



Patience Instead of Anger

We are patient parents, NOT angry parents

(Suzanne:) I used to be an angry parent. I had a pretty short fuse when it came to the kids making a mess, hurting each other or not obeying. My kids still remind me of some of my best moments—throwing a box of crayons across the room, (they say I threw it at them), slamming doors, raising my voice. T

The thing I hated the most in my fits of rage was seeing their little faces, their countenance as they shrunk into a ball to protect themselves. Their reactions to my lack of control drove me to get a handle on my anger.

I have learned that:

1. Anger is a red flag to something else that is going on. Press into it. What is this? Why?
2. Anger does not give us the desired outcome.

James 1:19-20 states, “Everyone should be quick to listen, slow to speak and slow to become angry, because human anger does not produce the righteousness that God desires.”

Our anger might get them to obey in the moment, but here are the costs:

- Our kids are wounded by our anger
- Our kids lose respect for us when we freak out

How to parent instead of using anger

Speak softly.

When our kids were younger and we needed to have more “moments” of immediate instruction, I would typically speak very softly to them where only they could hear.

It was very obvious to them what was going on. But it forced me to remain in control and it was very clear to them that we meant business.

Wait before you respond. Let yourself calm down, take a deep breath.

Let's be honest...we are all going to mess up. When that happens, this is what you do:

- Be real & talk about it
- Ask for forgiveness. "In your anger do not sin. Do not let the sun go down while you are still angry." (Ephesian 4:26)

This is an excellent opportunity to show our kids that we ALL need Jesus. We all need the gospel.

And the most practical thing I can tell you is to add this statement to your thoughts and pull it out when you want to respond in anger:

"I am not an angry parent. I am a calm, joyous, kind parent."

What we declare over ourselves is powerful!

How do we create a SAFE HAVEN in our homes?

- We listen instead of lecture
- We are faithful instead of fearful
- We are patient instead of angry

We create a culture in our homes where our kids want to be there and want to talk freely about their lives. Crazy Cool parents desire to create a home where kids and parents want to be there.