; we are regarded as sheep to be slaughtered." No, in all these things we are more than conquerors through him who loved us. For I am sure that neither death nor life, nor angels nor rulers, nor things present nor things to come, nor powers, nor height nor depth, nor anything else in all creation, will be able to separate us from the love of God in Christ Jesus our Lord. (Romans 8:35–39)

*So if the Son sets you free, you will be free indeed.
(John 8:36)*



So you are no longer a slave, but a son, and if a son, then an heir through God. (Galatians 4:7)

In this the love of God was made manifest among us, that God sent his only Son into the world, so that we might live through him. In this is love, not that we have loved God but that he loved us and sent his Son to be the propitiation for our sins. Beloved, if God so loved us, we also ought to love one another. (1 John 4:9–11)





A soft answer turns away wrath, but a harsh word stirs up anger. (Proverbs 15:1)



In him we have redemption through his blood, the forgiveness of our trespasses, according to the riches of his grace. (Ephesians 1:7)



Have I not commanded you? Be strong and courageous. Do not be frightened, and do not be dismayed, for the LORD your God is with you wherever you go. (Joshua 1:9)

He himself bore our sins in his body on the tree, that we might die to sin and live to righteousness. By his wounds you have been healed. (1 Peter 2:24)



Notes

Chapter 2: This One Truth Will Change Your Parenting

1. Hayley Morgan, *Preach to Yourself: When Your Inner Critic Comes Calling, Talk Back with Truth* (Grand Rapids, MI: Zondervan, 2018), 121–122.
2. Genesis 1:31.
3. Daniel J. Siegel, MD, and Tina Payne Bryson, PhD, *The Whole-Brain Child: 12 Revolutionary Strategies to Nurture Your Child's Developing Mind* (New York: Bantam, 2011), 99.
4. Siegel and Bryson, *The Whole-Brain Child*, 99.
5. Morgan, *Preach to Yourself*, 140.
6. John 19:30.

Chapter 3: Live as Loved

1. *Trim Healthy Podcast* with Serene and Pearl, Episode 59—Face Plant!
2. Jeannie Cunnion, *Mom Set Free: Find Relief from the Pressure to Get It All Right* (New York: Howard Books, 2017), XXIV.
3. Amy Carmichael, *If: What Do I Know of Calvary Love?* (Washington, PA: CLC Publications, 2011), 35. First published 1938 by SPCK London.
4. Monte Swan with David Biebel, *Romancing Your Child's Heart* (Loyal Publishing, 2002), 239.
5. Becky Keife, *No Better Mom for the Job: Parenting with Confidence (Even When You Don't Feel Cut Out for It)* (Bloomington, MN: Bethany House, 2019), 54.
6. Brené Brown, *Rising Strong: How the Ability to Reset Transforms the Way We Live, Love, Parent, and Lead* (New York: Random House, 2017), 79.

Chapter 4: Your Job as a Parent

1. Jeannie Cunnion, @jeanniecunnion, Instagram, February 19, 2019: <https://www.instagram.com/p/BuE07Y5Bpuc/>.

2. Crystal Paine, @themoneysavingmom, Instagram.com, September 28, 2017, <https://www.instagram.com/p/BZmyxzn3e-/v>.

Chapter 5: Lean In and Love

1. Laura Markham, *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, read by Xe Sands (Tantor Audio, 2013) Audible audio ed., chap. 1, 49:49.

Chapter 6: Listen Well (aka How to Get Your Kids to Actually Talk to You)

1. Laura Markham, *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, read by Xe Sands (Tantor Audio, 2013) Audible audio ed., chap. 1, 25:01.

Chapter 7: Lead with Humility

1. Cindy Rollins, *Mere Motherhood: Morning Times, Nursery Rhymes, and My Journey Toward Sanctification* (Concord, NC: CiRCE Institute, 2016), chap. 13, Kindle.

Chapter 8: Let Go (aka Raising Adults, Not Kids)

1. Laura Markham, *Peaceful Parent, Happy Kids: How to Stop Yelling and Start Connecting*, read by Xe Sands (Tantor Audio, 2013) Audible audio ed., chap. 5, one-hour mark.

Chapter 9: Parenting from a Place of Freedom and Rest

1. Crystal Paine, @MoneySavingMom, Facebook.com, October 22, 2019, <https://www.facebook.com/MoneySavingMom/posts/10157045845788227>.

2. Jeannie Cunnion, *Mom Set Free: Find Relief from the Pressure to Get It All Right* (New York: Howard Books, 2017), 15.