

HOW TO HELP YOUR PARENTS STILL LOVE YOU AFTER CIRCUIT BREAKER

As a young person, one of the most important commandments is to honour your parents.

Ephesians 6:1-3 New Living Translation (NLT)

Children, obey your parents because you belong to the Lord, for this is the right thing to do. "Honour your father and mother." This is the first commandment with a promise: If you honour your father and mother, "things will go well for you, and you will have a long life on the earth."

We understand that being "trapped" at home 24/7 with your parents may be tough, but here are some tips to help you with that!

HONOURING YOUR PARENTS

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1. Spend time with them
 - Don't hide in your room all day long!
 - Meal times should be a time for you to talk to your parents, don't be stuck on your phones!
2. Get up at an acceptable timing
3. Help out with chores
4. Go grocery shopping with them
5. Help to cook!
6. Be respectful and obedient
7. Watch services together!

MANAGING CONFLICTS

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Conflicts are normal, but we can choose how we want to respond, and that's what truly matters!

Proverbs 15:18 New Living Translation (NLT)

A hot-tempered person starts fights; a cool-tempered person stops them.

1. Treat Each Other With Honour & Respect:

- a. Assume the best of each other!
- b. Be mindful of the words & tone used towards one another.
- c. Own your emotions!
"I feel like I'm being wronged," "I feel disappointed", etc.
- d. Give each other opportunity to voice out without trying to defend yourself

James 1:19 New Living Translation (NLT)

Understand this, my dear brothers and sisters: You must all be quick to listen, slow to speak and slow to get angry.

MANAGING CONFLICTS

2. Understand The Root

- a. Fear, anger, resentment, tiredness can all be root causes for conflict.
E.g. If you constantly find yourself triggered over small/same issues, that may be a sign of some deeper anger or resentment toward parents - that's the issue you want to resolve.
- b. Understanding the root cause will lead to a good solution.
- c. Start by asking Holy Spirit to reveal things that always trip us up!

MANAGING CONFLICTS

3. Propose Solutions

- a. Once you've reached a common understanding, instead of trying to achieve an absolute solution, don't be afraid to suggest trial solutions

E.g. The next time this happens, let's try...

- b. Be open and communicate your thoughts, this allows your parents to see from your perspective

E.g. When you ____, it made me feel ____ and that's why I reacted like _____. I'm sorry I reacted this way, but can we both try _____.

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