

## **6/11/17 Handout - More Practical Parenting Help in Psalms-Proverbs**

### **1. Wisdom for speaking to children who are anxious and angry** (see Borgman, p. 83-84, 91)

Proverbs 15:1 *A gentle answer turns away wrath, but a harsh word stirs up anger* (NIV unless noted)

Proverbs 12:25 *An anxious heart weighs a man down, but a kind word cheers him up.*

Psalms 94:19 *In the multitude of my anxieties within me, Your comforts delight my soul* (NKJV)

A Proverbs 31 mother *'extends a helping hand ... and opens her arms to the needy. She has no fear ... she laughs without fear of the future. When she speaks, her words are wise, and she gives instructions with kindness. She carefully watches everything in her household ... her husband praises her...* (v. 20-28 NLT)

### **2. A child can learn from his mother to calm and self-regulate and trust in the Lord**

Psalms 131:2-3 *I have composed [others have 'calmed' or 'stilled'] and quieted my soul; Like a weaned child rests against his mother, My soul is like a weaned child within me...hope in the LORD...* (NASB)

### **3. Psalms the fearful can be taught to pray or recite**

Psalms 16:1: *Keep me safe, O God, for in you I take refuge.*

Psalms 56:3, 11: *When I am afraid, I will trust in you ... in God I trust; I will not be afraid.*

Psalms 27:1: *...whom shall I fear? The LORD is the stronghold of my life— of whom shall I be afraid?*

Psalms 119:117: *Hold me up, that I may be safe and have regard for your statutes continually!* (ESV)

Psalms 34:4: *I prayed to the LORD, and he answered me. He freed me from all my fears* (NLT)

### **4. Passages for the fear response (flight or freeze)**

Proverbs 18:10 *The name of the LORD is a strong tower; the righteous run to it and are safe.*

Psalms 55: *My heart pounds in my chest. The terror ... Fear and trembling overwhelm me, and I can't stop shaking. Oh, that I...would fly away...How quickly I would escape...But I will call on God, and the LORD will rescue me...and keep me safe...Give your burdens to the LORD, and he will take care of you* (NLT)

### **5. Passages on God's sovereignty and submitting our desires to Him**

Proverbs 19:21 *Many are the plans in a man's heart, but it is the LORD's purpose that prevails.*

Psalms 138:8 *The LORD will accomplish what concerns me...* (NAS, see 139:16, 135:6, 103:19, 37:4, etc.)

**Homework:** Borgman, The Grace and Grit of Adoption, p. 75-80; Rooted, p. 40-41, 49-50 (with spouse);

**Further study:** Linda Rice (5/28 class handout), Disarming Fear (5/23 email), Shari McMinn, p. 210-17